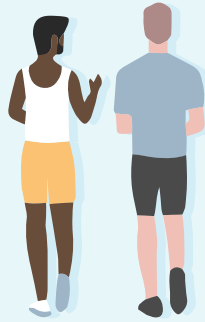
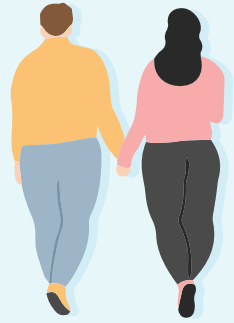




SUPPORTING FERTILITY

 orthoplex®



Preconception care

Preconception care is the provision of biomedical, behavioural and social health interventions to support the health of women and their partners prior to pregnancy and assist health related outcomes for themselves and their children.¹ Parents are encouraged to consider preconception care for 6 months to support healthy fertility outcomes.²

Why is preconception care so important?

We are programmed to pass on the best possible genetic blueprint to the next generation. If parents' health is subpar, conceiving can be difficult. Preconception care is about prioritising each parents' fertility and vitality to enable ease of conception, a smooth pregnancy and robust offspring. By creating your own best self, you also go on to create health for the next two generations. Pretty cool stuff!

What are some of the biggest impacts on fertility?

Statistics tell us that Australian fertility rates are declining for various reasons: contraception availability, partnering later in life, financial considerations, a high divorce rate and securing a career. This has resulted in a rise in the median age of mothers (31.6 years) and a fall in Australia's total fertility rate.³

As with so many other important aspects of health, maintaining a healthy body

weight and Body Mass Index (BMI) is also an important factor in supporting healthy fertility in both women and men. Being overweight can affect the body's hormone levels, which is believed to be a reason why overweight women are more likely to take longer to conceive, and overweight men have lower sperm production. A general rule of thumb is to maintain a BMI of 18-25. Of course, there are always exceptions to this and you should discuss your ideal BMI with your healthcare practitioner in further detail. If you are overweight a health professional can discuss strategies to support healthy and sustainable weight loss and help to reduce associated health risks during pregnancy.

Our fertility markers are not just about conceiving babies; they are also a report card on our vitality and general health. Sperm and egg quality is heavily influenced by nutrient levels, diet, toxin exposure, mitochondrial health, stress levels and hydration. In short, are we giving the body good quality building blocks and how well is our body coping with its current toxic load?

The content in this booklet was designed to be inclusive of all individuals, irrespective of their relationship status, orientation or identification. Our goal is to offer accessible information on supporting healthy fertility while embracing the diversity of our community. We sincerely hope you can use the information provided, disregarding specific terminology, and apply it as appropriate to your situation.

24



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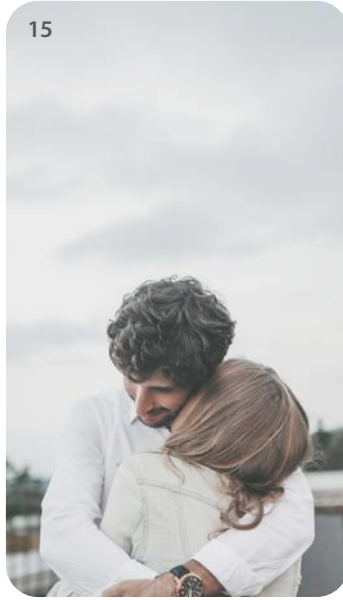
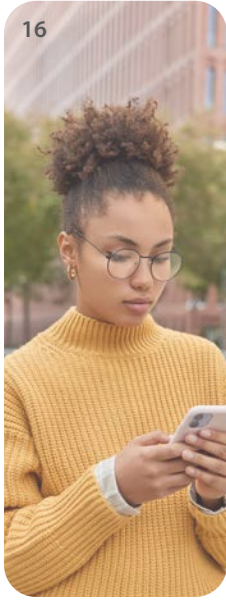


37



42





WHAT'S INSIDE

- 06 Impacts on Fertility
- 08 Household Clean Up
- 08 Cleaning Products
- 10 Body
- 11 Food
- 12 Clean 15
- 14 The Dirty Dozen
- 15 Nutrients to Support Healthy Fertility
- 16 Living in the Modern World
- 18 Exercise
- 20 Mould
- 22 Alcohol, Vaping, Smoking and Illicit Drug Use
- 25 The Two Week Wait (TWW) and How to Survive It
- 27 Being Proactive
- 29 Support Team
- 30 Nutritional Considerations
- 34 Shopping List: The Basics
- 35 Food Swaps
- 37 Healthy Recipes
- 46 The Final Word



IMPACTS ON FERTILITY

DAY-TO-DAY CONTRIBUTING FACTORS

Environmental chemicals

In our modern lives we can be exposed to countless numbers of undesirable chemicals found in many products such as plastic bottles, food storage containers, the lining of metal food cans, detergents, flame retardants, highly processed foods, cosmetics and pesticides.

