

PRECONCEPTION

Guide

MADE SPECIFICALLY FOR YOU



STEP 1: SMOKING REDUCTION

Plan

Week 1-2

- Count current daily cigarettes for baseline
- Identify 2-3 cigarettes you can easily eliminate
- Replace these with:
 - 5 deep breaths
 - Glass of water
 - 2-minute walk
 - Stress ball squeeze

Week 2-3

- Remove 1 additional cigarette each week
- Add replacement activities:
 - Dandelion tea (helps with detox) or any herbal tea of your choice
 - Quick stretching sequence (See Page 2)
 - Progressive muscle relaxation (See Page 3)

Week 3-6

- Continue gradual reduction
- Build smoke-free morning routine
- Develop smoke-free evening routine
 - This is where that 30minute walk after dinner, especially during the summer months could be really useful.

REMEMBER:

Every cigarette NOT smoked is:

- 300+ toxic chemicals avoided
- Better blood flow to your ovaries
- Higher chances of conception
- A gift to your future baby

You can do this - one hour at a time.

QUICK STRETCH ROUTINE FOR STRESS RELIEF Perfect for Smoking Cravings or

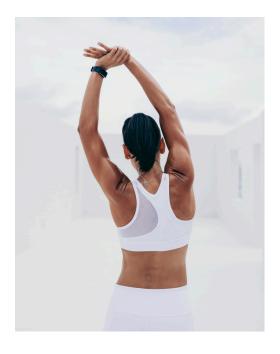
Standing Stretches (2 minutes)

- 1. Reach and Release (30 seconds)
 - Stand tall, inhale deeply
 - Reach arms overhead, spreading fingers
 - Hold for 3 breaths
 - Exhale, fold forward, letting arms and head hang
 - Gently sway side to side
- 2. Shoulder Rolls (30 seconds)
 - Roll shoulders backward 5 times
 - Roll shoulders forward 5 times
 - Squeeze shoulders to ears, hold 3 seconds
 - Release with a big exhale
- 3. Side Stretch (1 minute)
 - Reach right arm overhead, lean left
 - Hold for 3 breaths
 - Switch sides
 - Repeat twice on each side

Seated Stretches (2 minutes)

Can be done in any chair

- 1. Neck Release (30 seconds)
 - Slowly drop right ear to right shoulder
 - Hold for 3 breaths
 - Repeat on left side
 - Gentle head rolls in half circles (front only)
- 2. Spinal Twist (30 seconds)
 - Sit sideways in chair
 - Twist toward chair back
 - Hold for 3 breaths
 - Repeat other side
- 3. Wrist and Fingers (1 minute)
 - Extend arms forward
 - Flex and point wrists
 - Spread fingers wide, then make fists
 - Roll wrists in circles both direction.



Final Breathing (1 minute)

- Sit comfortably
- Place hands on belly
- Take 4 slow breaths
- Make exhale longer than inhale

Tips:

- Never force or bounce
- Stop if you feel pain
- Focus on your breath throughout
- Can be done in parts if needed
- Perfect replacement for a cigarette break

Remember: This routine is about stress relief, not flexibility. The goal is to feel calmer and more centered when finished.

PROGRESSIVE MUSCLE RELAXATION

Progressive Muscle Relaxation (PMR) is a deep relaxation technique that helps reduce anxiety and stress by systematically tensing and releasing muscle groups. It's particularly helpful during smoking cessation as it provides a physical release for tension.

