

NUTRITION FOR IVF SUCCESS: SUPPORTING YOUR BODY BEFORE TREATMENT

Introduction

IVF is a significant emotional, physical, and financial investment. Many women wonder whether there is anything they can do to support their body before and during treatment. While IVF technology plays an important role, the biological environment within the body still influences outcomes such as egg development, embryo quality, implantation, and pregnancy progression.

Nutrition and lifestyle factors are areas that may help optimise this environment.

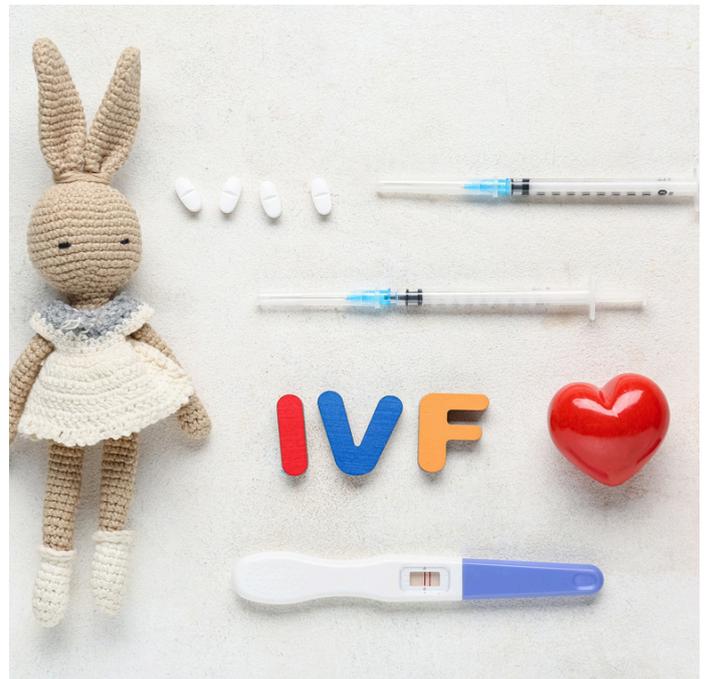
Why Pre-IVF Preparation Matters

Eggs begin developing months before retrieval, and the uterine environment is influenced by hormonal balance, inflammation, immune function, and metabolic health.

Supporting the body prior to treatment may help with:

- Hormonal regulation
- Nutrient availability for egg maturation
- Blood flow to reproductive organs
- Inflammatory balance
- Energy production within cells
- Stress resilience during treatment

This preparation phase is often overlooked but can be valuable.





Nutritional Foundations for Fertility Treatment

Rather than focusing on individual “superfoods,” fertility nutrition generally emphasises overall dietary patterns that support metabolic and hormonal health.

This often includes:

- Balanced meals with protein, fats, and carbohydrates
- High intake of vegetables and micronutrients
- Adequate protein for tissue repair and hormones
- Anti-inflammatory fats
- Stable blood sugar patterns
- Adequate hydration

Consistency tends to matter more than perfection.

Stress and the Nervous System During IVF

Fertility treatment can be emotionally demanding. Chronic stress does not mean someone cannot conceive, but prolonged physiological stress can influence hormones, inflammation, and overall wellbeing.

Supporting the nervous system may help improve resilience during treatment cycles.



Individual Factors Matter

Every IVF journey is different.

Factors that may influence preparation strategies include:

- Hormonal conditions
- Medical history
- Digestive health
- Nutritional status
- Lifestyle factors
- Previous cycle outcomes

Personalised guidance can help identify priorities rather than trying to change everything at once.

If you are preparing for IVF and would like structured, personalised support, you can explore working together or book a consultation to discuss your situation.