

Nutrition / Lifestyle

Dear couple

The most recent health research suggests that „unhealthy“ nutrition, excessive consumption of stimulants (nicotine, alcohol, etc.) and insufficient exercise have a negative impact on both female and male fertility.

Couples who wish to conceive should therefore reconsider their nutrition and lifestyle habits. Usually it is not necessary or even wise to completely get rid of all your habits and change your lifestyle. **Despite the currently difficult situation, try to maintain or even better improve your lifestyle.**

Even minor changes can lead to success and improve fertility.

Smoking

We very strongly recommend that **consuming nicotine is completely ceased !!** The best chance of success is if both partners stop smoking together and that this is ideally done a few months before starting a fertility treatment. You will never again be more motivated than now.

Alcohol

As to the consumption of alcohol – the less is the better.

Nutrition

Choose to eat light and fat reduced meals. More vegetables, less fat meat. Don't forget to drink enough. Avoid drinking soft drinks that contain a lot of sugar. Tap water or soda is significantly cheaper and healthier.

Fruits and vegetables

Eat several portions of fruit and/or vegetables a day.

Fish

Replace the meat in your meals with fish once or twice a week.

Weight

If being overweight is an issue ; fertility can be improved with a weight reduction of just five to ten percent.

Exercise

Apart from improving the fertility, 30 to 60 minutes of exercise daily (walking, cycling, etc.) in the fresh air is also good for your health and soul. Extreme physical strain on the other hand is not recommended.

