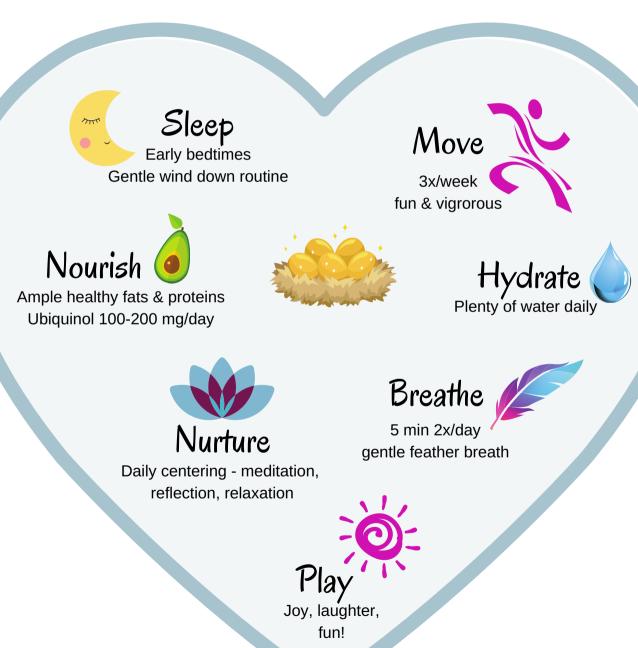


Quick Start Egg Nurturing Plan

This is a recommended Starter Plan for cultivating optimal fertility and egg quality. Make modifications as you learn more about your unique needs.





Quick Start Egg Nurturing Plan

Here are more details on the suggested Starter Plan for improving egg quality. This is just an a handful of suggestions, as the goal is to get started and not overwhelm ourselves with many options and details.

Sleep	Settle into bedtime by 10pm nightly. Enjoy a gentle wind-down routine (stretching, breathing, meditation, reflection).
Move	Engage in activity that moves your body and raises your heart rate - 3 times per week. Choose physical activities that you enjoy.
Nourish	Boost healthy fats and protein; focus on what's nourishing. Supplements. Prenatal with Methylated folate, Ubiquinol 100-200mg/day, Vitamin D (if needed)
Hydrate	Drink ample water daily. Approx 1 ounce per kg of body weight. (6 to 12 8-oz cups/day)
Nurture	Incorporate daily self-nurturing practices to calm and nurture the mind and body: Meditation, reflection, relaxation. (See Fertile Mindset Guided Tour)
Breathe	Connect with a calm, slow "feather breath" 5 minutes, twice daily (once during the day, once before falling asleep)
Play	Stimulate positive energy through laughter, play and any activities that bring you authentic joy.