Basic PMR Routine (15 minutes):

- 1. Find a quiet space and comfortable position
- 2. Close your eyes and take three deep breaths
- 3. For each muscle group:
 - Tense muscles firmly (5 seconds)
 - Notice the tension
 - Release completely (10 seconds)
 - Notice the relaxation

Muscle Group Sequence:

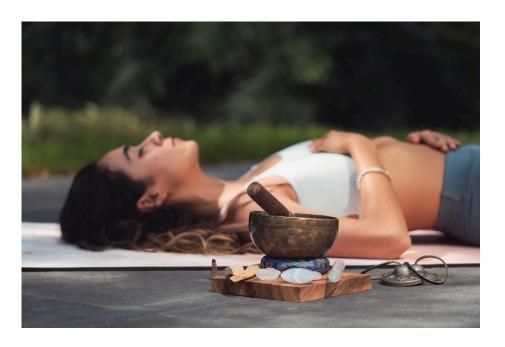
- 1. Hands make fists
- 2. Forearms flex wrists
- 3. Upper arms bicep curl
- 4. Shoulders shrug
- 5. Face scrunch
- 6. Neck gentle head tilt
- 7.Chest deep breath
- 8.Stomach tighten
- 9.Thighs squeeze
- 10. Calves point toes
- 11. Feet curl toes

Quick Version (2-3 Minutes)

When craving a cigarette

Focus on:

- Hands and arms (tense/release)
- Shoulders and neck (tense/release)
- Stomach (tense/release)
- Take three deep breaths



STEP 2: WHAT TO EAT

DIETARY FOCUS AREAS

Weekly Meal Planning Strategy

Daily "Must-Includes":

- 1 egg (any style, aim for breakfast)
- 2 servings of antioxidant-rich fruits/vegetables
- 1 serving of omega-3 rich food
- 1 serving of fertility-supporting food
- 8 glasses of water

Simple Daily Checklist

Morning:

- Egg-based breakfast OR
- Smoothie with berries + chia seeds + spinach AND
- 1-2 Glasses of water

Lunch:

- Palm-sized serving of protein (grass-fed beef/salmon/sardines)
- Large handful of organic leafy greens
- 1/4 avocado
- 1-2 Glasses of water

Dinner:

- Palm-sized serving of protein
- 2 cups of vegetables (focusing on fertility-supporting options)
- Small handful of nuts/seeds
- 1-2 Glasses of water

Snacks (choose 2 daily):

- 2 squares dark chocolate
- Small handful of pecans/walnuts/Brazil nuts
- Berry mix
- Hard-boiled egg

AND 1-2 Glasses of water with each snack

Set up for Sucess

1. Visible Reminders:

- Keep eggs front and center in fridge
- Store healthy snacks at eye level
- Keep berries washed and ready to eat



2. Weekly Prep (Sunday):

- Hard boil 3-4 eggs for snacks
- Wash and store berries
- Prepare seed mix for smoothies
- Cut vegetables for easy access



3. Create a simple shopping list with:

- "Always Buy" items (eggs, berries, leafy greens)
- "When On Sale" items (salmon, organic produce)
- "Once a Month" items (nuts, seeds, organic goji berries)



Remember: The goal is progress, not perfection. If you miss your dietary goals one day, simply restart the next meal. Every egg you eat, every serving of vegetables you include, is supporting your body's preparation for conception.

STEP 3: TRACK YOUR Progress

PRINT THIS ENTIRE GUIDE AND KEEP IT SOMEWHERE VISIBLE (LIKE ON YOUR FRIDGE).

The next 10 pages are your weekly tracking sheets - aim to both pages each week for the next 5 weeks.

How to Use Your Tracking Sheets:

- 1. Write the date at the top of each page
- 2. Note which day of your cycle you're on for each entry
 - (Day 1 = first day of your period)
- 3. Fill in all boxes daily even partial information is valuable!
- 4. Take photos of completed pages to share at our next appointment

Why Tracking Matters:

- **Identifies Patterns:** Helps us understand how your cycle affects your smoking habits, stress levels, and food choices
- **Reveals Triggers:** Shows clear connections between stress, smoking, and other behaviors
- **Guides Treatment:** Allows us to adjust your supplement and lifestyle recommendations based on real data
- **Supports Success:** Research shows people who track their habits are more likely to achieve their health goals
- **Empowers Change:** Makes you more aware of your daily choices and their impacts
- **Celebrates Progress:** Helps you see improvements over time, even small ones

Remember: There's no such thing as a "bad" tracking day - honest data is what helps us support you best!



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