



PRECONCEPTION PROTOCOL

FOR KATHY SUCCAR



Sacred Sage
Apothecary

NUTRIENT RECOMMENDATIONS



INTRODUCTION

This guide is designed to be a positive and supportive companion, offering practical insights and personalised strategies to optimise your well-being, supporting your body through preconception care.

From a naturopathic perspective, preconception care is incredibly important, extending far beyond just avoiding harmful substances. It's a holistic approach that recognises the intricate connection between your overall health and your reproductive capacity. It focuses on optimising your health before conception by addressing the root causes of any imbalances and nurturing your body's innate ability to thrive.

Use this document as a practical tool, a resource to empower you in making informed choices for your health and wellbeing.

DIETARY REGIME

To be followed by both prospective parents for a minimum of three months before conception.

- Optimises fertility and increases the chance of conception
- Balances hormones and menstrual cycles
- Supports egg and sperm health
- Reduces the risk of birth defects
- Aids in healthy weight management
- Prevents nutritional deficiencies
- Lowers the risk of gestational diabetes and preeclampsia
- Boosts overall health and immune function
- Promotes mental well-being and reduces stress
- Supports healthy digestion. Encourages healthy lifestyle choices



EVERYDAY FOOD CHOICES

PROTEIN SOURCES

Supports fertility and reproductive health.

Aids in cell repair and maintenance. Plays a role in hormone production. Strengthens the immune system. Facilitates nutrient transport.

Pregnancy:

Essential for foetal development and placenta formation.

Maintains proper blood volume and prevents anaemia.

Supports maternal tissue growth. Critical for breast milk production. Assists in tissue repair post-childbirth.

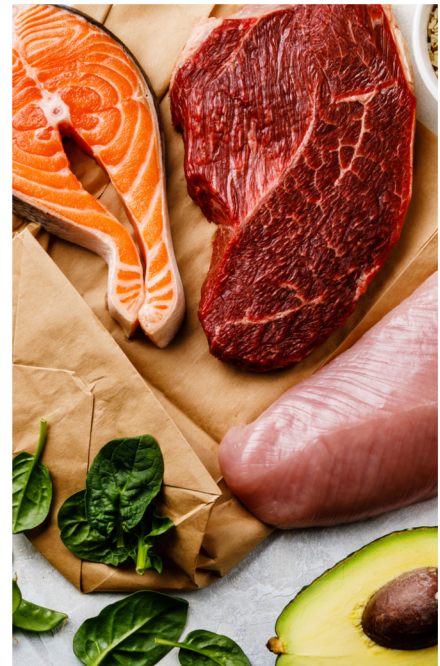
1. Primary protein, which comes from an animal source, is a complete protein (i.e., one containing all the essential amino acids). or

2. A combination of secondary proteins, which comes from a plant source and needs to be combined within one day to provide all essential amino acids).

By combining **two** of the food groups

1. NUTS
2. GRAINS/SEEDS
3. LEGUMES/PULSES

eg - beans and rice, tofu (non-GMO) and quinoa, hummus and whole grain bread



ANIMAL PROTEIN

FISH: 3 times weekly.

Low in saturated fats, high in essential fatty acids, especially deep sea/ocean/cold water fish, which are also less polluted.

Avoid large fish, e.g. tuna, shark (flake), barramundi, gemfish, (too high in mercury), crustaceans (often polluted) and raw fish (may contain bacteria).

Wild caught salmon, trout and sardines are best.

POULTRY: Trim the skin to avoid fats. Use certified organically only, or find a local butcher who sources straight from ethical farms (free range can still be given antibiotics and living in crowded, stressful environments).

EGGS: are an excellent source of protein – free range, organically fed or from your own or a friend's garden.

If you are suffering from fibroids avoid eggs (and red meat and dairy)



EVERYDAY FOOD CHOICES

ANIMAL PROTEIN

REDMEAT– 2-3 x a week.

