

STEP-BY-STEP GUIDE to MINIMIZING and ELIMINATING FERTILITY SABOTEURS

Below you will find specific actions and steps that you (and your partner) can take to reduce your exposure to fertility saboteurs. Remember, you are only human. Balance doing what you can do with the resources (time, money, sanity) available to you with the importance of decreasing your exposure to toxins and substances that undermine the 4 Pillars of Fertility. Included are check-boxes next to each step because, let's be honest, who doesn't love the satisfaction of checking things off a list?! Don't forget to also complete the **Pantry Purge and Refrigerator Dump Worksheet** and the **Medicine Cabinet Makeover Worksheet**. Then use the **Home and Personal Care Inventory Guide** to help you tackle some of the actions in the list below. Try not to feel overwhelmed. Instead think about the phenomenal impact this will have on your overall health and fertility. Remember, Fertility Saboteurs ARE health saboteurs!

- Stop Smoking
- Avoid Processed, Pre-packaged food
- Stop using artificial sweeteners (use coconut sugar, coconut nectar, honey and maple syrup sparingly instead)
- Become aware of food with food coloring and avoid it.
- Avoid MSG
- Completely avoid food triggers
 - Wheat/Gluten (and most grains)
 - Dairy (rare exception is raw and fermented)
 - Soy and Flax Seeds (that has not been fermented)
 - Sugar
 - Trans fats/vegetable seed oils
- Stop Smoking
- Try to eat organic fresh fruit and vegetables (*or better yet, grow your own!)
 - Dirty Dozen/Clean Fifteen
 - Go here for a printable version from the ewg:
<https://www.ewg.org/foodnews/index.php>
- Do eat meat and fish that is:
 - Grassfed (Share a cow?!)
 - Free-range
 - Pastured
 - Organic
 - Wild-Caught
 - Farmed Salmon - Rapidly declining Omega 3 levels, contain the organic pollutants that can impact hormones that you are already trying to avoid by eating, dangerously high levels of dioxins (that can be stored in fat cells for years), some treated with banned pesticides, spreading a type of super-lice, given pesticides that cause DNA mutations, mice fed farmed salmon became obese in one study, in

2015 the FDA approved the sale of genetically engineered salmon that does not require any specific labeling.

- DO choose: Wild-caught salmon (find local suppliers), Pacific sardines/anchovies, Pacific Pole-, troll- or line-caught albacore or skipjack tuna (limit due to mercury levels)
- Choose eggs from local trusted farmers or those that are Pastured and Organic (my favorite brand in stores in the US is Vitality Farms)
- Adjust/moderate caffeine and alcohol consumption.
- Avoid fragrances (air fresheners, dryer sheets, perfume, fabric softeners)
- Switch to glass for storage, heating of food and water.
- Avoid canned foods (if you buy them look for ones labeled BPA free)
- Avoid the use of GLYPHOSATE/Round Up and other pesticides in and around your home at all costs. This stuff is literally EVERYWHERE. Walk into any home improvement store, and it's bound to be the first product in our face. Yet its use is catastrophic.
- Evaluate cleaning, laundry and personal care products (**Home and Personal Care Inventory Guide**)
- Evaluate your environment and take care when renovating your home::
 - Do you live in a home built in the 1950s-1970s?
 - Do you have old, chipping paint that may contain lead?
 - Take care when replacing old carpet (padding beneath may contain toxins)
- Avoid Dry Cleaning your clothes
- Use a vacuum cleaner with a HEPA filter
- Replace vinyl shower curtains (if you still have them), with cloth or sliding glass doors.
- Opt for mattresses manufactured prior to 2007 or consider alternative options such as organic latex mattresses.
- Choose electronic receipts over paper ones to decrease BPA exposure.
- Evaluate whether or not you or your partner may be exposed to occupational toxins:
 - Do you/your partner work in any of the following fields or industries?
 - Landscaping
 - Firefighter (chemicals such as dioxins are released when products are burned)
 - Pest management
 - Agriculture
 - Plastics
 - Manufacturing
 - Mechanic
 - Hairdresser
 - Painter
 - Metalworking
 - Drycleaning
 - Mining

- Oil and gas industry (working in the field)
- Garbage and Recycling
- Medical or research field (particularly if increased exposure to radiation)
- Water and wastewater treatment
- Pilots/flight attendants (radiation exposure)
- Be aware of your exposure to toxins through vaccines (including heavy metals and preservatives such as formaldehyde)
- Take cell phones OUT of YOUR POCKETS! (Away from body)
- Avoid food and supplements with synthetic Folic Acid
- Consider under-the-counter and Shower water filters (or whole house if you can swing it)
- Possibly consider having amalgam fillings removed (if you have them), by a specially trained biological dentist
- Sweat
- Hydrate
- Manage Stress
- Try your best to improve Sleep Quality and Quantity