



THREE DAILY STEPS TO YOUR MOST FERTILE TERRAIN

a gentle whole-being approach
to support your fertility journey

By Dr Rosia Parrish

www.nawellness-boulder.com/

*Welcome to **Thrive Fertility** at Naturopathic Wellness Center of Boulder!*

Like most of my patients you have probably been told that you have unexplained infertility or you've suffered recurrent pregnancy losses and are desperate for answers as to why this is happening to you. You are not alone.

I understand how stressful this journey is and I take it seriously even if no one else has. No matter what some of your trusted medical providers say, there's always a reason for infertility and we will find it.

I will then do everything I can to support you to resolve what is in the way because, most of the time, it can be treated and reversed so you can get pregnant naturally or with assisted reproductive technology.

As a naturopathic doctor, I wholeheartedly believe fertility is innate yet many people like yourself face the challenge of removing obstacles that are in the way of getting pregnant naturally.

As your provider, my goal is to leave no stones unturned while doing the complicated, behind-the-scenes work of investigative, individualized functional lab analysis to determine the underlying root cause of your infertility and pregnancy struggles.



About Dr Rosia, ND

I am a Naturopathic Doctor & Functional Medicine Practitioner. I hold a Doctor of Naturopathic Medicine from Bastyr University and have completed advanced practitioner training through the Institute of Functional Medicine (IFM) with a special focus on fertility and pregnancy.

I have over a decade of clinical and research experience and am particularly skilled in identifying the root cause of complex health concerns. I provide a comprehensive, tailored-to-your-individual-needs approach, while I focus on the complexity of your case by ordering labs, understanding your medical history, and trying to get to the root cause of what's going on with your fertility.

DISCLAIMER:

This guide should not replace working with me or another provider of your choice but is an excellent, and vital, supplement to your overall fertility care and prep for pregnancy.

You can start this guide anytime whether you are at the beginning of your fertility journey or years down the line but it is best done working together with me so I can support your individual needs by ordering and analyzing all your labs and prescribing the right supplements to help resolve and heal your particular health issues.

While this guide can be followed on your own, one of the main reasons it will produce optimum results when you implement it under the care of a naturopathic doctor is as follows: I provide a strategy for treatment including individualized care, supplements, lab analysis, and an overall plan specific to you so the more knowledge you have of what's going on inside your body and what's needed to treat it, the more you can incorporate into this guide on a daily basis.

What is not listed here are the foundational importance of labs to establish where you are at with your health on your fertility journey. And, the in-depth analysis of all your systems by a naturopathic doctor to establish what is in the way of your most fertile self and causing your 'infertility'.

By following this daily guide my patients report improvement in overall health while preparing their bodies for a healthy pregnancy.



ABOUT THIS GUIDE & HOW TO USE IT:

Since this process toward fertility can be extremely stressful, I created this simple how-to-nurture-yourself guide that you can follow every day to support you in creating the healthiest version of your body, mind, and soul to enhance your fertility capacity.

This guide offers you the fundamentals of self-care to support your fertility treatment because...a fertile person is a nourished person. It is simply an aid that you can turn to again and again in order to be proactively self-nurturing on your fertility journey.

Remember that each of us is different and each day is different and that's why it's important to follow this guide in conjunction with a trusted naturopathic doctor like myself who gets to know you from a holistic (whole-body) standpoint. Be kind and compassionate with yourself since no day is perfect.

SETTING AN INTENTION FOR YOUR MOST FERTILE TERRAIN JOURNEY:

Before you begin following this guide, I encourage you to take 5-10 minutes to sit quietly and envision yourself in a relaxed state. Imagine how that would feel and how it would serve you.

Then write down your intention for this guide, something that feels true to you such as: "I allow myself to relax into the unknown and trust the process to fertility," or "I honor myself and my fertility journey by doing something small to nurture myself every day."

Whatever your intention, hold it in your heart and remember that the goal of this guide is to support you to minimize stress so we can create a terrain in your being that is most conducive to fertility.

"A FERTILE
PERSON
IS A
NOURISHED
PERSON"



STEP 1: YOUR MORNING FERTILITY ROUTINE:

How you begin your mornings often determines how your day goes. These 7 tips support your parasympathetic nervous system's 'rest, and digest, and restore' mode, and from that place, pregnancy is more likely to occur.