Grass-fed or organic

Avoid

- Non-organic organ meats/offal/sausage, that contain high levels of toxins, e.g pesticides/hormones. Instead buy clean, pastured raised and finished to avoid toxins, also powdered versions that are toxin free and easy to add to dishes.
- Delicatessen/cold meats (high in fats, offal content and carcinogenic preservatives)
- Trim excess fat if aiming for weight loss

Avoid if suffering fibroids, cysts and endometriosis

DAIRY – Avoid cows' milk/cheese, which is linked to endometriosis, creates mucus in tubes and malabsorption.

Natural unflavoured yoghurt is ok (unless hypersensitive to cows' milk). Goats' or sheep's milk/cheese is preferred as easier to absorb.

Avoid soft cheeses & and those kept unsealed in water (which may contain bacteria).

Milk alternative - check for clean ingredients - almond, organic soy milk, oat, macadamia etc



PLANT PROTEIN

LEGUMES/PULSES: Split peas, lentils, chickpeas (+ hummus), beans, edamame (soy).

Fermented soy, eg tempeh, miso (non-GMO)

Good plant protein (also contain carbohydrate). Combine as shown. Good detoxifiers.

NUTS/SEEDS: Almond, brazil nut, pumpkin seeds, sunflower seeds, quinoa. Activated nuts are optimal.

- Raw/unsalted/fresh. Store in the fridge, away from light and eat within two weeks or freeze. Nuts should not taste bitter.
- A source of protein and healthy fats. Use in stir-fries, salads, and as a snack (also nut spreads, tahini).

WHOLEGRAINS: Combine with legumes. They tend to have more carbohydrate content than protein.



EVERYDAY FOOD CHOICES

CARBOHYDRATE FOODS

Choose whole grains/complex carbohydrates

2-3 Serves a day

1 Serve is:

- 1/2 cup cooked oats, barley, rye, quinoa, brown rice, buckwheat, pasta, noodles, beans, lentils, peas
- 200g raw pumpkin
- 100g sweet potato, one slice of bread, three rice cakes

High glycemic foods (e.g. sugar, white/refined grains and flours) can disrupt hormones.

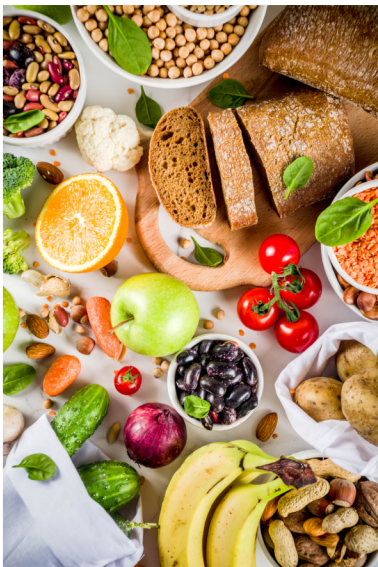
Refined carbohydrates also leach nutrients from your body's stores, which, in turn, increases your desire for these foods.

GRAINS

- Whole grain only bread/rice/pasta/pastry
- Sourdough spelt is excellent choice for bread

Avoid refined white flour products.

Read bread packets carefully and avoid those containing preservatives/additives. Grains provide limited protein compared to carbohydrate content.



VEGETABLES: Fill half of your plate with a wide rainbow of vegetables. eg Dark green leafy vegetables, red capsicums, orange carrots, and avocado. Eat both raw and cooked regularly.

RAW: Vegetable Juices, green smoothies (a great way of ensuring adequate vegetable intake).

Salads - use a wide variety of vegetables. Add chopped fresh herbs, e.g. parsley & and watercress.

Avoid pre-prepared salads (which may contain bacteria).

COOKED: Steamed/stir-fried/baked. (Root vegetables require light cooking/grating/ juicing for absorption). Discard green potatoes (toxic), and cut out the "eyes" or "scabs" on all root vegetables

PHYTO-OESTROGENS

If suffering from endometriosis, fibroids or hormone imbalance, eat regular, moderate amounts of non-GMO phyto-oestrogenic foods, e.g. soy - organic tofu, edamame, tempeh, legumes, cabbage, spinach, linseeds, alfalfa and fennel.

