

## 1. Stop Birth Control + Track Your Cycle

- Your body needs to **reset its natural hormone rhythm** after the pill.
- Start tracking your **periods, cervical mucus, and ovulation signs** (like egg-white discharge, slight cramps, or a temp rise if you use a basal thermometer).
- Apps like **Flo** can help.

 **2. Begin Prenatal Vitamins Now/ If prenatal vitamins are not a choice for you sea moss is good too. Contact me for some recommendations.**

Start **before** conception for full benefits:

Please consult with the doctor on what works best for you.

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## 3. Follow a Fertility-Boosting Meal Plan

Focus on **nutrient-dense whole foods**:

- **Leafy greens**, sweet potatoes, avocado
  - **Healthy fats**: olive oil, nuts, seeds, omega-3s
  - **Iron-rich foods**: lentils, beans, lean meats
  - **Hydration**: cucumber water, lemon water, herbal teas
  - Limit: processed foods, alcohol, excess caffeine
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## 4. Balance Your Hormones Naturally

Include:

- **Exercise**: Gentle movement (walking, yoga, Pilates)
- **Sleep**: 7–9 hours a night
- **Stress relief**: Journaling, meditation, nature time

## 5. Schedule a Preconception Check-Up

Ask your doctor to:

- Review meds and vaccines (if that is an option for you, everyone flourishes differently)
- Do a full blood panel
- Check thyroid and reproductive health
- Talk about coming off birth control

## 6. Watch for Ovulation Signs

## 7. Affirm Your Mind & Heart

You're not just preparing your body — you're preparing your soul. Say:

*“My body is fertile, whole, and ready to bring life. I welcome motherhood with love, peace, and strength.”*



## A Note on Safety & Informed Wellness

Before beginning any new wellness routine, supplement, or dietary change—please consult with your doctor or a licensed healthcare provider. Everybody flourishes uniquely, and what works for one person may not be suitable for another.

As you prepare your body for pregnancy, it's especially important to read labels, ask questions, and become your own wellness advocate. Some ingredients and chemicals can interfere with hormone balance, fertility, or long-term health—even if they seem harmless in the short term.



## Ingredients to Avoid in Your Prep Phase:



### In Food & Supplements:

Artificial sweeteners (like aspartame or sucralose)

High fructose corn syrup

Hydrogenated oils (trans fats)

Food dyes (Red 40, Yellow 5, etc.)

Unfiltered fish oil with mercury contamination



### In Skincare & Personal Care:

Parabens (preservatives that may disrupt hormones)

Phthalates (found in fragrance—look for “fragrance-free” or “phthalate-free”)

Sodium lauryl sulfate (SLS) (harsh detergent in soaps/shampoos)

Retinoids (avoid during pregnancy unless prescribed)



### **In Cleaning Products:**

Ammonia

Bleach (use in well-ventilated areas)

Synthetic fragrances (opt for natural or essential oil-based instead)



### **Gentle Alternatives to Look For:**

Natural deodorants (with baking soda or magnesium)

Fragrance-free lotions

Organic teas and whole foods

Plant-based cleaning products (like vinegar + essential oil blends)



### **Gentle Reminder:**

Your wellness journey doesn't have to be perfect—it just needs to be mindful. Give yourself grace, ask questions, and choose what feels nourishing to you. 