- Wake up at sunrise or be outside for 10-15 minutes after you rise to breathe in fresh air or try to be outside for 30 minutes a day as nature is a wonderful medicine
- 10-15 minutes of gentle stretching or a walk
- Use only natural cosmetics/personal care products free from toxic chemicals
- If you're a coffee fanatic, try to limit it or switch to black tea, and if you're a black tea drinker, try switching to green tea. Green tea is the most beneficial for fertility health as it is high in antioxidants important for egg and sperm quality, hormonal health, and libido
- Stay hydrated throughout the day by drinking $\frac{1}{2}$ your weight in oz of water so if you are 150 lbs then drink 75oz (around 9 cups per day) and for every cup of coffee/tea or every 15 minutes of exercise, drink an extra glass of water
- Eat a breakfast that includes 10-15 grams of protein (ie. 2 eggs or 3 tbsp almond butter or 3 strips of bacon or a cup of yogurt or oats with pumpkin, hemp, and chia seeds)
- When you work with me, you will take high-quality, clinical-grade supplements that I tailor specifically to you based on your lab results and symptoms. In the meantime, here are 3 essential supplements anyone can take regardless of health issues known or unknown:
 - Prenatal Vitamin (critical as it includes folate for embryonic brain health)
 - DHA Fish Oil (helps with the neurological development of the developing fetus)
 - Maternity Probiotic (to prep your gut microbiome for fertility unless you have gut issues)

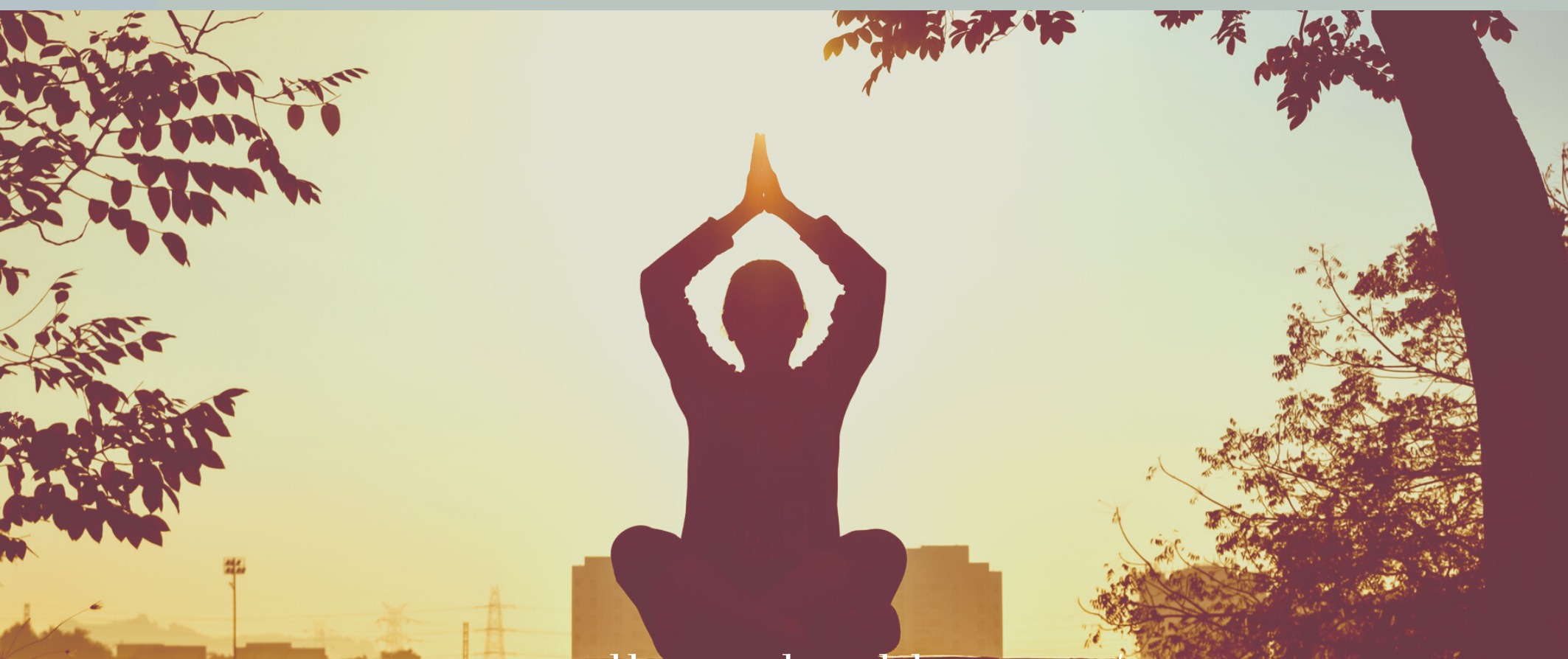
*Please only purchase supplements from trustworthy pharmacies such as the one I use called FullScript as the industry is unregulated and we want to ensure quality is upheld



