



Is caffeine going to decrease my chances of having a baby?

Is caffeine going to decrease my chances of having a baby is a question that I get asked very often, and the short answer is yes.

There is a lot of information, a lot of evidence in the scientific literature these days talking about the impact of caffeine in the form of tea, coffee, soft drinks. Even some supplements have caffeine in them, so it's really important to read labels and make sure that you are not consuming something inadvertently that could be impacting your chances.

The impact of caffeine on sex cells is pretty clear. It also has been shown to decrease the ability of the body to balance reproductive hormones. It leaches minerals and vitamins and nutrients out of the body. It has been shown to increase oxidation in sperm and destroy some of the healthy production of sperm health and sperm cells. It's definitely something that you want to be looking at when trying to conceive.

Now absolutely in my opinion and this is the recommendation that I give to my patients on the Natural Fertility Breakthrough Program is avoid coffee altogether because I know that will be one simple thing, one simple self-care step that people can take to really improve their chances and improve their odds of carrying a healthy pregnancy to term. There's also been some evidence that coffee has an impact on the ability of the embryo to implant in the uterus. It has a multipronged effect.

It is a psychoactive drug. It changes the way in which the brain responds and operates. It creates anxiety in the system. It definitely is not something that I would not recommend when you're probably already experiencing some anxiety anyway. Some of our patients in the practice, most of the patients that we see have been infertile for 2 years or more have experienced recurrent miscarriage for a long period of time.

Those feelings and emotions of kind of moodiness and anxiety and irritability are already something that I have that is happening for them. To add coffee to that equation is literally just to kind of fuel and exacerbate those feelings and emotions a whole lot more. It's definitely best to avoid it altogether wherever possible.

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

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