

Top 5 Tips To **BOOST FERTILITY**



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“Once we decided to have a baby, we couldn’t wait. We were so excited. What started out as a wonderful and exciting time in our lives, turned into a hugely stressful situation when we couldn’t conceive. It was just a nightmare”



Trying for a baby is one of the biggest and yet, most enriching decisions you will make in your lifetime. While this decision will, more often than not, have been a long time in the making, the possibility of failure may never have been considered. What most people don't take into consideration is that although you may be emotionally or financially ready to take this next step, you may not be physically ready. Couples can often find themselves in the very stressful position of not being able to conceive as quickly as they would have hoped.

We never think, as we grow up, that fertility will be a problem. It simply doesn't occur to us, as people are having babies all around us, seemingly without any issues. When fertility does become a problem it can cause huge stress. You may think that it is "not meant to be", that you are just one of the unlucky ones or that you lack the special "child-bearing gene". Failure to conceive can put a strain on couples and this stress has its own adverse effects on your mental and physical health, compounding the problem, and even further reducing your chances of success. Yes, stress is scientifically proven to affect your ability to conceive!

There are many issues that can contribute to infertility. What you need to understand is that infertility itself is not a disease, it is merely a symptom of another underlying issue. It is a sign of a body out of balance.

The great news for you is that you can make your own luck, you can get pregnant.

Infertility can be due to a whole range of problems but the main issue, that underlies them all, is **that your body is not in the correct physical condition to promote conception**. It is extremely important that you understand how your body functions in order to reverse this condition and achieve fertile health.

Both you and your partner must be in the correct mental and physical condition in order to conceive. With the correct support and coaching, and the use of tried and tested techniques, it is possible to become pregnant extremely quickly.

That is exactly what we offer here at Elmtree Organics. We have had thousands of happy tribe members through our doors whom we have helped on their journey. We know first-hand the pressures and stresses people can find themselves under but the good news is that we can help you every step of the way. With a pregnancy success rate of 70-80% within the first 3 months we certainly know what we are talking about.

Having your body and mind in a healthy place is crucial to your successful pregnancy. In this e-book we explain 5 simple and practical tips to get you on your way.



1. Drink the correct amount of water every day.

Sounds simple right? But would you believe that most people are chronically dehydrated. Our body is composed of about 60% water and unless we give it the vital fluid it needs, our body's systems will begin to shut down. Every cell in the body, requires constant hydration to ensure optimum health.

So while the correct supplements can go a long way towards overcoming nutrient deficiencies, aiding detoxification and helping you to conceive, water can be seen as the most essential nutrient. It is impossible to expect your hormones, which are central to conception, to behave properly if they cannot be maintained in perfect equilibrium and transported to where they are needed. Optimum hormone health can only be achieved in a well hydrated body. And a hydrated body gives the added benefits of clear supple skin and bright eyes.

Start drinking more water today. Your body will thank you and your energy levels will soar. But remember, when measuring your water intake, some drinks like cola, coffee, tea and alcohol actually dehydrate you!

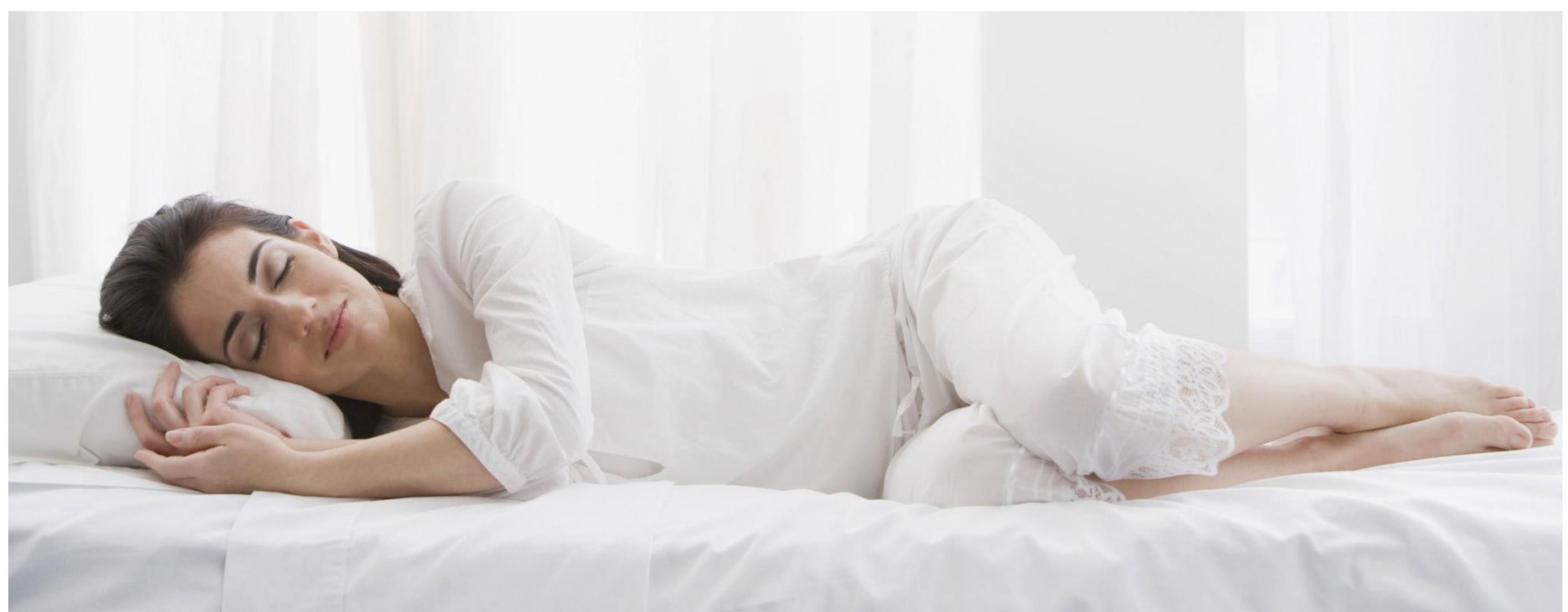
2. Eat breakfast every morning between 7 and 9am