To best support optimal health during this important time, it is ideal to reduce our daily accumulated exposure to certain chemical compounds wherever possible. Some of these include:



Bisphenol A (BPA)

used to make polycarbonate plastics and epoxy resins; these can be found in many plastic products including food storage containers and shopping receipts.



Polychlorinated biphenyls (PCB)

found in old fluorescent light fittings and electrical appliances, heat transfer fluids, lubricants, and plasticisers.



Dioxins

produced as a byproduct of herbicide production and paper bleaching.



Phthalates

used to make plastics more flexible. These can be found in some deodorants, perfumes, makeup, shampoo and conditioners, soap, moisturisers, hair products, shaving foams, toothpastes, food packaging and children's toys.



Perfluoroalkyl and Polyfluoroalkyl Substances (PFAS)

found in some non-stick cookware, paper, and textile coatings.



Polybrominated diphenyl ethers (PBDE)

used to make flame retardants for household products such as furniture and carpets.

It is always wise to do your own research and read the ingredient panel for household products before purchasing– information is power! Some purchasing decisions are easier than others. For example, choosing reusable glass bottles and food storage containers instead of BPA containing plastic bottles and containers is an easy change to adopt – and it's better for the environment!

Of course, there may be times when we are not able to avoid exposure to certain chemicals and on such occasions, it is important to always follow safety instructions associated with a product's use or chat to your healthcare practitioner for possible safe options.

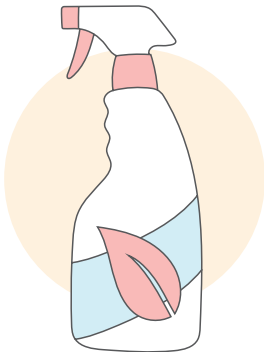
HOUSEHOLD CLEAN UP

HOW DO YOU AVOID THESE
SNEAKY COMPOUNDS?

We know this sounds overwhelming, but please don't fret, you don't have to throw your whole house out! Start with the easy stuff and replace items one or two at a time:

Cleaning products

You don't need a chemical filled product for every cleaning job, our no-tox DIY cleaning spray will cover kitchen, bathroom, loo, floors and mirrors! It can also be used as a laundry stain remover soak and dishwasher liquid. You can thank us for the savings later!



TIP

Bicarb, white vinegar and castile soap are the base ingredients for most DIY no-tox cleaning recipes

DIY cleaning spray

In a reusable glass spray bottle:

1. Fill half the bottle with white vinegar
2. Fill $\frac{1}{4}$ of the bottle with castile soap
3. Add filtered water until almost full.
4. Add 10 drops each of tea tree, lemon and eucalyptus essential oils
5. Give the bottle a good shake before each use

A great benefit of making DIY products at home is being able to tailor them specifically to your tastes, you can add a few drops of your favorite essential oils to enhance the scent to your own liking.

Fragranced products

- Ditch all synthetic fragranced products. This includes most scented candles, plug-in room sprays, reed diffusers, incense, air freshener, toilet spray and cheap essential oils.
- Don't panic! You can still have a lovely smelling house, you just need to be more selective about the products you purchase.
- You get what you pay for in essential oil land. The cheap ones available in the supermarket and department stores are often synthetic 'fragrance' or diluted with chemical compounds such as surfactants as a cheap way to fill the bottle.
- We recommend good quality essential oils purchased from reputable brands that have been third party tested.
- Electronic oil diffusers use water to diffuse a fine mist of water and oils into the air. They use cold water and most have an automatic switch off mechanism if they tip over, handy for houses with little wandering hands. They are also much safer and less toxic than the oil tea light and wax melts – heating essential oils changes the molecular structure by oxidation, this turns even pure essential oils toxic when inhaled.

Fresh air

- Open windows in the home everyday to encourage air flow.
- Dehumidifiers and HEPA air purifiers are lovely gadgets to have if finances allow.
- House plants are not only pretty, but they can also help to oxygenate the air inside your home while filtering out carbon dioxide.
- Clean and service air conditioning and heating units each year.
- Use a doormat and leave shoes at the door – house dust often tests positive to phthalates and mould spores.⁴



DIY room & loo spray

In a reusable glass spray bottle:

1. Fill $\frac{3}{4}$ with filtered water
2. Add 20ml of witch hazel and 10 drops of your preferred essential oils

BODY

Body products

We could write a whole book just on this one! The skin is our body's biggest organ and acts like a big sponge, soaking up whatever we slap onto it.

Research low-tox skin care & make up brands

There are some good options available in the supermarket or pop into your local health food store and ask the staff for their top 3 product recommendations. Over time, as you run out of your usual item, replace it with the low-tox version.

Menstrual products

Look for organic brands and consider silicon menstrual cups, period undies or organic reusable pads.

Look out for 'greenwashing'

Be mindful of clever marketing, products may appear clean and green, however when you take a closer look, the ingredients may tell a different story.

