

THE 5 PILLARS OF PRECONCEPTION



A NUTRITION AND
LIFESTYLE GUIDE FOR
CONCEPTION

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FUNCTIONAL MEDICINE	
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ABOUT



Welcome, I am Rachael Robinson, Fertility Nutritionist.

I help couples struggling with fertility challenges fall pregnant, stay pregnant, and bring home their longed for baby through Nutritional Therapy. My vision is to help you get pregnant faster, whether naturally or through IVF, using targeted nutrition support.

This 5 pillar guide will give you the foundations that you need to get your body and mind ready for pregnancy: for you and your partner.

If you have any medical conditions get in touch with your practitioner before making any nutrition or supplement changes.

The 5 Pillars
of
Preconception

Nutrition

Movement

Supplements

Stress
Management

Environment

NUTRITION

- ✓ Plate split: 50% veggies, 25% protein, 25% carbohydrate
- ✓ 7 portions of vegetables daily
- ✓ 2 portions of fruit daily
- ✓ Oily fish such as salmon, mackerel, anchovy, sardine and herring twice a week
- ✓ 1 tbsp ground flax daily
- ✓ High protein breakfast: eggs, meat, fish, nut butter
- ✓ Iron rich plant foods 4 times a week: beans, legumes, spinach, chard
- ✓ Folate containing foods daily: beans, eggs, lentils, leafy greens, beetroot, nuts, seeds
- ✓ Reduce mercury containing fish including tuna, swordfish and malin
- ✓ Limit caffeine to one cup of tea or coffee daily
- ✓ Drink 2 litres of water daily
- ✓ Eat 1 handful of unsalted nuts/seeds daily
- ✓ Cut out alcohol and cigarettes

MOVEMENT

- ✓ Aim for 30 minutes of physical activity daily
- ✓ Try a new class; in studio or online

SUPPLEMENTS

- ✓ Methylated prenatal
- ✓ Omega 3 fish oil
- ✓ Vitamin D3 and K2
- ✓ Ubiquinol

ENVIRONMENT

- ✓ Swap plastic for glass: lunchboxes, bottles, food storage bowls
- ✓ Swap non stick pans for cast iron
- ✓ Swap make up products containing BPA and phthlates for natural alternatives

STRESS

MANAGEMENT

- ✓ Get outside for 20 minutes each day
- ✓ Set boundaries around screentime: try and disconnect for a few hours daily
- ✓ Do one thing that brings you joy daily
- ✓ Focus on breathing properly and fully
- ✓ Find your tribe: those who you can turn to when you need support

GET IN TOUCH

If you would like support on your fertility journey I would love to hear from you. Just get in touch with Georgia to book an appointment.

I support clients with:

Hormone balance

PCOS

Endometriosis

Low AMH

Menopause

Thyroid

Fertility

Miscarriage

Male factor infertility

IVF preparation

Pregnancy

Post partum

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