FRUIT - minimum of 3 varied pieces daily. If fruit is juiced dilute 50/50



EVERYDAY FOOD CHOICES

FATS

HEALTHY FATS

3 Serves a day

1 Serve is

- 2 tbsp nuts/ seeds
- 1 tbsp flaxseed meal
- 1/4 avocado olive oil/ coconut oil
-

Avoid saturated and trans fats, which will upset your **prostaglandin /hormone /nutrient** balance.

This means heated and animal fats.



NO FRIED FOOD

Except for stir-fry. Cook with minimal oil. When cooking, choose healthy oils such as; Olive Oil · Avocado Oil, or Untoasted Sesame Oil.

USE COLD PRESSED OILS ON SALADS

These oils are high in beneficial essential fatty acids if never heated. They can be poured over food **after** cooking, and used on bread as a butter substitute. They should be kept out of light (in dark containers) and in the fridge (except olive).

Add lemon/pepper/garlic/herbs to the dressing.

AVOID MARGARINE AND BUTTER.

These are both saturated fats. Margarine is worse than butter, as it saturates during processing and contains chemicals.

Try hummus, tahini, nut spreads (all of these only if fresh, refrigerated, and kept away from light), avocado, and banana.

N.B. "Nutella" is full of sugar and fat, and peanut butter is very fatty (peanuts are legumes, not nuts).



EVERYDAY FOOD CHOICES

BEVERAGES

COFFEE: **avoid.** Related to fertility/pregnancy/foetal health problems, including miscarriage. Decaffeinated is not recommended unless it has gone through the Swiss Water method.

Dandelion Root tea can be a substitute (check for added sugar).

TEA: 2 cups weak, naturally low caffeine (not decaffeinated) and 2 cups green tea max daily.
Herbal teas unlimited.

PURIFIED WATER: 8 - 12 glasses daily (Mineral water is OK occasionally)
Unpurified tap water is high in toxins and heavy metals, which are concentrated, not destroyed, by boiling.
Do not store in plastic.

SPICES/CONDIMENTS: Sparingly use sea/rock salt (to taste) on individual foods. Pepper and spices are excellent (unless you are sensitive to them).
Avoid any sauces containing sugar/salt/additives.



AVOID

ALCOHOL

Foetal alcohol syndrome is traced to pre-conception with both parents. Alcohol significantly lowers conception rates, is toxic to the foetus and leaches nutrients.

SUGAR

Avoid all sugar and sugar substitutes, undiluted fruit juices, cakes, biscuits, soft drinks and all additives ending in "-ose", eg sucrose, fructose, glucose, maltose, etc).

JUNK FOODS

Fats/sugars/salt/additives.

Read labels carefully.

Use RAW honey or 100% Maple syrup for sweetener, fruit to snack on when craving sugar

Use dark 70% and above chocolate

COOKING & STORING

Do not overcook or use microwave ovens for cooking or defrosting. Avoid soft plastic containers and cling-wrap, as they leach hormone disruptors into hot, wet, fatty or acidic food. Use stainless steel cookware.



SUPPLEMENT SCHEDULE

Kathy Succar

MORNING
Herbal Formula Vitex 40 drops First thing on empty stomach
BREAKFAST
Tresos Natal 1 tablet
Ubiquinol 1 capsule
OmegAvail 1 tab
NAC 1 tab
MyoInositol 2g
Balance Herbal Formula 40 drops

DAY
LUNCH
Balance Herbal Formula 40 drops

EVENING
DINNER
Ubiquinol 1 capsule
OmegAvail 1 tab
NAC 1 tab
MyoInositol 2g
Balance Herbal Formula 40 drops

Foundational Protocol

These supplements target, support and optimise the following:

- Overall health, energy and stress resilience
- Preconception health and fertility
- Hormone balance and regulation of menstrual cycle
- Endometrial lining, receptivity for successful implantation
- Powerful antioxidants
- Inflammation reduction
- Metabolic health and regulation of insulin pathways
- Healthy blood lipid profile
- Detoxification pathways

Daily Goals

- Three balanced meals each day
- Ensure water intake has been sufficient each day, aim for 2 litres, away from food
- Take supplements with food, do not take on an empty stomach
- Acknowledge your wins daily!
- Remember daily how amazing you are!