Learn how to read labels

Did you know that manufacturers can label an ingredient as 'fragrance' without having to disclose the exact ingredients of that fragrance? Look for products that are scented with essential oils and avoid products labeled with 'fragrance'. Another note on reading ingredients lists carefully, only one ingredient in a product needs to be certified organic for the whole product to be called 'certified organic'. Always read the labels, friends!

Washing powder & dishwashing liquid/powder

Washing powder residue sits directly on your skin in the fibres of your clothes. We unknowingly ingest dishwashing liquid/powder from whatever we eat from or cook with. It makes sense that these products need an overhaul too.

TIP

Handy to have: organic castile soap, lanolin, organic carrier oils such as almond oil, jojoba oil, macadamia oil, rosehip oil and shea butter.

FOOD



Packaging + storage

- Avoid plastic when it comes to cooking, storing and packaging food.
- Purchase fresh food without plastic packaging where possible. If purchasing a product wrapped in plastic, transfer to glass jar or container for storage.
- Avoid canned foods lined with plastic.
- Pick up a few glass food storage containers from your fave low-cost department store or op shop each time you go in. The glass containers often have plastic lids, so ensure food is cold before putting the lid on and no food is touching the lid.
- Other food storage options include – glass jars, stainless steel, beeswax and paper food wraps.
- If your only food storage option is plastic – wrap the food in paper or beeswax before placing in the container.
- Glass or stainless steel drink bottles.

Preparation

- Remove frozen meals and ‘cook in the packet’ products (rice, quinoa) from the packet and put into a bowl before heating in the microwave.
- Avoid microwave popcorn, purchase the kernels and cook in a large pot on the stove.
- Ideally throw your microwave out! Use the stovetop and oven to reheat food where possible.
- No heating with plastic wrap, this will quickly leach BPA into food. Use a glass lid or leave uncovered.

Cooking utensils

- Opt for wood, stainless steel and silicon.
- Steer clear of non-stick pans, invest in some good quality cast iron or stainless-steel pans.

CLEAN 15

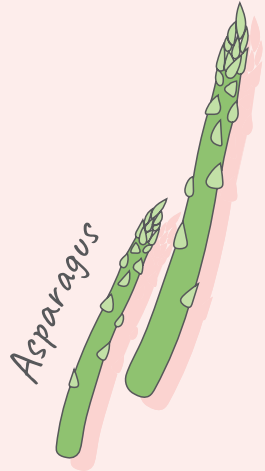
The cleanest produce has an outer peel, skin, husk, or layer that is removed prior to eating and purchasing organic is not as important.



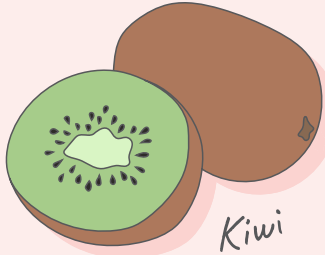
Pineapple



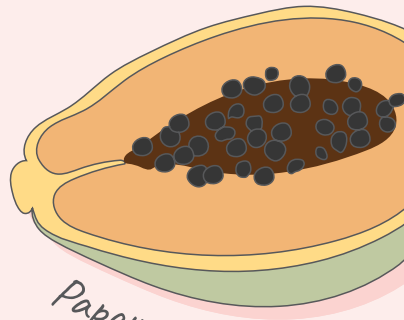
Avocados



Asparagus



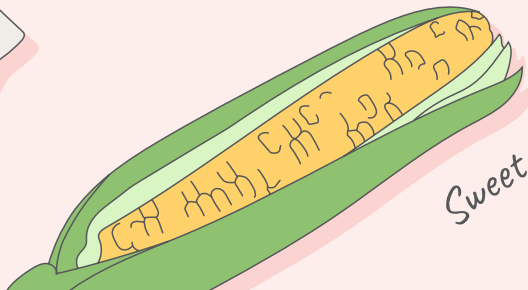
Kiwi



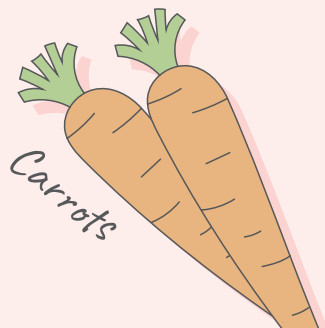
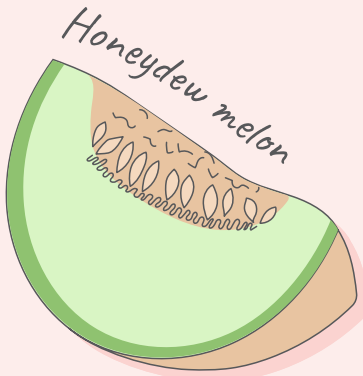
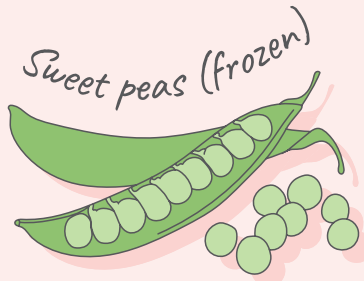
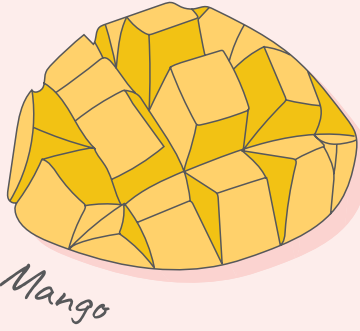
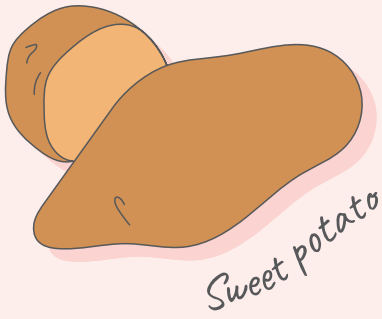
Papaya



