

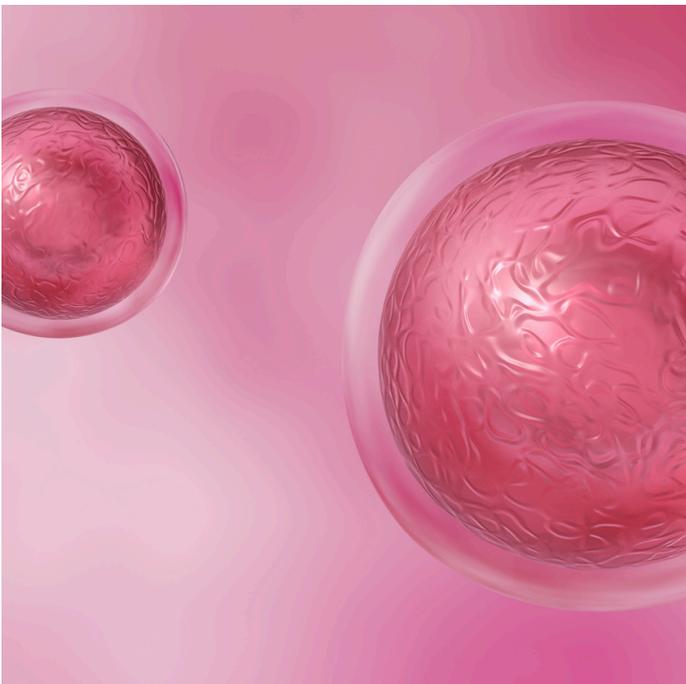


HOW TO IMPROVE EGG QUALITY NATURALLY

If you've been told your egg quality may be affecting your chances of pregnancy, it can feel overwhelming and frightening — especially if you're preparing for IVF or have experienced unsuccessful cycles.

The important thing to understand is that egg quality is influenced by many factors, and while age plays a role, it is not the only determinant. The environment your body provides during egg development can significantly impact how eggs mature.

This means there are supportive changes that may help optimise the conditions your eggs develop in.



Egg quality refers to how well an egg can mature, fertilise, and develop into a healthy embryo.

Several biological factors influence this process, including:

- Mitochondrial function (energy production inside the egg)
- Hormonal balance
- Nutrient availability
- Inflammation levels
- Oxidative stress
- Blood sugar regulation
- Overall metabolic health



Because egg cells require large amounts of energy to divide properly, cellular health plays an important role in reproductive outcomes.

The 90-Day Egg Development Window

One of the most important concepts in fertility is that eggs develop over approximately three months before ovulation.

During this time, they are influenced by:

- Nutrition intake
- Stress levels
- Sleep quality
- Hormonal environment
- Inflammation and immune activity

This window provides an opportunity to support the body before conception or fertility treatment.

The Role of Nutrition in Egg Development

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Research suggests that dietary patterns rich in whole foods — including vegetables, fruits, quality proteins, healthy fats, and micronutrients — are associated with improved reproductive outcomes compared with highly processed diets.

Key nutritional areas often considered in fertility support include:

- Antioxidant nutrients
- Essential fatty acids
- Protein intake
- Micronutrients involved in methylation and DNA synthesis
- Blood sugar regulation through balanced meals

Every individual's needs differ, which is why personalised guidance is often beneficial.

Lifestyle Factors That Influence Egg Health

Beyond nutrition, several lifestyle factors can affect reproductive physiology:

- Chronic stress and cortisol levels
- Poor sleep quality
- High inflammation states
- Insulin resistance or blood sugar fluctuations
- Environmental toxin exposure
- Digestive and gut health

These factors interact with hormones and cellular function in complex ways.

How Long Does It Take to See Changes?

Because egg development occurs over roughly three months, many practitioners recommend supporting the body for at least this period prior to conception attempts or IVF cycles where possible.

However, timelines vary significantly depending on individual health history, age, and underlying conditions.





When Personalised Support Can Help

While general nutrition information is helpful, fertility is highly individual.

Personalised support may be particularly beneficial if you:

- Are preparing for IVF or fertility treatment
- Have experienced unsuccessful cycles
- Have hormonal imbalances or PCOS
- Have concerns about egg quality or AMH
- Feel unsure where to focus your efforts
- Want structured guidance and support

Working with a practitioner can help prioritise the most impactful changes for your situation.

If you would like personalised support preparing your body for pregnancy or fertility treatment, you can learn more about working together here or book a discovery call.



*Kylie
Heard*