

**ANTECEDENTS**

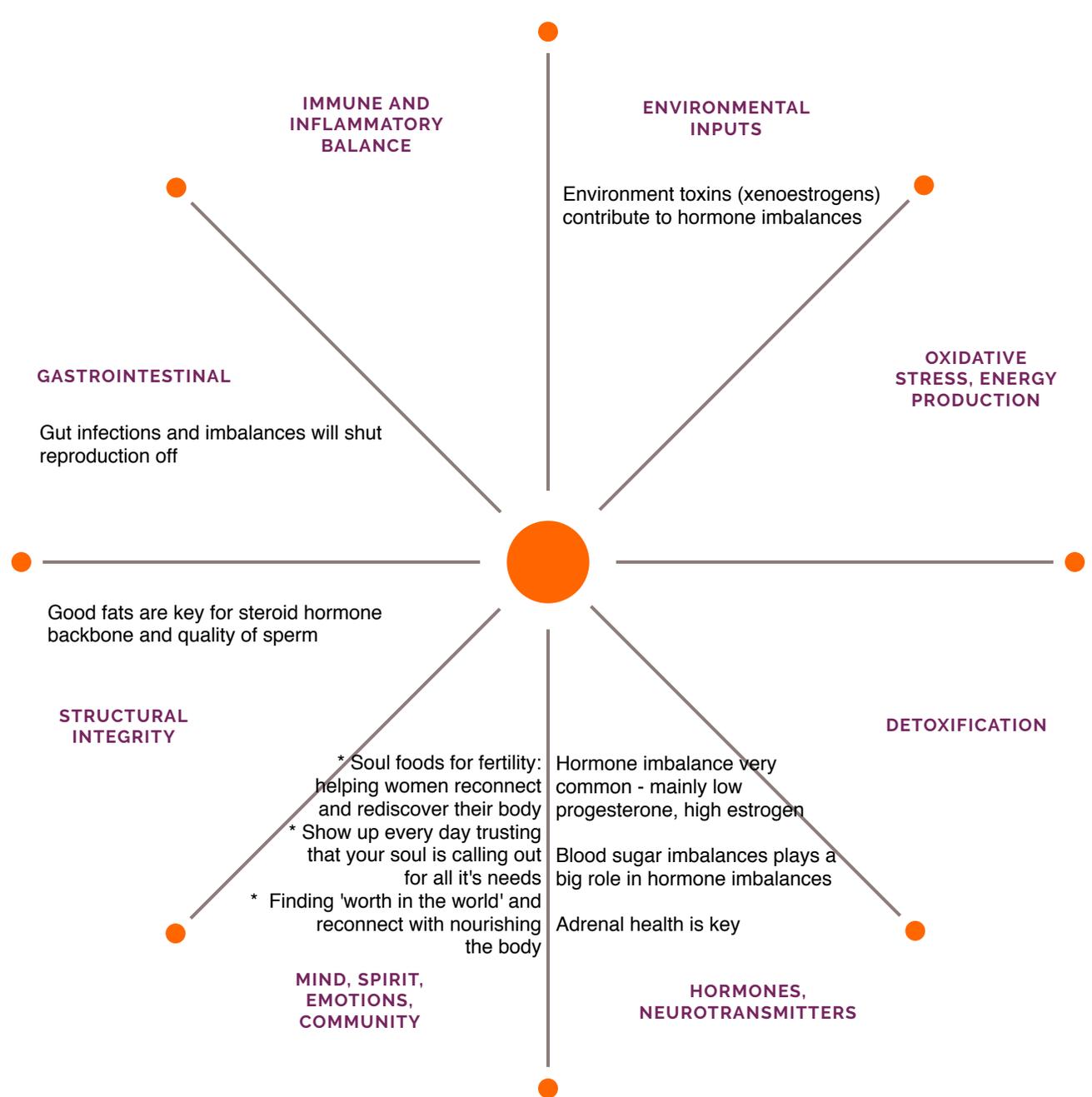
Age not as much of a factor anymore - lifestyle is BIG (young and old being impacted by infertility)!

**TRIGGERING EVENTS**

- Blood sugar imbalances (from SAD)
- Drained adrenals, stress
- Lack of balance with cycles
- Stress due to inability to get pregnant

**MEDIATORS**

- Superfoods:
- + good, organic, pastured eggs
  - + ghee, coconut and olive oil
  - + high quality organ meats (sacred fertility food)
  - + high quality mineral salt
  - + Omega 3's, wild caught fish
  - + high quality grass-fed beef



**SLEEP/RELAXATION**

Sleep and relaxation are key components of fertility

**EXERCISE/MOVEMENT**

Appropriate exercise is a key component of fertility  
- No overexercise!

**NUTRITION/HYDRATION**

- + Simplicity - eat real food as close to nature, as clean as possible
- + High quality fats and oils
- + The egg and sperm are highly composed of fat

**STRESS/RESILIENCE**

High stress contributes to hormone imbalances:  
Reproductive system will turn off

**RELATIONSHIPS/NETWORKS**

- \* Relationship between Pg and E is key
- \* "Soulfood" = connection with self (conception takes on different meaning)
- \* Embrace surrender and trust