Mushrooms



Sweet corn



THE DIRTY DOZEN

The dirty dozen list is a list of the fruits and vegetables that are traditionally most heavily sprayed with pesticides.

Purchase organic varieties where possible:



Strawberries



Spinach



Kale, collard + mustard greens



Blueberries



Peach



Green beans



Bell + hot peppers



Pears



Cherries



Apples



Nectarines



Grapes

NUTRIENTS TO SUPPORT HEALTHY FERTILITY

Female Support

- CoQ10
- Vitamin B6
- Folate
- Vitamin E
- Vitamin C
- Omega-3
- Magnesium
- Selenium

Male Support

- Zinc
- CoQ10
- Vitamin C
- Alpha Lipoic Acid
- Selenium
- Omega-3

To be discussed with your healthcare practitioner.



LIVING IN THE MODERN WORLD...

Living in the modern world, we are frequently exposed to radiation and electromagnetic fields (EMFs). Human exposure to EMFs comes from many sources, such as power lines, plane travel, computers, tablets, televisions, bluetooth devices, LED and fluorescent lighting, microwaves, radios, and mobile phones.

Here are some easy strategies to implement that may help to offset EMF exposure (because let's face it, we are not going to run away and live in a cave in the Himalaya's!):





Keep laptops on a desk and not in your lap.



Switch phone to airplane mode overnight and when you don't wish to be disturbed.



Turn Wi-Fi and modem off overnight.



Fill your house with plants.



Keep your phone out of your front pocket. Ideally, keep it in your bag and away from your body. Studies have shown that mobile phones may reduce sperm health and motility.⁵



Use the trusty old, corded headphones.



Turn home bluetooth devices off, not just to 'sleep' mode when not in use (speakers, laptop, screens, printer, gaming devices, headsets)



Adequate hydration and mineral status – we humans are electrical beings ourselves. Hydration levels allow the electrical conductivity to flow rather than getting 'stuck'. Minerals are not called 'electrolytes' for nothing you know!



Plane travel is a big blast of radiation. Try to minimise plane travel whilst trying to conceive and in the first trimester of pregnancy. If plane travel can't be avoided:

- Skip the booze and in-flight snacks.
- BYO refillable water bottle and protein and antioxidant rich snacks – *dark chocolate, homemade trail mix (sunflower seeds, pepitas, dried goji or blueberries, macadamia nuts with a sprinkle of good quality salt), hummus and vegetable sticks, dates filled with cashew butter.*

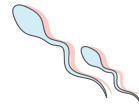
We are not able to remove all radiation and EMF exposure, however reducing the levels you are exposed to each day gives your body regular breaks.

EXERCISE

Building and maintaining muscle mass is helpful for fertility in multiple ways:



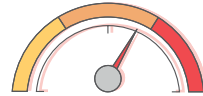
Supports blood glucose balance



Supports sperm production



Regulates ovulation



Strengthens libido



Keeps the metabolism kicking along at a steady pace



Being physically strong also equals being mentally strong



Part of the pregnancy process is the relaxation of ligaments to allow space for the baby. This relaxation can cause instability of the musculoskeletal system and the flow on effect may be joint and back pain. Having a strong body pre-pregnancy can help support the muscle and bone structure and function whilst reducing the risk of pain.

A woman with long brown hair tied in a bun, wearing a light blue long-sleeved shirt, is carrying a baby in a blue fabric sling. She is standing in a sun-dappled forest, looking down at the baby. The background is filled with green trees and foliage.

TIP

Babies need to be held a lot! Focusing on building strong arms and core before pregnancy will help you to carry your baby around with ease once they arrive.

MOULD

The cause of mould is moisture.

Have your home, car or workplace ever been water damaged? Do you live in a humid environment, dry your clothes inside the house, run heating without any windows open? Do your clothes or home have a musty smell?

The following are some simple ways to reduce the risk of mould in your home:



Run the air conditioner on 'Dry' setting during humid seasons. Make sure to have your air conditioner and heating units serviced every 12 months.



