

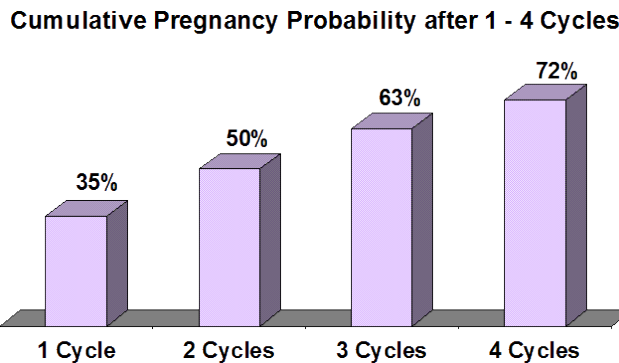


## Maximizing Pregnancy Probability

You can significantly contribute to the successful outcome of your infertility treatment. Optimizing your health and selecting a treatment plan of two or more treatment cycles can have a considerable impact on the probability of a successful pregnancy.

### Multiple Treatment Cycles

Having more than one cycle of treatment can substantially increase the likelihood of having a baby. The following graph illustrates the increase in live birth probability if you decide to have more than one cycle of treatment. In this example, we used an arbitrary 35% live birth probability per treatment. Your actual likelihood of a live birth could be higher or lower.



Nova IVF provides a diverse selection of very competitive multiple cycle treatment fee plans which can significantly reduce your per cycle cost.

### Optimizing Your Health

Your physical condition could make the difference between achieving a live birth and going through years of frustration of unfulfilled dreams. We urge **both partners** to adhere to the following recommendations as closely as feasible and to start implementing them **as soon as possible**.

#### 1. Optimize your body's acid-alkaline balance

The pH of our blood is slightly alkaline. If we eat acidic food, our bodies have to work extra hard to keep the blood in an alkaline state. This extra work stresses our body and can lead to a decrease of one's fertility potential.

The choices of foods that we eat affect this balance. The typical North American diet is highly acidic. The best way you can maintain the proper blood pH balance is to avoid acid producing foods and increase consumption of alkaline foods. Try not to go out to eat; prepare your own food as much as possible.

##### A. Minimize or eliminate the intake of the following acid-forming foods:

- All grains including corn, oat, and flour-based foods (**bread, pasta, pastry, cereal, dumplings, tortillas, chips...**) except buckwheat and white rice (up to one cooked cup a day)
- Dairy (**cheese**) except milk, buttermilk, kefir, and yogurt up to one cup a day
- Alcohol
- Coffee except de-caffeinated up to two cups a day
- Cocoa (use carob products instead)
- Nuts (except hazelnuts)
- Beans/legumes except up to one cup (cooked) a day (not canned)
- Cranberries (all other berries are ok)
- **Processed meat** (salami, sausages, hotdogs, canned meat)

**B. Increase intake of the following alkaline foods (organically grown if possible)\*:**

- Apples
- Apricots
- Artichoke
- Asparagus
- Avocado
- **Bananas**
- **Berries**
- Beets
- Bell peppers
- Bok choy
- Broccoli
- Brussel sprouts
- Cabbage
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Chard
- **Coconut**
- Cucumber
- Dates
- Eggplant
- **Figs**
- Garlic
- Ginger
- Green peas
- Grapefruit
- Grapes
- **Kale**
- Kiwi
- Lemon
- Lettuce
- Mango
- Melons (all)
- Nectarine
- Olives
- Onions
- Orange
- Papaya
- Parsley
- Peach
- Pear
- Persimmon
- Pineapple
- Potatoes
- **Raisins**
- **Spinach**
- Salad mix
- String beans
- Sweet potatoes
- Tomatoes
- Zucchini

\* Items in **bold** are especially helpful.

**2. Consume an *abundance* of essential fatty acids:**

- Deep-sea fish and fish oil from non-polluted sources
- Flaxseed and pumpkin seed oils
- Broccoli, cauliflower, beets, carrots, kale, collards, cabbage, brussel sprouts
- Raw seeds
- Eggs (no more than one a day on average)

**3. Eliminate or minimize intake of trans fatty acids (very important):**

- Fried foods (if you must have occasional fried food, use coconut oil only)
- Vegetable shortening
- Margarine
- Lard
- Animal fat
- Hydrogenated vegetable oils
- Junk food

**4. Vitamins**

It is important that **both** partners take high-potency, high-quality natural multivitamins, and mineral supplements of your choice purchased from a reputable source. The female partner must take a minimum of **1mg of Folic Acid a day**.

**5. Exercise**

Unless you exercise regularly, several times a week, start *daily* walks (**outdoors**) for a minimum of 45 minutes each day

**6. Volatile Organic Compounds (VOC)**

Many everyday products release VOC's. It is very important to minimize your exposure (both partners) to VOC's:

- Petroleum products: Avoid car exhaust fumes and solvents, use disposable gloves when filling up your car.
- Release of VOC's from plastics and building materials: Do not drive a new car when trying to conceive, do not remodel your home or buy a newly constructed house.
- No exposure to cigarette smoke (both partners).
- Eliminate or minimize use of perfumes and colognes (unscented deodorant is ok).
- Do not dry-clean your clothes.
- Eliminate air fresheners at home and in your car(s).

- Consider purchasing a VOC-scrubbing air purifier for your bedroom if you sleep with the windows closed (search internet for "voc air purifier").

#### **7. Fire Retardant Chemicals**

There is evidence that flame retardants, polybrominated diphenyl ethers (PDBEs), can reduce fertility. Nearly all Americans tested have at least trace levels of flame retardants in their body. Try to minimize your exposure to flame retardants by using bedding and pajamas that are fire retardant free.

#### **8. Smoking**

**You must not smoke.** Cigarette smoking, including passive cigarette smoke exposure, has been shown to have a dramatic adverse effect on oocyte (egg) quality and can also decrease the male fertility potential. Smoking appears to accelerate the loss of eggs and reproductive function and may advance the time of menopause by several years. There is an increased risk of miscarriage and genetic abnormalities in offspring among smokers.

#### **9. Stress**

Get plenty of sleep and try to minimize your everyday stresses.

#### **10. Acupuncture**

It is ok to have acupuncture

#### **11. Chinese medicine**

It is ok to use Chinese herbs as long as they are for strengthening your health only and do not have any male or female hormone-like effect.