



Pregnancy After 40

50 Fertility Tips

Trying to conceive at any point in your life can be stressful, but even more so when you're 40 years old or older. Trust me, I know from personal experience. Fortunately, there are ways to optimize your chances of conceiving by improving your egg quality and increasing your fertility.

These 50+ Fertility Tips are not only beneficial for conception but for your overall health and well-being altogether. By incorporating the following tips, you are making LIFESTYLE changes. Once that clicks in your mind, it will become abundantly clear that you are not only increasing your chances of creating an environment to conceive a baby, but you're also increasing your ability to maintain a healthy pregnancy and longevity in life so you can be around as long as possible to raise your children and see them grow up!

Suggestions on How to Maximize Your Conception Chances:

- 1) Take a break from TTC for a few months and focus on incorporating the following fertility tips and suggestions so you can be of optimal health;
- 2) Incorporate 3-5 tips a week in order to avoid being overwhelmed and giving up altogether. Remember, these are Lifestyle changes and you and your body (and your partner) need time to adjust and for them to become habits;
- 3) Do your own research on the following fertility tips so you can tailor them specifically to your life and situation;
- 4) When it is suggested to consult with a healthcare provider before you try something, do just that (we are not doctors and don't profess to be; your healthcare provider is in the best position to recommend what is best for you); and

- 5) Bring this list with you to your OB/GYN, Reproductive Endocrinologist or Fertility Specialist for specific guidance and approval on each tip.

My “Pregnancy After 40” journey has been nothing short of amazing and I look forward to hearing all about yours as well!

About

Michelle Johnson

Michelle Johnson is an Attorney, Speaker, Host of the “Pregnancy After 40” Podcast, Mother of 3 Children, 2 of whom she conceived naturally over 40 years old!



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50 Fertility Tips

<u>Number</u>	<u>Fertility Tip</u>	<u>Category</u>
	<u>DIET</u>	
1	Balance Your Diet <i>(Eat healthy most of the time, but allow for cheat meals and snacks weekly)</i>	Diet
2	Choose a serving of High Fat Dairy Daily	Diet
3	Cut down on Carbs	Diet
4	Cut the Caffeine	Diet
5	Eat a Bigger Breakfast	Diet
6	Eat Fewer Refined Carbs	Diet
7	Eat Foods Rich in Antioxidants	Diet
8	Eat Healthy Fats and Avoid Trans Fats	Diet
9	Eat More Fiber	Diet
10	Swap Protein Sources Periodically <i>(from animal protein to vegetable protein)</i>	Diet
11	Water <i>(increases cervical mucus)</i>	Diet
	<u>FERTILITY SUPPORT</u>	
12	Clomid <i>(check w/ your healthcare professional before trying)</i>	Fertility Support
13	Pre-Seed	Fertility Support

<u>Number</u>	<u>Fertility Tip</u>	<u>Category</u>
	<i>(check w/ your healthcare professional before trying)</i>	
14	Progesterone <i>(check w/ your healthcare professional before trying)</i>	Fertility Support
	<u>HEALTH & WELLNESS</u>	
15	Acupuncture	Health & Wellness
16	Aim for a Healthy Weight	Health & Wellness
17	Avoid Excess Alcohol or Eliminate it Altogether	Health & Wellness
18	Baby aspirin <i>(check w/ your healthcare professional before trying)</i>	Health & Wellness
19	Balance Your Time	Health & Wellness
20	Boost Melatonin	Health & Wellness
21	Check Medications on how they may affect fertility	Health & Wellness
22	Check your Iron Levels	Health & Wellness
23	Chiropractic Care	Health & Wellness
24	Cry	Health & Wellness
25	Detox or Cleanse Periodically	Health & Wellness
26	Find a Support Team or Community	Health & Wellness
27	Good oral health	Health & Wellness
28	Meditation	Health & Wellness
29	Moderate Exercise <i>(Avoid excessive exercise as it negatively affects your reproductive system)</i>	Health & Wellness

<u>Number</u>	<u>Fertility Tip</u>	<u>Category</u>
30	Participate & Enjoy a Hobby	Health & Wellness
31	Preconception Checkup	Health & Wellness
32	Prioritize your Relationship with your partner	Health & Wellness
33	Reduce Environmental & Consumable Toxins	Health & Wellness
34	Reducing Pesticides	Health & Wellness
35	Reflexology	Health & Wellness
36	Sleep	Health & Wellness
37	Stop Smoking	Health & Wellness
38	Take Time to Relax	Health & Wellness
39	Treat Underlying Medical Conditions	Health & Wellness
40	Yoga	Health & Wellness
	<u>MONITORING & TRACKING</u>	
41	Fertility App	Monitoring/Tracking
42	Ovulation Predictor Kits	Monitoring/Tracking
43	Record your menstrual cycle frequency	Monitoring/Tracking
44	Track Basal Body Temperature	Monitoring/Tracking
45	Watch Testicle Temperature	Monitoring/Tracking
	<u>SEXUAL ACTIVITY</u>	
46	Have Fun & Be Creative in the Bedroom	Sexual Activity
47	Have the right amount of Sex (<i>too much can decrease sperm count</i>)	Sexual Activity

<u>Number</u>	<u>Fertility Tip</u>	<u>Category</u>
48	Sex every other day during fertile window	Sexual Activity
49	Stay in bed after intercourse	Sexual Activity
	<u>SUPPLEMENTS</u>	
50	Prenatal Vitamins or Multivitamins	Supplement
	<u>ANECDOTAL</u>	
51	Vaginal Steaming <i>(check w/ your healthcare professional before trying)</i>	Anecdotal

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****DISCLAIMER: The above content is not medical advice. You should ALWAYS consult with a medical or healthcare provider or professional before following any fertility program or guide.***