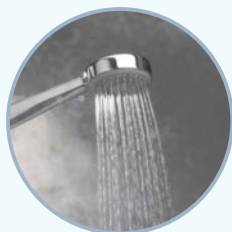
Dark spaces combined with warm, moist air is a perfect environment for mould growth. Keep the air flowing – ceiling fans, open windows on clear and low humidity days, leave wardrobe and linen press cupboard doors ajar.



Keep furniture away from the wall, it needs airflow space.



Keep windows and doors closed on high humidity days and when raining; humidity often reaches 90%+ when it rains. Keeping the windows closed and air conditioner running on 'Dry' mode stops more moisture entering your home.



Use an exhaust fan or open a window when in the shower and running the clothes dryer.



Vacuum and wet dust with a microfibre cloth a few times per week.



As mentioned previously, HEPA air purifiers and dehumidifiers are excellent gadgets to support clean air quality if finances allow.

TIP



Reducing mould spores

- **Sunshine:** line dry clothing, bedding and soft furnishings.
- **White vinegar:** the hero ingredient in your new DIY cleaning spray, you can also add it to the fabric softener compartment in the washing machine.
- Clove, lemon and tea tree **essential oils**.

ALCOHOL, VAPING, SMOKING & ILLCIT DRUG USE

Whether you consume these products regularly or just dabble, here's the lowdown on how your sneaky Friday night blow out may be impacting your fertility.

ALCOHOL

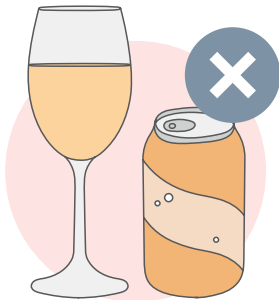
Alcohol consumption is often considered socially acceptable, but its negative effects on reproductive function have been consistently reported in the last 30 years.⁶

MALE

Reduction of seminal volume and sperm concentration, testicular shrinkage, impaired sperm motility and morphology, decreased libido and increased sperm DNA damage.

FEMALE

Alcohol can have various effects including increasing the time to pregnancy, decreasing probability of conception by over 50% and decreasing implantation rate, increasing both the risk of early and late pregnancy loss, missed ovulation, luteal phase dysfunction, and abnormal blastocyst development⁷



SMOKING

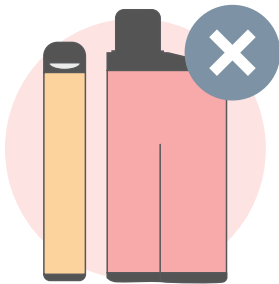
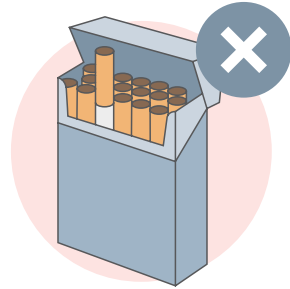
We all know that smoking is not a beneficial habit. The effects it has on fertility are enough to entice anyone trying to conceive to quit!

MALE

Increased risk of erectile dysfunction, reduced sperm production, motility and morphology, increased sperm DNA (genetic material) damage.

FEMALE

Increased time to conception, increased DNA damage to the egg, increased risk of eclampsia, birth defects, low birth weight, premature labour and placental abruption and an impact on offspring's fertility.



VAPING

Comprehensive analyses of e-liquid and aerosol used in e-cigarettes detected more than 80 compounds, such as carbonyls, volatile organic compounds and heavy metals. Not to mention nicotine, tobacco-specific nitrosamines, flavourings and phenols.⁸

There are little to no human trials on the effects of vaping, however early animal studies indicate that vaping has a negative impact on fertility.⁸

Talk to your healthcare professional about the potential risks associated with vaping.

USE OF ILLICIT DRUGS

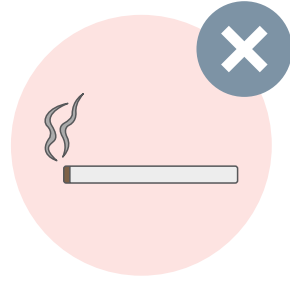
Illicit use of marijuana is common around the world, and it may cause major disruption to fertility.

MALES

Cannabis has been reported to reduce sperm count and concentration, increase morphological changes, and reduce motility and viability, and fertilising capacity. Long term use of cannabis may diminish erectile function.⁹

FEMALE

Females who use marijuana are at an increased risk of primary infertility; it can negatively impact hormonal regulation and may cause a drop in the levels of luteinizing hormone, impacting ovulation.⁷ Talk to your healthcare professional about the potential risks associated with cannabis.



SUPPORT

Please speak to your healthcare practitioner if you are struggling and need some support strategies as you work on cutting down and quitting these substances of addiction.

HELPFUL CONTACTS:

Beyond Blue

1300 224 636

www.beyondblue.org.au

Alcoholics Anonymous

1300 222 222

Aa.org.au

Quit

13 78 48

www.quit.org.au

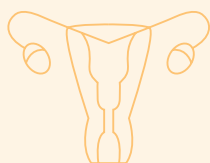


THE TWO WEEK WAIT

(TWW) AND HOW TO SURVIVE IT

The average menstrual cycle is roughly four weeks in total, the TWW is the two weeks between ovulation and when the period is due. When you are tracking your cycle, know when ovulation occurs and are actively trying to conceive, these two weeks can be excruciating and can feel more like eternity than 14 days.

