

Reflexology: Pre-Conception Advice Sheet

A review of lifestyle factors may help towards the chances of conceiving.

Regular reflexology sessions for both men and women can help to bring about the increased chance of fertility naturally, a healthy pregnancy, as well as helping towards a more relaxed birth and content infant.

Diet

It is best to avoid caffeine, cola, chocolate, refined sugary snacks, food high in saturated fat, dairy produce, and soya. Also avoid food additives, preservatives, artificial flavourings and sweeteners, and foods containing wheat.

Smoking & Alcohol

Smoking can cause many problems for both men and women, including abnormalities in sperm production and an increased risk of miscarriage. Alcohol affects sperm production and motility, low zinc levels, and may lead to ovulation problems and fertilisation issues. It is therefore best that you stop smoking and stop drinking alcohol.

Weight & Healthy Eating

An ideal BMI is between 20 and 25.

Do not be disheartened by what you think you should and should not eat. There are many friendly foods that include protein (meat, eggs, and fish) for hormone health and sperm synthesis, whole grain fibre (whole grain cereals and bread), fertility boosting zinc foods (lentils, beans, brown rice, nuts and seeds), and essential fatty acids (oily fish and seeds). Fruit and vegetables rich in vitamin C (citrus fruit, blackcurrants, cabbage, broccoli, red and yellow pepper) help with sperm motility, and at least 5 portions of fresh fruit and vegetables should be consumed daily.

Gentle exercise, rest, and managing your stress levels is also extremely beneficial for conception, coupled together with a review of certain lifestyle factors, as mentioned above.

Consult your GP, or a qualified nutritionist, for professional advice about additional helpful dietary supplements.

