

HOLISTIC SUPPORT WHEN TRYING TO CONCEIVE

Supporting the whole person alongside appropriate medical care

Fertility is not just about one organ, one hormone or one supplement.

Nutrition, sleep, movement, emotional wellbeing, environmental exposures and underlying medical factors can all form part of the wider preconception picture.

A Whole-Person Approach

Holistic practices can sit alongside medical assessment and fertility treatment by supporting general physical and emotional wellbeing. They should complement - not replace - investigations, prescribed treatment or advice from your fertility team.

1. Nutrition & Blood-Sugar Support

Build meals around: vegetables and fruit, protein, healthy fats, fibre-rich carbohydrates, nuts, seeds, beans, lentils, eggs, fish and other foods appropriate for your diet.

Why it matters: adequate nutrition provides the folate, iron, iodine, vitamin D, B12, zinc, selenium and other nutrients needed for normal body function before and during pregnancy. Balanced meals can also support steadier blood glucose and metabolic health.

2. Sleep & Circadian Rhythm

Aim for consistent, sufficient sleep and a regular sleep-wake routine. Sleep is involved in metabolic health, stress regulation and normal hormonal signalling. If persistent insomnia, snoring or severe daytime sleepiness is affecting you, consider discussing it with a healthcare professional.

3. Movement & Strength

Regular walking, resistance training, mobility work, yoga or other enjoyable movement can support cardiovascular fitness, muscle and bone health, insulin sensitivity and mental wellbeing.

More is not always better. Very high training loads combined with inadequate energy intake can disrupt ovulation and menstrual cycles in some people.

4. Stress & Emotional Wellbeing

TTC can be emotionally demanding. Mindfulness, breathing exercises, counselling, journalling, supportive relationships and other stress-management practices may help you cope with the process. Stress reduction should be viewed as emotional support - not as a guarantee of conception or implantation.

5. Abdominal / Complementary Bodywork

Massage and other bodywork may help some people feel relaxed and may ease muscular or pelvic tension. However, massage has not been proven to reposition the uterus, remove adhesions or directly increase pregnancy rates. Tell your practitioner if you are undergoing fertility treatment, may be pregnant, have pelvic pain or have had pelvic/abdominal surgery.

6. Acupuncture

Some people use acupuncture for relaxation, symptom management or as a complementary therapy during TTC. Evidence that acupuncture directly improves live-birth rates is uncertain, so it should not replace fertility investigation or treatment.

7. Herbs & Supplements

Herbs and supplements are not automatically safe because they are 'natural'. Products such as vitex, ashwagandha, maca and other herbal preparations may interact with medicines, affect hormones or be unsuitable during fertility treatment or pregnancy.

Before taking a herb or high-dose supplement: check with your GP, pharmacist, fertility clinician or another appropriately qualified healthcare professional - especially if you take medication or are undergoing IVF/IUI.

8. Environmental Awareness

You do not need a completely 'chemical-free' home. A practical approach is to reduce avoidable exposure where it is easy to do so: avoid heating food in unsuitable plastic, ventilate when cleaning, follow product instructions, wash fruit and vegetables, and choose simpler or fragrance-free products when they suit you.

9. Gut, Liver & Overall Health

Your digestive system and liver are important for nutrient absorption, metabolism and processing substances in the body. Rather than using restrictive 'detoxes', support general health with adequate hydration, fibre, vegetables, fruit, protein and a varied diet. Persistent digestive symptoms deserve appropriate medical assessment.

10. Mind-Body Connection

Meditation, visualisation, prayer, affirmations or hypnotherapy can be used if they help you feel calmer, more grounded or emotionally supported. These practices can support wellbeing, but they cannot guarantee pregnancy or make the uterus 'receptive' on their own.

11. Include Both Partners

Fertility is a couple's health issue when two partners are trying to conceive. Male factors can contribute to difficulty conceiving, so preconception health, lifestyle changes and appropriate fertility investigations should include both partners where relevant.

Nature's Cycle approach:

Nourish the body. Support emotional wellbeing. Understand your cycle. Work alongside appropriate healthcare professionals. Look at the whole fertility picture - not just one result or diagnosis.

YOUR HOLISTIC TTC SUPPORT PLAN

Use this page to identify realistic changes you can work on gradually.

Area	What am I doing now?	One change I can make
Nutrition		
Sleep		
Movement / strength		
Stress / emotional wellbeing		
Medical / fertility care		
Home / environmental choices		
Supplements / medication review		
Partner health		

Questions I want to ask my healthcare professional:

1. _____
2. _____
3. _____

Important: This resource is for education and wellbeing support and does not diagnose infertility or replace individual medical advice. Seek medical advice for persistent cycle changes, significant pelvic pain, recurrent pregnancy loss, concerns about fertility, or questions about medicines and treatment.