Turn over for some tips on supporting yourself through the TWW →



{ the two week wait }



Positive daily morning habits

Sticking to the same routine each morning gives the nervous system daily anchors that create a feeling of safety and calm. They don't have to be complicated.

Some simple examples are:

- Putting uplifting essential oils in the diffuser when you wake up
- Going for a 20 minute walk at sunrise
- Hitting the early yoga class
- A 10 minute meditation before hopping in the shower
- Eating a protein and essential fat rich breakfast
- Listening to affirmations in the car on the way to work
- Take 10 deep breaths before switching on your computer

Stay away from Google

The early signs of pregnancy are also the early signs of menstruation, googling this over and over will not make you feel better! Look up a new book to download or purchase and read that instead.

Prioritise sleep

Everything looks better after a good night's sleep.

Slow exercise

No cardio or heavy weight training – stretching, yoga, and walking are perfect.

BEING PROACTIVE

when things are not happening as quickly as you would like:

Speak to your practitioner about identifying ovulation based on your presentation.

You don't need to wait to investigate your own and your partners fertility status.

Test don't guess! Knowledge is power, it's never too early to find out what your fertility stats look like.

Your GP will usually have a 'preconception bundle' of tests that can include:

blood type, STI's, infectious diseases, full blood count, liver function and cholesterol.

Download a period and ovulation tracker app and get familiar with your cycle.

Charting your basal body temperature is a simple and effective way to track ovulation.

{ being proactive }

Along with the tests on the previous page, you could also ask your GP or healthcare practitioner to add in the following for further information. The results can be an indicator of where your partner and yourself are doing well and where you may need some extra support.



FOR HER

- **Iron studies:**
 - Iron, Transferrin Saturation, Transferrin, TIBC, Ferritin.
- **Nutritional status:**
 - Vitamin D3, active B12 & serum folate.
- **Thyroid function tests:**
 - Thyroid Stimulating Hormone (TSH), T4, T3, antibodies.
- **Reproductive hormone testing on Day 1-3 of your cycle:**
 - Follicle Stimulation Hormone (FSH), Luteinising Hormone (LH), Oestradiol (E2), Prolactin (PRL), Testosterone (T), Free Androgen Index (FAI), Sex Hormone Binding Globulin (SHBG), DHEA-S, Anti-Mullerian Hormone (AMH).
- **Reproductive hormone testing on day 21 of your cycle or 1 week before your period is due:**
 - Oestradiol (E2), Progesterone (P4).



FOR HIM

- **Semen analysis**
- **Sperm DNA fragmentation**
- **Sperm antibodies**
- **Testosterone (T), Free Testosterone, Sex Hormone Binding Globulin (SHBG)**
- **Thyroid function tests**



Your practitioner will be able to put together a treatment strategy tailored specifically for each of you according to your individual results.

SUPPORT TEAM

You don't have to go it alone. Navigating fertility is a team sport and can bring up more questions than answers, so find the people who can help you with that. Fertility can also be a very confusing and frustrating journey with no fixed end date, it's important to have a solid network supporting you through the wobbly days.

Practitioners to consider:

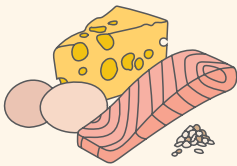
- Naturopath, nutritionist, herbalist
- Acupuncturist
- GP
- Fertility specialist
- Counsellor or psychologist
- Family and friends



NUTRITIONAL CONSIDERATIONS

Finding and following a specific 'fertility diet' can do your head in! There is so much noise in this space that it can end up being very confusing and stress-inducing. We suggest ticking off the important foundations first.

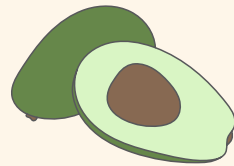




Adequate protein

Throw logs on the fire, not twigs. Protein increases satiety or the feeling of 'fullness' after a meal. Adequate protein is fuel for our hormones in both male and female fertility.

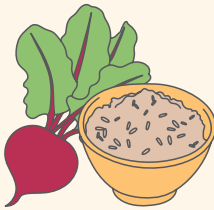
Easily absorbed protein sources include – slow cooked animal meat, eggs, fish, good quality full fat dairy products, collagen, good quality protein powders, nuts, seeds, tempeh and quinoa.



Essential fats

Fat is fertility fuel, hormones are built from glorious, good fats! Our very clever body creates all reproductive hormones from cholesterol. If the building blocks of essentials fats and protein are missing from the diet, our body views this as 'starvation mode' and will recognise that there is not enough fuel to support the female and a developing baby. As a survival mechanism, the body will effectively shut down the reproductive hormonal cascade and its ability to procreate as a way of keeping itself alive.

