



Monica Fertility Life

**10 things to know when
you are going through IVF
(In Vitro Fertilization).**



About 1 in 8 women have trouble getting pregnant, experts estimate.

If a woman or couple are ready to start or add to its family and have tried all other fertility options, in vitro fertilization (IVF) is often the next option for having a biological baby.

IVF is a medical procedure in which a woman's egg is fertilized with sperm, resulting in an embryo. Then, the embryo is either frozen or transferred to the woman's uterus, which will hopefully result in pregnancy.

An IVF Cycle involves a roller coaster of emotions. Anxiety, sadness, and uncertainty are common as well as a substantial financial and physical investment for a chance at getting pregnant.

Not to mention the hormones. Around two weeks of regular shots can heighten women emotions and make their body feel completely out of place. It makes sense then, that the 30 days leading up to an IVF cycle are critical for ensuring the body is healthy, strong, and fully prepared for the intensive medical process.

Based on my own journey through 5 cycles of IVF, and assuming you are going through it too, I want to share some advice, so a woman, or couple can prepare and assume this difficult process with ease and some pace to make it through. There are various stages of a single IVF cycle. It's possible to need more than one cycle to get pregnant.

So below I Share with you 10 Tips of Advice to know when you are going Through IVF that can help to increase the possibility of a positive outcome (pregnancy).



01. Focus on Healthy, balanced meals. Some Reproductive Endocrinologists (RE) recommend a Mediterranean Diet to their Patients, a plan based one, that will provide not only the positive nutrition the body needs, but also, will start to mentally, physically & emotionally work from the inside out (and Remember our Fertility Organs must be healthy and ready to receive). Below I list some suggestions on this Diet.

- Fill up on fresh fruits and vegetables.
- Choose lean proteins, like fish and poultry.
- Eat whole grains, like quinoa, farro, and whole-grain pasta.
- Add in legumes, including beans, chickpeas, and lentils.
- Switch to low-fat dairy products.
- Eat healthy fats, such as avocado, extra-virgin olive oil, nuts, and seeds.
- Avoid red meat, sugar, refined grains, and other highly processed foods.
- Cut out salt. Flavor food with herbs and spices instead.

02. Start to do a Clean up of Household Items that contain endocrine-disruptive chemicals, as this interfere with reproductive health and prenatal development. Below is a list from The Endocrine Society that are consider to interfere with fertility & human health.

- Formaldehyde

- Nail polish

- Parabens, triclosan, and benzophenone

- Cosmetics
- Moisturizers
- Soap

- BPA and other phenols

- Food-packaging materials

- Brominated flame retardants

- Furniture
- Clothing
- Electronics
- Yoga mats



- Perfluorinated compounds

- Stain-resistant materials
- Nonstick cooking tools

- Dioxins

- Meat
- Dairy
- Art clay

- Phthalates

- Plastic
- Medication coatings
- Cosmetics with fragrance

03. Make sure to keep a record of every appointment and Medical Chart.

I truly recommend this, because one of the most stressful and important subjects during IVF is Hormonal Numbers, they come from the blood tests and the amount of medicine the RE has design to women depending on each case (because remember each IVF cycle is unique for each women, even if a woman has multiple IVF Cycles, each of them is different every time).

My own Journey helped me so much that I Created an IVF Planner specifically for this . The IVF Planner. A Personal Journal to Organize your Journey through In Vitro Fertilization (IVF) with Love & Positivity (www.theivfplanner.com) offers guidance, valuable information and advice to help the patient each step of the treatment, helps to find focus, have a more organized approach to the treatment and achieve better communication with the medical team. This will avoid so much stress that I can assure it will be a great tool during an IVF Cycle.



04. Get plenty of sleep. Seven to Eight hours of sleep help to avoid exhaustion and fatigue. Remember you are having enough anxiety and worry with the process itself, and having a good sleep is a huge help to balance emotions during IVF.

05. Drink plenty of water, stay hydrated with cool water, is well known that water helps with many physical issues, like headaches and nausea, which are also very common symptoms during IVF.

06. Practice a slow, restorative breathing techniques. Read Self -help and positive mind -set books, this can help you to stay positive and distract your mind when the emotions come to place.

07. Keep your mind occupied. Clean up. Organize your clothes, closets, etc, or rearrange a room. Be Gentle with yourself of course, but this was an awesome activity I did during every IVF cycle I had, and I loved it.

08. Socialize with friends, is very important to continue being the social being we are, IVF create on us the tendency to isolated, because of the emotional mess that comes with it, but closing our doors make it worst, be open with the ones you loved and your closest friends about what you are going through, trust me sometimes to have someone to lean on helps incredibly.

09. If you can afford it, have a getaway weekend with your partner. Or go on a date with your other half, or simply have a great sex with your love one to release feel-good hormones.

10. Watch comedies and romantic funny movies, is well known that laughing release serotonin, the hormone that keeps us happy and young, so make your best effort to laugh, love and live!!!!



Monica Robles is an IVF Coach, Speaker, author of the book **The IVF Planner**. She is the founder of the beautiful community.

The IVF Journey, a safe space & Facebook Group for women and couples (no matter their sexual preferences) to find support, inspiration, hope and connection between one another.

Monica helps this beautiful tribe of people going through the IVF process to shift their experience, to think of IVF in a positive light, and ultimately to prepare themselves for the wondrous outcome (a lovely bouncing baby).

During their IVF mentoring and coaching, Monica's clients can feel her positive energy and authentic love, and through it gain inspiration and trust to walk this rollercoaster of emotions in a more confident and positive way, and get closer to reaching the goal of motherhood. Monica also offers fertility resources, like *IVF Guides and IVF Planner, Meditation Series, Fertility Crystals and Fertility Coloring Book*.

Monica promotes her programs inspired by her own experience with IVF. Her road to motherhood was not an easy one and she knows what is to walk in the shoes of fertility issues. She promotes love, positivity and her main mantra **"Where your thoughts go, energy flows"** which are just the basic tools she teaches to learn how to deal with any fertility challenge.

Monica's articles have been featured in The Huffington Post, and Thrive Global where she is an often contributor.




To find out more about her you can go to: www.monicafertilitylife.com

Monica's birth place is the South American country of Colombia but her hometown is Long Island NY. She is married with her Israeli husband and has 2 IVF daughters and one step daughter. When she is not supporting her fertility tribe, she is a full hands-on mom, and a must in her life is a weekly date with her hubby doing one of the things she enjoys the most: *dancing*.





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