



Your Daily Fertility Foundations

A simple checklist to nourish your body, support your hormones, and feel more grounded while trying to conceive

Dr. Emily LeBlanc, ND
Fertility & Reproductive Care

1. *Nourish*

- Include a source of protein at each meal
- 1 cup of berries daily (strawberries, blueberries, etc)
- Omega-3 rich fish 2x/week (salmon, sardines, etc)
- 1 serving of fermented foods daily
- $\frac{1}{4}$ cup of beans daily to support the gut microbiome



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2. *Support*

- Take a high-quality prenatal daily
- Supplement with choline if not in your prenatal
- Supplement with a high DHA omega-3 fish oil
- Daily gentle movement (walking, yoga, etc)
- 8-9 hrs of sleep per night, with bedtime before 11 pm
- Biweekly fertility acupuncture if indicated

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3. *Understand*

- Start tracking your cycle on an app (I love pre-mom!)
- Look for fertile egg-white cervical mucus before ovulation
- Start tracking basal body temperature with a BBT thermometer or TempDrop
- Write down symptoms (period pain, spotting, heavy bleeding, fatigue) to bring up to your fertility ND



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4. *Ground*

- Do a daily meditation or affirmations (I love Lavendaire on YouTube)
- Spend 1 hour per day on a hobby you enjoy
- Get outside daily for fresh air
- Seek a therapist in your area who you can connect with to reduce stress and anxiety on the fertility journey

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Where to go from here..

A general checklist can help you *begin*. Your fertility plan should be personalized to *you*.

In a fertility consult, we look more closely at your cycles, symptoms, medical history, nutrition, nutrient status, previous testing and fertility goals—and create a plan that reflects what your body actually needs.

Book your fertility consult or
visit our website for more
offerings: www.doctoremily.ca

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