Your body follows daily rhythms and patterns. Certain organs have times of peak activity. For the stomach, optimum digestion occurs between 7am and 9am every morning. At this time, our body is most receptive to taking in vital nutrients, so it is essential that you eat a healthy breakfast at this time every morning. If this window is missed, you will not be able to make up for it later in the day. Conversely the stomach is least active between 7pm and 9pm so this is the worst time to have your biggest meal of the day. When people say breakfast is the most important meal of the day they are not joking. To maximise your nutrient intake follow the adage "Breakfast like a King/Queen, lunch like a Prince/Princess, dine like a pauper".



3. Be asleep by 11pm

Night-time is when your body goes into growth and repair mode. New cells are made and the whole body regenerates. It is therefore essential that you make the most of this period. It has been shown scientifically that the period between 11pm and 8am is when the most regenerative sleep is possible. According to ancient Chinese philosophy, 11pm marks the start of a new phase of activity, characterised by physical and mental rejuvenation. Obviously the odd late night does little harm but if you regularly go to bed after 11pm your body will age and degenerate, and any existing health conditions will have little chance of correcting themselves. For a healthy fertile body, make this new bedtime a priority.



4. Take cardiovascular exercise at least 3 times each week



Exercise stimulates the production of endorphins and serotonin. These are chemicals in the brain responsible for the feeling of well-being and happiness. It also stimulates the circulatory system improving blood flow to the uterus, increasing the body's capacity to take in and use oxygen and helping to flush toxins from the body. Every cell in the body needs a constant supply of oxygen to create energy. Regular exercise has also been proven to reduce stress levels, an essential factor for fertility to occur.

5. Get out in nature

If you can take your exercise in the park or the countryside, even better. Not only will you benefit from the fresh air coming into your lungs, but you will feel even more invigorated and relaxed. Research has shown that direct contact with nature can lead to:



- **Relaxation and stress reduction**
- **Decreased mental fatigue, restored mental clarity, and increased sense of well-being**
- **Decreased use of health care services**

City life has cut us off from the natural environment in which we evolved. Our bodies must adjust to the seasonal, monthly and daily cycles if we are to maintain optimum health, in particular optimum menstrual health. It is this contact with nature that keeps us healthy and in tune with our natural rhythms.

Even a short walk in nature every day, will have a massive positive impact on your state of mind.



So why not get started today?

We all know that we should take care of ourselves but often the last person we help on a daily basis is ourselves. It is extremely important, if you are trying for a baby, that you invest time in yourself and your baby's future.

The above steps, while simple and powerful, are just the basic fundamentals, the tip of the iceberg, in terms of how you can prepare your body for pregnancy. The key is to find support and knowledge that will give you every chance of success.

Our Elmtree Organics members have found that through regular coaching and goal setting, they enjoy the process and all the wonderful side effects – renewed energy, better sleep, healthier skin, and a more comfortable menstrual cycle - all signs that their bodies are achieving optimum health. We hope we can help you on your journey too.

To get started, join our introductory programme “Ready for Pregnancy in 28 days” where you will learn:

- **The stages of your menstrual cycle, and how they affect your body**
- **How to get your body in balance at each stage.**
- **Best foods and eating patterns to support fertility**

If you are interested in embarking on this journey with us and becoming one of our happy tribe members, please click on the link below.

[CLICK HERE](#)

Good luck and chat to you all soon,

Ian