STEP 2: YOUR AFTERNOON FERTILITY ROUTINE:

It's so easy to get sucked into work and busy mode and before you know it you haven't seen the sunlight all day or taken a real break to eat your lunch (eating at your desk does not count). These 7 tips support your overall health on a daily basis so you don't get overwhelmed by work/life stressors.

- Get outside for 10-15 minutes (eat lunch under a tree, on the grass, in the sunshine and not at your desk or in the car or while scrolling on your phone)
- Eat a Rainbow Lunch! (a nutrient-dense whole-foods, organic warm meal like soups, stews etc that includes a protein, carb, and fat plus colorful veggies packed with phytonutrients and antioxidants)
- Take your supplements as needed ie. with or away from food etc
- Continue to drink plenty of filtered water. If you have a desk job, put a jug next to you and keep refilling
- On your lunch break or while driving on an errand, take 100 conscious breaths to keep your nervous system calm and relaxed no matter what stressors you have in the day
- Refrain from eating or storing food and beverages in plastic containers and opt for glass or stainless steel instead. All of my patients receive guidance around simple lifestyle changes that can really impact fertility.
- Clean up after your meal preps, using natural cleaning products free of ammonia and other harmful chemicals. A simple solution of half water and half vinegar will do





STEP 3: YOUR EVENING FERTILITY ROUTINE

The evening time is the perfect time to wind down and relax in a way that is most nurturing to your system so you can begin the next day as refreshed and resourced as possible. These 7 tips support you to have a quiet evening, and to cleanse before bed so you can have a restful night's sleep.

- Eat dinner at least 2 hours before bed so you have time to adequately digest
- Eat a whole foods, organic, colorful dinner tailored to your needs ie. carrot and ginger soup, lentil soup, chicken and vegetable stir fry, grass-fed beef burger with veggies etc. With my patients, I make personalized dietary recommendations based on what's going on with your health.
- Go outside and watch the sunset or the night sky light up even if you live in a city
- Power down, which means put away all screens and phones at least an hour before bed and instead light a candle and listen to a soothing guided fertility meditation
- Use a dry brush to support your lymphatic system before taking a candlelight epsom salt bath. I make very personalized lifestyle recommendations when I am working with patients.
- Do a nourishing castor oil pack for your liver by rubbing a spoonful of castor oil on your liver area and covering the area with a flannel cloth and then heating the area with a hot water bottle for 30 minutes
- Try to get to bed before 10pm and sleep in total darkness with the window ajar for fresh air and no technology in the room

"Tonight's routine helps you to have a better tomorrow."



Dr. Rosia's Process

While your fertility assessment and treatment can be a stressful process, I assure you that my process is different to anything you have experienced before. I have made it as easy to navigate as possible so you can focus on ease and self-care while I manage your fertility care.

1

Schedule your telehealth appointment or request a free Discovery Call

2

Fill out an in-depth intake form online detailing your health and fertility history

3

At our first appointment, I analyze your medical and fertility history and order labs before creating your treatment plan

4

Your treatment plan is synthesized from lab results and bloodwork and includes supplements etc

5

All your lab orders, educational handouts, and supplement orders will be accessible via your online patient portal



*I look forward to working
with you and helping you
on your fertility journey.*

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