Essential fat sources include – animal meat, oily fish, tallow, lard, ghee, butter, eggs, good quality full fat dairy, olive oil, coconut oil, avocado, nuts, seeds and nut butter.



Consume complex carbohydrates

Not all carbohydrates are created equal. Complex carbohydrates are also known as starches or polysaccharides. Their longer molecular structure allows them to be broken down and absorbed more slowly compared to simple or 'empty' carbohydrates (twigs on the fire for a quick burn). Complex carbs are also high in fibre. These two factors contribute to a more stable blood glucose picture.

Complex carbohydrate sources – root vegetables, fruits, legumes, ancient grains, cooked and cooled rice and potatoes.



Eat the rainbow

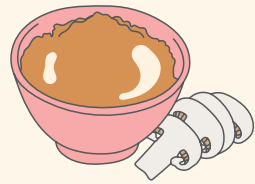
Brightly coloured fruits and vegetables are rich in antioxidants and micronutrients.



Adequate hydration

Adequate hydration facilitates the delivery of nutrients into the cells. In short, hydrated ovaries and testes can produce plump and juicy eggs or sperm! Depending on your activity level and body mass, hydration levels are different for each person.

Aim for 1.5 - 2 litres daily.



Traditional Chinese Medicine (TCM)

TCM encourages eating warming and cooked foods to support fertility. Cold and fibrous foods such as smoothies and salads take a lot of energy to breakdown.

Warm and easy to digest foods such as broths, slow cooked meats and roasted vegetables take the burden off the digestive system, allowing energy to be directed elsewhere in the body.

SHOPPING LIST

The Basics

HOUSE

- Bi-carb soda
 - White vinegar
 - Castile Soap
-

FOOD

- Organic and pasture raised eggs
 - Grass fed meat
 - Wild caught salmon
 - Organic and pasture raised dairy – milk, yoghurt, cheese & butter (if tolerated)
 - Avocado
 - Green leafys – spinach, mixed lettuce, silverbeet, rocket
 - Organic fresh or frozen mixed berries
-

SHELF

- Nuts and seeds - Brazil nuts, pepitas, sunflower seeds, sesame seeds.
- Organic oils - olive oil, coconut oil, ghee
- Vegetable oil free rice crackers

