

Maximise Your Fertility Checklist

The following checklist will help you determine how well you are doing to improve your fertility and what more you can incorporate into your lifestyle to maximise your fertility. Pink boxes are specifically for women, Blue boxes are specifically for men and the Yellow boxes are for both partners.

Absolutely No:		Avoid:		Go For:		A Must:		Nice If You Can:	
Alcohol		Stress		Organic Food		Boxers, not briefs		Don't have sex, MAKE LOVE	
Caffeine		Excessive Exercise		Fertility Yoga		Folic Acid		Take time out to relax	
Recreational Drugs		Lubricants can slow sperm		Reproductive reflexology		Make love 3 times a week		Monitor your cervix	
Smoking		Getting obsessed		Butter not marg		Get enough sleep		Join a support group	
Toxins		Negative thinking		Sofa sex		Get enough Vitamin D		Cook from scratch	
Transfats		Hot baths		Morning sex		Think positive		Nutritionist	
Cycling (esp the guys)		Household cleaners full of chemicals		Being creative in all areas of your life		Top up on zinc (banana smoothie x2 week)		Orgasms help get the sperm to the cervix	
Laptops on laps		All artificial additives and flavourings		Think natural – food, fabrics, cleaning products, face and beauty products		See your GP if over 12 months of trying		Hypnotherapy/Herbalist/Homeopath	
Mobile phones in pockets		Hair & body products full of chemicals		Colourful food – no beige, white or grey (apart from oats, butter beans, and other obviously healthy foods)		Get a general health check – esp for diabetes & thyroid		Chilling the testes makes the sperm much more vigorous	
Aspartame		Unnecessary meds		75g of protein per day from ovulation to bleed or end of first trimester		Temperature chart your cycle		Avoid low level radiation from: TV, VDU, Digital clock, electric blanket	
MSG (Chinese meals, flavoured crisps, meat seasonings, packaged soups)		Exhaust Fumes (sources of lead & heavy metals)		Vitamins A, B C & E (but don't overdose – Vit A can be dangerous)		Get a sexual health screen		Avoid living near pylons, radio stations/masts, phone exchanges, rivers	
		Over or underweight				Get more Omega 3			
		Excessive salt intake				Check cervical secretions			
		Constipation							
		Sex every day							
		Swimming/Diving							