Sacred Sage
Apothecary

MEAL PLAN SAMPLE

Breakfast:

Whole-Grain Oatmeal with Berries and Nuts: 1/2 cup cooked steel-cut oats or rolled oats, topped with 1/2 cup berries and 1 tbsp walnuts.

Lunch:

Quinoa Salad with Roasted Vegetables & Feta: Cooked quinoa mixed with roasted zucchini, bell peppers, red onion, cherry tomatoes, a handful of spinach, and a small sprinkle of low-fat feta cheese. Dressed with olive oil and apple cider vinegar.

Dinner:

Turmeric Lentil, Beef & Vegetable Stew: Hearty stew made with beef, brown lentils, carrots, celery, spinach, diced tomatoes, and plenty of turmeric, ginger, and black pepper. Served with a side of mixed greens.

KEY PRINCIPLES

- **Breakfast:** Focus on protein, healthy fats, and complex carbohydrates.
- **Lunch & Dinner:** Aim for a plate that is 1/2 non-starchy vegetables, 1/4 lean protein, and 1/4 complex carbohydrates.
- **Fats:** Include healthy fats at each meal (avocado, nuts, seeds, olive oil).
- **Fiber:** Emphasise high-fiber foods.

IMPORTANT CONSIDERATIONS

- **Portion Sizes:** Adjust portion sizes accordingly
- **Leftovers:** Utilise leftovers for lunches, make dinner meals larger to accommodate a lunch meal the next day
- **Hydration:** Drink plenty of water throughout the day (aim for 2-3)
- **Listen to Your Body:** Pay attention to how you feel after eating certain foods and adjust accordingly.
- **Meal Prep:** Consider dedicating some time on the weekend to meal prep to make healthy eating easier during the week, see below for more ideas
- **Cooking Methods:** Prioritise baking, grilling, steaming, and stir-frying with healthy oils (like olive oil).
- **Snacks:** If you need snacks, choose options like a handful of activated nuts/seeds, a piece of fruit with a tablespoon of nut butter, or plain Greek yogurt with berries.



CREATING LASTING HABITS



HELPFUL HINTS ON CHANGING FOOD HABITS

- Get rid of all your unhealthy foods. Fill your cupboards with nutritious, delicious foods, especially for snacks
- To prevent the sugar/carbohydrate “quick fix”. Use a piece of fruit and a few nuts to substitute for sugary foods you may be used to eating.

EXERCISE

- A varied program of regular low-impact exercise minimum 30 minutes 3-4 times/week.
- Walking daily minimum 30 minutes, brisk walks in fresh air, nature walks etc
- Pilates, Yoga, Tai Chi, etc can also be great for all aspects of reproductive health.

Sustainable Nutrition

Keep it simple

Quick, easy, no fuss recipes are your go to.

Meal prep days

Sounds daunting and tedious, but this is a great way to ensure your week runs smoothly with less stress each mealtime, especially when you are time poor. Helps to keep you reaching for nutritious foods instead of those sneaky snacks.

Cook up a storm once... not every day

When cooking dinner recipes, make enough to have the leftovers for lunch the next day or if you have lunch sorted, leftovers to freeze ready for a lunch/dinner the following week to give you a break for one of those days.

Make enough lunches to last a few meals across the week, for example, roast a full tray of vegetables so you have enough to make 2, 3 or even 4 lunches that are ready to go for the week adding in different protein choices each day to keep variety and not get bored. Or make 2 frittatas, one for the fridge and one for the freezer sliced ready to pull out the next week.