FOOD SWAPS



Refined white grains:
white bread, pasta,
baked goods, flour



Whole or ancient grains:
buckwheat, amaranth, millet,
quinoa, spelt, brown rice



Seed oils: vegetable, canola,
soy, peanut, margarine,
olive oil spreads



Coconut, avocado,
olive oil, ghee, butter,
tallow, lard



Added sugars or
artificial sweeteners



Stevia, honey, maple
syrup, coconut sugar



Take away or
food deliveries



Meal plan and batch
cooking on the weekend



Alcohol &
energy drinks



Kombucha, mineral water
with a squeeze of lime or a
splash of cranberry juice





HEALTHY RECIPES



{ recipe }

FRIED EGGS WITH VEGETABLES

Serves 1

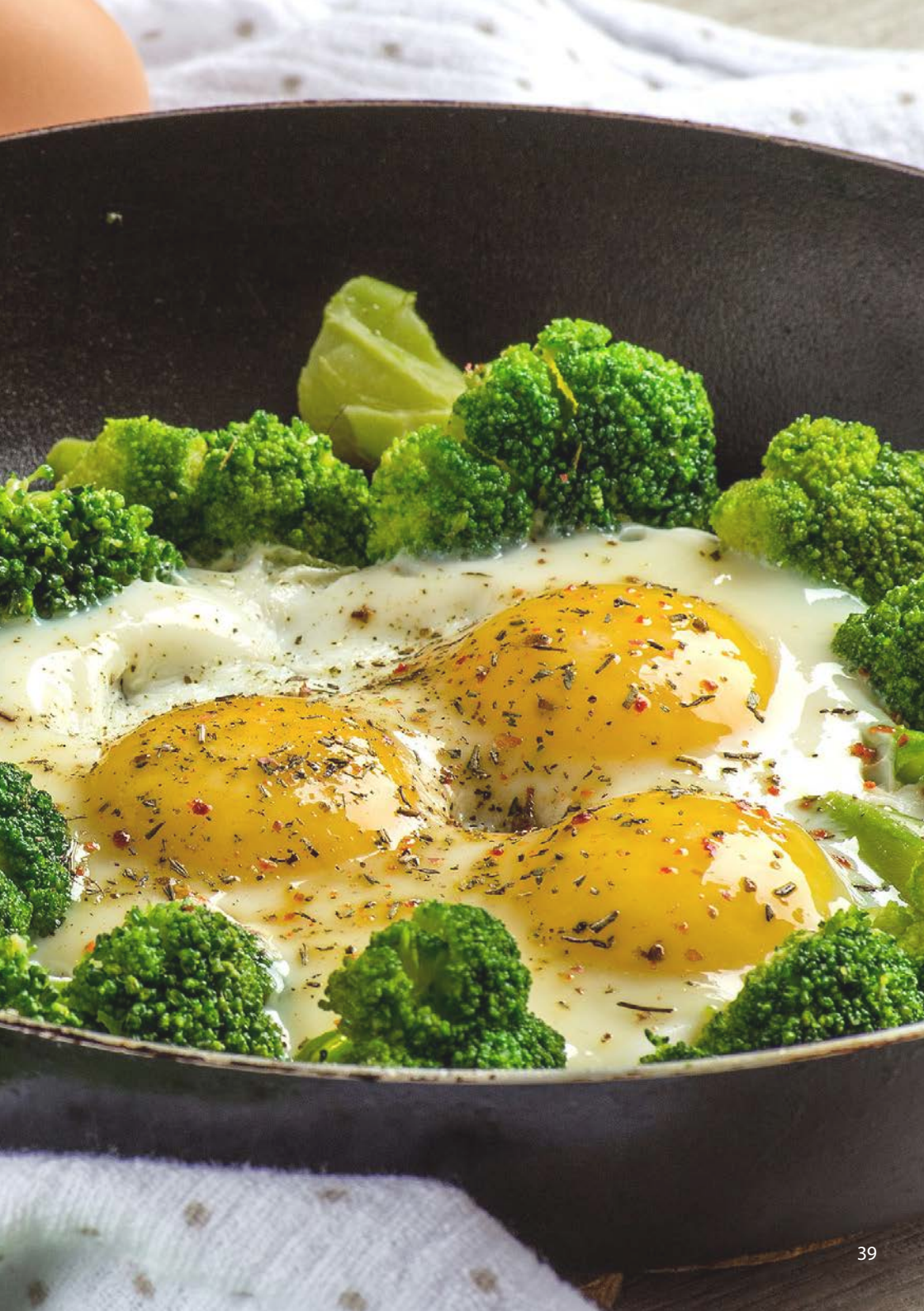
Ingredients

- 2 eggs
- 1 cup broccoli – chopped roughly
- 1 cup mushrooms – chopped in half
- 1 clove of garlic – crushed

Method

1. Add a splash of olive oil into a large fry pan on medium heat. Once the pan is hot, crack eggs into it.
2. Add garlic, broccoli and mushrooms. Fry on medium heat until cooked through.
3. Place eggs on a plate and add the vegetables alongside. Drizzle with olive oil and fresh lemon. Salt and pepper to taste.







{ recipe }

ON THE RUN

Serves 1

Ingredients

190g sheep/ goat/ coconut/ plain Greek yoghurt
1 scoop protein powder
1 apple – grated
½ teaspoon cinnamon

Method

1. Pop chosen yoghurt into a bowl and mix protein powder through.
2. Sprinkle grated apple and top with cinnamon.

TIP

This can be made the day before and kept in the fridge overnight.



{ recipe }

SAUSO'S + SALAD

Serves 3

Ingredients

Tray of 6 organic preservative free sausages
1 packet rocket - rinsed
2 mandarins – peeled and separated into slices
4 tbs feta cheese
Apple cider vinegar
Salt and pepper

Method

1. Preheat oven to 180 degrees. Add a splash of olive oil to a large roasting pan, add sausages. Roast for 20 minutes, then turn the sausages over and return to the oven for a further 10 minutes or until crispy.
2. In a large bowl combine rocket, mandarin pieces, feta cheese and toss. Drizzle with apple cider vinegar.
3. 2 sausages per serve – these can be sliced and mixed into the salad or left whole alongside it.







{ recipe }

PAN-FRIED SALMON WITH MASH & GREENS

Serves 2

Ingredients

150g salmon portions
1 large sweet potato – roughly chopped
1 bunch of broccolini
1 tbs butter
Milk of choice
Lemon juice
Olive oil
Salt and pepper

Method

1. Add a splash of olive oil into a frying pan on medium heat, place salmon portions skin side down in frypan. Sprinkle with salt and pepper, drizzle with lemon juice.
2. Pop the sweet potato into a medium sized saucepan, add water enough to cover and heat on high until boiling and potatoes are easily pierced. Drain and add butter and a splash of milk of choice. Mash until smooth. Set aside.
3. Add the broccolini to the frying pan with the salmon. Once salmon has turned from translucent into solid colour, flip over for a further 10 minutes or until both sides are golden brown.
4. Spoon some mashed sweet potato over the plate, add a salmon portion and broccolini, drizzle with a little lemon juice and sprinkle with salt and pepper to taste.



THE FINAL WORD

These guidelines and ideas have been put together to support you. However, we also know how difficult and overwhelming it can be in the fertility trenches, so please don't turn yourself into a pretzel trying to get everything 'perfect'. Transitioning to a low-tox life takes months and even years before everything has run out, been replaced, finding the option that works for you and so on.

Please go gently on yourself and remember that giving it a go is better than doing nothing at all.

✧ *Sending baby dust* ✧



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