“How to Improve Egg Quality and Increase Your Chances of Having the Healthiest Possible Baby”

Presented by Gabriela Rosa
MScM (RHHG), BHSc, ND, Post Grad NFM, DBM, Dip Nut, MATMS, MNHAA
Fertility Specialist, Author, Naturopath

www.NaturalFertilityBreakthrough.com
info@NaturalFertilityBreakthrough.com
Ph: 1300 85 84 90

Setting Your Intention...
What are the top 3 Learnings or Distinctions I’d like to gain from this event?

1) __________________________________________________________

2) __________________________________________________________

3) __________________________________________________________

My notes:
What Is Anti-Mullerian Hormone And What Does It Do?

Sex differentiation begins around 4 weeks gestation

![Diagram of sex differentiation](http://www.mun.ca/biology/desmid/brian/BIOL3530/DEVO_09/devo_09.html)

Fig. 1 Staveley, B; Department of Biology, Memorial University of Newfoundland. Accessed March 2014 http://www.mun.ca/biology/desmid/brian/BIOL3530/DEVO_09/devo_09.html
Follicle Maturation
Takes a staggering 8 months in total!
(This is the time to optimize egg quality)

Fig. 2 Classification of follicles in the human ovary. (From Gougeon A: "Regulation of ovarian follicular development in primates: facts and hypotheses". Endocr Rev 17:121, 1996.)

Understanding Ovarian Reserve - AMH 101

AMH is secreted by follicles (_________ ________) in _________. 
Between _____ - _____ eggs start development each single month but only a single egg ovulates.

Fig. 3 Markers for human ovarian reserve and egg development (from La Marca, A. et al: “Anti-Mullerian hormone (AMH): What do we still need to know?” Human Reproduction, Vol.00, No.0 pp. 1–12, 2009)

In fertility terms, AMH _______ eggs from being wasted and used up too quickly.

__________ _______ including obesity and smoking reduce AMH and _______ time to menopause.

If I take appropriate action, I _______ improve my _______ _______.
Bloods to be performed on days 2-4 of the menstrual reproductive cycle to ascertain ovarian reserve include: __________, __________, __________, __________ and __________.

Transvaginal ultrasound should count a minimum of _____ _____ to be deemed “acceptable”.

**Optimum Fertility Foundations**
_____ of preconception preparation is the only way to ensure to get you closer that you have ever been before to creating the healthy of your dreams.

For best results, act now to get later.

The of health and the are the most comprehensive ways to empower couples to their fertility for best conception results, naturally or through assisted reproductive methods if necessary.

The 5 foods or dietary habits you must avoid to optimize your fertility are:

________________________
________________________
________________________
________________________
________________________
Cole is one of our many ‘miracle babies’....

Fig. 5 One of the “low AMH affected families” we’ve helped create via natural conception; Published with permission 2014.
Proven Strategies for Improving Egg Quality

Nutritional supplementation in the opinion of many fertility doctors have gone through many phases – from __________ to __________ about the dangers to __________ routine __________.

Foundational nutrients for optimum male and female fertility include: A practitioner strength __________ ____________, ____________ ____________, ____________; Adequate and replete: ____________ ________, ____________ and probiotics.

Supplements ____________ ____________ to improve egg quality include:

- ____________
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________
- ____________

When Do You Change Your Getting Pregnant Strategy?

3 Things you must do before changing conception strategies:

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
What other options on my journey to having a baby would I consider?

__________________________
__________________________
__________________________
__________________________
__________________________
__________________________

My notes:
What have you learnt?

What are my top 3 Learnings or Distinctions from tonight’s Webinar?

1) __________________________________________________________

2) __________________________________________________________

3) __________________________________________________________

How will you apply what you’ve learnt?

What is your very next action step based on what you’ve learnt that will help you in transforming your current results to create the healthy baby of your dreams?

Wishing you the very best on your journey towards creating your very own healthy baby.
Sending you lots of baby sparkles!

With Fertile Blessings,

Gabriela Rosa

Gabriela Rosa | Author, Fertility Specialist, Naturopath
MScM (RHHG), BHSc, ND, Post Grad NFM, DBM, Dip Nut, MATMS, MNHAA

My notes: