

ACUPUNCTURE FERTILITY CHECKLIST

KIM CHILD - LICENSED ACUPUNCTURIST

BBT CHARTING

TAKING YOUR DAILY TEMPERATURE ALLOWS YOUR ACUPUNCTURIST TO GET AN UNDERSTANDING OF: CYCLE LENGTH, OVULATION AND PATTERNS WITHIN THE FOLLICULAR TO OVULATION TO THE LUTEAL PHASE

FEMALE FERTILITY

- SWAP TEA & COFFEE FOR HERBALS ESP. NETTLE, PEPPERMINT, GINGER & FENNEL. DECAFFEINATED COFFEE HAS MANY TOXINS DUE TO THE PROCESS OF REMOVING CAFFEINE, CONSIDER REMOVING FROM DIET. WITHDRAW COFFEE SLOWLY IF YOUR A HEAVY DRINKER (+3 PER DAY)
- REDUCE EXCESS AMOUNT OF CHOCOLATE (ESP MILK CHOCOLATE)
- WEIGHT; BMI 20 TO 25 (MOST SUCCESSFUL PREGNANCY RATES)
- REFRAIN FROM ALCOHOL INTAKE DURING IVF, SUCCESS RATES BECOME BETTER. IF YOUR TRYING NATURALLY REDUCE ALCOHOL LEVELS
- REDUCE STRESS LEVELS; FIND A PRACTICE; MEDITATION, BREATHING, WALKING, WRITING, ART THERAPY AND ANY OTHER CALMING ACTIVITY YOU ENJOY
- ADEQUATE SLEEP!! FEELING RESTED UPON WAKING IS IMPORTANT, IF NOT CONSIDER A REST DURING THE DAY (MAINTAINS HORMONE BALANCE & IMMUNE SYSTEM)
- EXERCISE IN MODERATION, INTENSE TRAINING CAN REDUCE YOUR LUTEINIZING HORMONE & PROGESTERONE LEADING TO A POOR LUTEAL PHASE
- KEEP YOUR FEET WARM! WEAR WARM FOOT WEAR AROUND YOUR HOME (NO BARE FEET) WHY? EXTERNAL COLD CAN TRAVEL FROM THE BOTTOM OF YOUR FOOT TO THE UTERUS AND CAUSES A COLD ENVIRONMENT WHICH LEADS TO POOR ENDOMETRIAL LINING, EGG QUALITY & INFERTILITY
- ONLY USE SANITARY PADS, STOP USING TAMPONS THEY STAGNATE THE BLOOD WHICH NEEDS TO LEAVE THE UTERUS, IT'S ALSO HARDER TO OBSERVE CHANGES IN FLOW & BLOOD. TRY 'NATURA CARE PAD'

MALE FERTILITY

- REDUCE CAFFEINE, TOO MUCH CAUSES SPERM TO BE MORE ACTIVE BUT CREATES INTERNAL HEAT
- REDUCE ALCOHOL, IT REDUCES AVAILABLE ZINC, WHICH REDUCES CONCEPTION CHANCES
- STOP SMOKING, IT DECREASES SPERM PRODUCTION & INCREASES RISKS OF DEFORMITY (FACIAL & LIMB)
- STOP RECREATIONAL DRUGS; CAUSES REDUCED SPERM PRODUCTION, RESULTS IN BURN OUT OF SPERM BEFORE REACHING EGG, SEMINAL FLUID & COUNT REDUCTIONS
- REDUCE GREASY FOOD AND READY MADE MEALS
- OPTIMUM BMI MAKE BETTER SPERM
- WEAR LOOSE COTTON UNDERWEAR
- HOT BATHS CREATE A TOO MUCH HEAT IN THE TESTES
- BEWARE OF PHONES IN POCKETS & LAPTOPS ON YOUR LAP, RESEARCH HAS SHOWN THIS EXPOSURE LEADS TO A DECLINE IN SPERM
- BEWARE OF CYCLING; ESP. MOUNTAIN BIKING

TIPS FOR BOTH YOU

- DON'T SMOKE ANYTHING
- SLEEP 7 OR 8 HOURS A NIGHT
- EXERCISE REGULARLY BUT NOT TOO MUCH. MAKE IT FUN.
- EAT ORGANIC FOODS WHEN POSSIBLE & ENJOY A QUALITY WHOLESOME DIET
- TAKE PRECONCEPTION VITAMINS (TRY VIRIDIAN FERTILITY FEMALE & MALE)
- DRINK PLENTY OF FLUIDS - BUT NOT ALCOHOLIC OR CAFFEINATED VARIETY
- HAVE PLENTY OF SEX BUT NOT AT THE COST OF ADEQUATE SLEEP
- AVOID FUMES WHERE EVER POSSIBLE
- REDUCE UNWANTED STRESS IN YOUR LIFE

RESOURCES:

- LOCAL SHOP: NATURES CORNER, 73 NORTHBROOK STREET RG14 1AE
- ONLINE QUALITY VITAMINS: CYTOPLAN.CO.UK, VIRIDIAN PRODUCTS
- PUKKA TEAS: EXCELLENT QUALITY & PRICE SOLD IN MOST GROCERY STORES
- ORGANIC FOODS ARE AVAILABLE IN MOST GROCERY STORES EVEN ALDI & LIDL
- IF YOU HAVE CHOCOLATE, CHOOSE ORGANIC 70% DARK AND ABOVE
- SANITARY PRODUCTS: NATRACARE.COM (AVAILABLE AT NATURES CORNER)
- WATER SHOULD BE FILTERED AND CONSUMED AT ROOM TEMPERATURE

KIM CHILD

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