



regulate, restore and
get your body back in
balance **before**
you start IVF



The Fertility Godmother

Denise Noyer-Erez, L.AC., FABORM, a fertility acupuncturist and Clinical Director & Owner of AIM Wellness Clinic in Westlake Village, CA.

Get Your Body Ready Before You Have IVF

There are things you can do to improve your chances. Don't wait!

It's important that you take the time to get as healthy as possible. You may not know this, but it takes 120 days for your body to get ready to ovulate. This is a great window of opportunity to nourish your body, so you have a better chance of getting pregnant, staying pregnant and having your baby.

If you are getting ready for IVF the first time, or if you have had several failed cycles, take the time for preconception care. Acupuncture, Chinese herbal medicine, nutrition, supplements, lifestyle, mindfulness, and stress management are all tools to support your reproductive health and will improve your chances of having IVF success.



The Fertility Godmother's

IVF Checklist



Do I have enough eggs?

It is helpful to have a lot of eggs, but not necessary for IVF success.

The key is to have good *egg quality*. For good egg quality, your body needs good nutrition, circulation and oxygenation. Antioxidants are very important to protect the eggs from oxidative stress, which can cause damage to your egg cells.

Acupuncture, Chinese herbs and supplementation are great ways to improve blood flow and the function of your ovaries which increases your chances of successful implantation.

There are three tests that can help doctors estimate how many eggs you have:

1. FSH with Estradiol, which you must take together to get an accurate read. This must be done on cycle day 2 or 3. It gives you an idea of how well your brain is communicating with your eggs.
2. AMH is the latest test being used, even more so than FSH, this test can be taken any day of your cycle. AMH gives you an idea of the amount of eggs you have.
3. An ultra sound. An ultrasound can determine an actual follicle count which gives you a more accurate number of how many eggs you have.



Is the sperm adequate?

You should have a semen analysis done. There are natural steps to take with supplements, nutritional counseling, Chinese herbs and acupuncture to improve the quality of his sperm.



Is my uterus ready?

To have a uterus that is *ready*, you need good circulation, oxygenation and nutrition.

Your uterine cavity should be evaluated with an ultrasound, X-ray, or hysteroscopy to look for fibroids, scar tissue, or polyps, all of which can prevent implantation.

If everything is clear, you need to nourish your body to create ideal conditions for successful implantation.



Are any of my habits going to affect my chances of success?

Yes, healthy habits matter! Eating nutritious whole foods, drinking enough water, getting enough sleep and reducing stress will improve your chances of success. Taking measures to decrease your exposure to environmental toxins and avoiding harmful habits (such as alcohol, smoking cigarettes or using marijuana) will contribute to your chances as well.

