



How do I improve my chance of implantation?

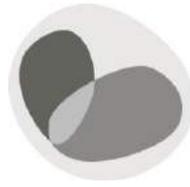
How to improve your chances of implantation? It's one of the questions that I get asked all the time, and there are many different things that you can do to optimize the way in which your body is operating and that really ultimately at the end of the day as far as things you have control over is the only thing you can actually do.

When you're trying to conceive and you're trying to be as healthy as you can possibly be, that's going to make a huge difference to ensure the hormonal balance that your body is operating the way that it needs to, that you have the right amounts of nutrients in your body. Eating a healthy diet is going to bring in the nutrients that you need. It's also going to reduce unnecessary inflammation and really support your body in doing what it needs to do best.

There are many different things that I talked on the [Fertility Challenge]. That's another thing that you can do is actually do the [[7 Day Fertility Challenge](#)] if you haven't yet because in participating in that event, you will start to really understand what are the things that you can do to take charge of your results to optimize your chances of conception irrespective of what hasn't worked in the past.

We often find in my clinic the patients that go through our fertile method, they often have had many different things not go right for them. They have tried many different things and many had failed before and the way in which they changed that was to implement a holistic methodology, putting in place the self-care aspects that they could take charge of and do like improving your diet, like removing toxins and chemicals from your environment, making sure that your body is being nourished in the best possible way that it can. Those are all ways that are going to increase your chances of implantation and of course having the healthy baby of your dreams.

The other thing of course is if you've done IVF or if you're just about to do IVF and you're wondering about how can you increase or improve the chances of implantation happening is ensuring that you have not only the right nutrition but you are relaxed through the process and that you're not overstressing yourself or feeling too anxious about the outcome. Really focus on being present and being in the moment of every day and every minute because that's when



anxiety starts to get the better of you. Focusing on all of those things is going to help implantation.

The other thing that is really important in terms of making sure that you have the best possible foundation is that both you and your partner are working on this together because a healthy embryo is only going to be able to be created by two healthy prospective parents, so healthy egg healthy sperm. That's what it takes to create an embryo that will have the ability to implant, and that of course in itself is going to help to improve your chances of implantation.

It's a great question and there isn't one thing that you can do. It's a combination of living your best life now and being the very best version of yourself, doing and putting in place the things that you can, but also avoiding the things that you know are going to be problematic. For example, coffee has been shown to decrease the risk of miscarriage happening and of course implantation occurring. Alcohol also has that impact. of course, smoking is going to have a negative impact on implantation anyway. Removing those things for both prospective parents is going to help with the quality of the egg, quality of the, and the ability for that egg, which will become an embryo, to implant in the best possible way.

Those are the things that you can do, get on with it, and get started. I hope that helps.

Until next time! Bye for now!

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