

5 things to consider before trying to get pregnant

Did you know? It takes 90 days for an egg to fully mature. That's why taking care of your health today and getting support on your path to pregnancy is vital for your future family and your future self.

Is your cycle regular?

If your cycle is consistently irregular (meaning outside of the 21 to 35-day window), it might be a sign your hormones aren't quite in balance, which is critical for pregnancy.

Tip: Before you try to get pregnant, take time to track your cycle and consider consulting a specialist if you're regularly outside of the normal window.

Are you experiencing pre-menstrual symptoms?

Believe it or not, symptoms like bloating, cramps, elevated emotions, headaches, and painful breasts during "that time of the month" are not normal. These can be signs that your body is overwhelmed by endocrine (or hormone) disruptors.

Tip: Making even small changes in diet, exercise, sleep, and the personal care products you use can set your body up to be more prepared for pregnancy.

Is Flo as healthy as she can be?

We try to avoid talking about it, but "Flo" is a good indication that your body is working the way it's supposed to each month. Heavy or light? Long or short? Bright red or dark?

Tip: Don't ignore Her. Try to embrace it as a tool to check in with your health and how prepared you may be for pregnancy.

Have you been on birth control?

Since hormonal birth control is a fake form of hormones, it's important to understand that it can have impacts on your natural cycle.

Tip: To get a better sense of the natural rhythm of your cycles, consider going off birth control at least 3 months prior to beginning to try for pregnancy.

Are you taking care of you?

Quality sleep, managing stress, and eating healthfully impact your body's ability to balance hormones and be in an ideal state for pregnancy.

Tip: Instead of checking your phone before bed, consider picking up a book or doing some yoga to help calm your mind and get you ready for sleep.

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I am an Integrative Nutrition Health Coach determined to help women improve their health (and hopefully their chances) on the road to pregnancy. Having suffered multiple miscarriages and trying both medical and natural interventions to get pregnant, I am determined to help women improve their health now to set their bodies up for success on the path to pregnancy. If you are just starting to think about your future family or have been on the journey of trying for some time, I'm here to support you along the way.