

# Nutrition and Fitness for Fertility

## In a healthy body, weight loss is a natural by-product

Mark Whitney is the founder and Managing Director of Pillar Healthcare Ltd. Mark developed pre-Conceive, a clinically studied nutritional supplement shown to improve both male and female fertility. Over his 11 years in the nutritional industry Mark has gained tremendous experience from working directly with patients and through direct industry experience.

For more information, visit <http://www.pillarhealthcare.com>



Mark Whitney

Gareth Zeal

Gareth Zeal is one of UK's leading experts in the field of nutrition. Gareth has over 20 years of experience working in the nutritional and natural medicine fields. Gareth has lectured at the College of Naturopathic Medicine in London and has helped to write several books on natural health. Gareth holds monthly clinics in Harley Street and regular clinics in the UK.

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## PREPARING FOR PREGNANCY

Preparing for pregnancy is a concept that is very close to our hearts. It might be a novel concept to most, but hopefully we can outline why preparing for pregnancy is crucial!

Mark says: "In Ireland, the advice for someone trying to conceive is; don't smoke, don't drink, take folic acid and come off the pill. In modern life, most couples make a conscious decision to try and have a child. I am privileged to be able to help people on this journey, but the lack of information worries me. When you or I were conceived, us as an embryo started to grow. At this point, this is the healthiest we will ever be. A sobering thought. The importance of having a super sperm cell carrying the paternal DNA and a healthy egg cell carrying the maternal DNA is vital! This is succinctly demonstrated in a paper by Prof. D.J.P. Barker of the University of Southampton, the following extract being a summary quotation from that paper:

*Coronary heart disease, type 2 diabetes, breast cancer and many other chronic diseases are unnecessary. Their occurrence is not mandated by genes passed down to us through thousands of years of evolution. Chronic diseases are not the inevitable lot of humankind. They are the result of the changing pattern of human development. We could readily prevent them, had we the will to do so. Prevention of chronic disease and an increase in healthy ageing require improvement in the nutrition of girls and young women.*

With these concepts in mind, it becomes imperative that for a healthy pregnancy and a healthy child, it becomes of paramount importance

that the potential mother and father look after their nutrition as perfectly as they can, several months before pregnancy. This ensures healthy DNA in both the egg and sperm cell, not only improving the chances of conception, but looking after the short, medium and long term health of their little one. So, after the lecture, how does one prepare for pregnancy?

1. A healthy and varied diet - your diet and the food you eat provide you with your energy, and the nutrients within that food help to create our cells and hormones.

**"A study from Harvard Medical school involving 18,000 women has shown that taking multi vitamins, particularly folic acid, can improve chances of pregnancy..."**

That is pretty emphatic, especially when coming from Harvard. Also, the American College of Obstetricians & Embryologists state: "Adequate vitamin and mineral intake is important for the health of women of childbearing age, both for themselves and their infants. Deficiencies in some vitamins and minerals early in pregnancy can result in permanent damage to the foetus".

2. Improving your lifestyle - for most of us, time for exercise is limited; we might smoke, drink, be a few pounds overweight - all have a

dramatic impact on our fertility. For example, Harvard performed a recent study that showed an 80% decrease in infertility standards with lifestyle and dietary changes geared towards fertility. Women who followed a combination of five or more lifestyle and dietary changes experienced 80% less relative risk of infertility due to ovulatory disorders compared to women who engaged in none of the changes. This study was published in *Obstetrics & Gynaecology*.

3. Toxins & Pesticides: 33 pesticides were examined in a recent European survey. It showed that 27 of the 33 proved to be Endocrine Disrupting Hormones. This means that if you eat food that has been exposed to these chemicals, it impacts your hormonal system and the development of your sperm and egg cells.

These are my three golden rules when it comes to preparing for pregnancy. By eating well, our bodies will be fuelled and nourished to create healthier cells. By improving our lifestyles and how we choose to live, we will improve our overall health and fecundity (fertility) and by eliminating our exposure to unnecessary chemicals, we remove substances that can impair our hormonal process and cell development".