

# Pre-Conception Considerations



There is likely no other time in a women's life that will require as much energy and nutrients than during pregnancy. Planning ahead for pregnancy will set the women's body up for greater success in conception, pregnancy and postpartum.

Think of your nutrient store as a bank account. Pregnancy and breastfeeding are two crucial periods of your life when you make massive withdrawals.

**There are key nutrients to store up on 6 to 12 months before conception.**

- Vitamin A
- Vitamin D
- Probiotics
- Choline
- Iodine
- Prebiotics
- Iron
- Folate
- Omega-3 Fatty acids (DHA and EPA)

## **Where these nutrients can be found:**

- Seaweed
- Fish Oil
- Pasture-raised eggs
- Bone broth
- Saturated fats for cooking
- Minimally processed dairy products
- Seafood
- Organ Meats
- Lacto-fermented foods and beverages
- Grass-fed products

**Supplementation of these nutrients can be considered if you are unable or unwilling to eat the whole food sources.**

## 1 INVESTIGATE

Take inventory of your life. Start with a rough date of when you plan to try conceiving. Then make a list of what needs to be done prior to that date.

Vitamins to stock, additional dietary needs, cycle tracking, hormone testing



## 2 BUILDING UP NUTRIENTS

In an ideal world, you should start 6-12 months before conception to build up your reserves. Then carry those same strategies into pregnancy

## 3 RESOURCES

Build your community. This is a great time to start searching out your team. Think about what type of pregnancy and birth you want and seek out providers that honor this. Finding a good birthing community with like-minded women is a great way to make other mom-friends!



### PRO TIPS:

It takes two to tango! Your spouse is just as important as you. Sperm takes 3 months to reach maturation. Minimum, men should start pre-conception planning 3 months before the conception date.

Regulating your nervous system throughout pre-conception, pregnancy and postpartum will optimize your body's ability to thrive during these life stages!

If you have been on hormonal birth control, you will want to do your pre-conception planning 2 years before the date you want to start conception.