

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.



Sleep

Early bedtimes

Gentle wind down routine



Move

3x/week

fun & vigorous

Nourish



Ample healthy fats & proteins

Ubiquinol 100-200 mg/day



Hydrate



Plenty of water daily



Nurture

Daily centering - meditation,
reflection, relaxation

Breathe



5 min 2x/day

gentle feather breath

Play



Joy, laughter,
fun!

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