Enhance Egg Quality For Pregnancy Success Transcript

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Intro to Egg Quality

Welcome back to our super fertility summit mini talks, mama. I'm so happy to have you here. We have a really important topic for this mini talk, which is.

Can I improve the quantity of my eggs? Pardon me? The quality of my eggs. We're going to talk about quantity of your eggs in the next one.

How to Nourish Healthy Eggs

The quality of my eggs for either getting pregnant naturally or for successful IVF. So let's talk about what goes into having healthy eggs. The quality of eggs come down to cellular health, including mitochondria health and reducing assaults on your eggs.

So we we want to talk about nourishing our eggs and reducing assaults on our eggs. So ways that we nourish our eggs include improving cellular cleanup and repair, mitochondrial cleanup and repair DNA repair.

Those are some examples of nurturing our eggs. Also, nutritional and hydration impacts on the egg are really important for nurturing the eggs. So phytonutrients, antioxidants for example, making sure that the cells are well hydrated.

And that's for sure. That includes drinking water. But it's also really getting that hydration into the cells. Electrolyte. Electrolyte balance and other aspects of cellular hydration.

Reducing Assaults on Egg Health

So that's the nurturing the egg side of it. Now reducing the assaults on the egg is really important as well. There are lots of things that can act as assaults on eggs and that includes high blood sugar and blood sugar, instability, insulin resistance, inflammation, and overactive and hyper vigilant immune systems such as in the case of autoimmune disorders.

So those are just some examples. There can also be structural assaults on the egg in the form of endometriosis and scar tissue that can possibly harm the egg and its transit in its release and transit, for example, that goes structural.

Things can also harm sperm in in their transit as well. Remember that the sperm traveling to meet the egg is like traveling to another continent. It's a long, hard journey for that little sperm, so it's really important that the conditions be as as healthy and nurturing as possible.

The vaginal pH is also, one of those factors that affects the transit of the sperm to the egg.

Nitric Oxide and Timing for Egg Quality

So those are two categories of concentration or focus for improving egg quality, nurturing the eggs and reducing the assaults on the eggs. And let me just add one more thing to the nurturing the egg camp, and which is, nitric oxide production.

Nitric oxide is really critical for the quality of eggs, both leading up to ovulation and even after ovulation, so that those two areas are the most important to emphasize.

And there are multiple, many, many pathways in each of those areas. But that's just to give you a high level overview of what can be done. So the short answer here is that yes, you can improve your egg quality and you want to do it in and give yourself at least 120 days leading up to ambulation to do it.

It's it's not something that you can do once the conception has already occurred, once pregnancy has already occurred, because you've already released parameters, the status of those raw materials is what they're going to be, and there's nothing you can do to change that.

So you want to nurture the eggs and reduce the assaults on eggs, nurture the sperm and reduce the assaults on sperm. Those things have to be done. While the maturation process of the egg is completing itself and before the egg is released in upcoming ovulation.

And that's why it's same with the sperm, the maturation process and release.

Egg Maturation Window and Fertility Protocol

That's why on the egg side, you need at least 120 days. And on the sperm side, we give ourselves 120 days just so it matches up with the egg. But but the production of sperm, the maturation process is shorter.

It's somewhere between 76 and 92 days, or 72 and 96 days. I don't know, I don't remember exactly off the top of my head, but let's say 95 or 96 days. All right. So that is, a quick overview on improving egg quality.

And you will address all of those pathways, every possible pathway in the Primester protocol. And you need your targeted nutrients because those are absolutely critical for the quality of your eggs.

Come and see me in the next mini talk. I want to talk with you about the quantity of your eggs.

Preview of Egg Quantity Discussion

This is going to blow your mind because you've been taught one party line when it comes to the quantity of your eggs, which is that you, you were born with all the eggs you're ever going to have.

And as you've gotten older, you have fewer and fewer ads, fewer and fewer opportunities to get pregnant, and many fewer opportunities to stay pregnant.

Because the eggs that you do have are largely abnormal or unhealthy, not viable. Come see me in the next mini talk. Let's talk about that.