



*Boost Your*  
**FERTILITY CHECKLIST**

The ultimate checklist to help you conceive  
based on the pearls of Chinese Medicine.

**KIM CHILD | LICENSED ACUPUNCTURIST**



*Welcome!*

I'M KIM

I've supported many women over the years in their journey to conceive naturally with acupuncture treatment & lifestyle coaching.

It would be great to help you!

Please feel free to reach out, I offer a free 20 min. discovery session virtually or in person.

[BOOK NOW](#)

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FERTILITY CHECKLIST

2023

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# TOP FERTILITY TIPS

## A QUICK REFERENCE GUIDE

### *What are you drinking?*

# 1

Swap tea & coffee for herbal teas. Decaf? unfortunately there's lots of toxins in these products. Choose Swiss water process or withdraw slowly. Reducing alcohol should be a consideration during this time for women & men. Research shows reduced sperm viability from too much alcohol.

# 2

### *Sweettooth?*

Reduce milk & white chocolate. Consider a few squares per day of 70% organic chocolate for sweet cravings. Darker chocolate contains antioxidants which create better quality egg and sperm cells.

# 3

### *Weight*

An ideal for conceiving is between 18.5 to 24.9. If your BMI is higher it's worth trying to get within range to boost your chances. This tip is also important for men's fertility.

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# TOP FERTILITY TIPS

## A QUICK REFERENCE GUIDE

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### *Be Zen*

Reduce stress levels, it can cause energetic blocks to conceiving. Find a practice you enjoy; meditation, breathing, walking, writing, art therapy & any other calming activity you enjoy.

# 5

### *Night Night*

Quality sleep regenerates your whole system, creating a smoother menstrual cycle, hormone balance and ultimately quality follicles. Take a nap if you feel tired during the day, research suggests a 20 minute kip has great benefits.

# 6

### *Exercise is important*

Exercise in moderation has amazing benefits to pave through a healthy pregnancy. But, intense training can reduce your luteinising hormone & progesterone leading to a poor luteal phase

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### *Keep Your Feet Warm*

Wear warm foot wear around your home (no bare feet, unless it's a warm summers day)  
Why? external cold can travel from the bottom of your foot to the uterus causing a cold uterine environment leading to reduced endometrial lining, egg quality & infertility.

8

### *A Word About Sanitary Products*

Only use sanitary pads. Tampons stagnate blood in the uterus which naturally needs to leave the uterus, it's also harder to observe changes in flow & blood. Try Natura Care organic pads.

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### *Food Is Medicine*

Eat the best quality food you can afford. Avoid processed foods. These only cause insulin resistance which cause hormone inbalance. If you don't understand the ingredients on the package then don't eat it!

# SELF-CARE CHECKLIST

YOUR THE BEST!

- Gentle exercise x 5 days
- Positive fertility affirmation
- Drank enough water
- 5 veggies a day
- Reduced coffee
- Reduced tea
- Reduced refined sugars
- Reduced alcohol
- Slept 7 to 8 hours consistently
- Took a nap when I felt tired
- Took 10 minutes to do nothing
- Found a calming activity
- Tried a new herbal tea
- Celebrated something in my life
- Get some sunlight
- Kept my feet warm
- Tried dark chocolate
- Made clean meals this week

## NOTES

