



JANAYA KARLOCI  
*Naturopath*

# 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 *Anxiety Moments*

### 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

## Guide

**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

## *General Guide*

### 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 Success

## 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!**

Week 1

# WEEKLY SELF REVIEW

WEEK OF

MONDAY - DAY ____ OF CYCLE	
# OF CIGARETTES	
EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

TUESDAY - DAY ____ OF CYCLE	
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EXERCISE	
STRESS LEVEL (1-10)	
SLEEP QUALITY (1-10)	
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CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

SATURDAY - DAY ____ OF CYCLE	
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EXERCISE	
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SLEEP QUALITY (1-10)	
CIGARETTE TRIGGERS	
WENT WELL	
NEEDS ADJUSTMENT	

SUNDAY - DAY ____ OF CYCLE					
# OF CIGARETTES		STRESS LEVEL (1-10)		WENT WELL	
EXERCISE		SLEEP LEVEL (1-10)		NEEDS ADJUSTMENT	
CIGARETTE TRIGGERS					





Week 1

# FOOD JOURNAL

MONDAY	
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DINNER	<hr/> <hr/> <hr/>
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Week 2

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Week 4

# WEEKLY SELF REVIEW

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Week 5

# WEEKLY SELF REVIEW

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Week 5

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