



## How do I improve egg quality?

How to improve egg quality is probably the most frequently asked question I get by far. It's such an important topic because if you've been to your doctor and you've had procedures or situations or you've been trying to conceive for a while and it's not working, it's very likely that you have been told that your eggs are no good, or that your egg quality needs to be improved, or that your egg quality is not as good as it should be.

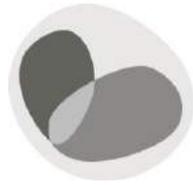
Now that upsets me, I have to admit. It upsets me quite a lot because what happens is that for the majority of women who have issues with IVF failing or conception not happening in the way that it needs to, egg quality maybe a part to play in the whole equation but it is not the only thing. In fact, one of the things that we talk about throughout the 14 Day Fertility Challenge is this concept of minor factors.

This is very much a scientific approach to understanding what are the things that can be impacting fertility. The statistical numbers around minor factors are huge like a couple at peak fertility has an average of 3 months' time to pregnancy. You add 3 minor factors to the equation, and all of a sudden—a minor factor can be anything from let's say the egg is not working as well as it could be, but then you've got sperm motility is not as healthy as it could be, or not as fast as it could be, and/or you've got a hormone imbalance or nutritional deficiency. All of those things can be minor factors, and 3 minor factors is enough to give us an average of 40 years' time to pregnancy.

What happens is that when you have multiple minor factors from a male perspective and a female perspective combined, you are going to have multiple things that are going to be impacting the ability of a couple to conceive and carry a healthy pregnancy to term. It is not going to be just to do with egg quality.

There are many things you can do to improve egg quality including improving your health, improving your lifestyle, nutritional supplementation. The right types of nutrients can make a huge difference. This is why you really need to see a specialist practitioner in this field to be able to actually help you and guide you because supplementation is a very personalized situation. Even though you might have egg quality that needs to be improved, the way that that gets done for one person maybe completely different to how that gets done for another person because of the different things that could be impacting their egg quality.

The way in which you can immediately improve your egg quality is to do the things that you already know that you would do if you were pregnant right now. If you are pregnant right now and you ask yourself, "Okay, what would I do to improve the improve of my child, my baby?" then those are the things that you would do to improve your fertility.



If you would have better rest at night and sleep better, if you were to have a better diet, if you were to exercise more, if you were to take nutrients, all of those things are things that you need to begin doing way before you even think of start trying to conceive.

A minimum of 120 days is what it takes for the egg to mature and the sperm to form, so that is absolutely going to be the minimum amount of time that you need to give your body to improve egg quality and there are things that you can do to improve egg quality, all of these things that I'm talking about and more.

The one thing that you will not be able to improve necessarily; in fact, you will not be able to improve today in the level of scientific development that we have is the amount, the number of eggs that you have, your ovarian reserve, but you will absolutely be able to improve your egg quality.

Just do your very best, be the healthiest that you can be, and you will be far and away much further forward than you perhaps are right now.

I hope that helps. Until next, bye for now!

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