



# *Postpartum Care*

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## *For Fertility Repair*

4 reasons why you could be struggling with secondary infertility and growing your family.

*Dr. Eve*

NATUROPATHIC PHYSICIAN

# WELCOME,

## I'm Dr. Eve, ND



Whether you're struggling for child number two or five, secondary infertility is still painful, and although extremely common, usually overlooked. And you don't have to tell me - I know the children you have light up your life. They are *more* than enough...but maybe you have an image of what you thought your family would be or maybe your child is asking for a sibling and your heart yearns for another. The bottom line is that you want to expand your family...but you are struggling.

First I need to tell you this: you are *not* alone and it is *not* your fault. This happened to me. I struggled and I lost, over and over until I finally came to terms with what was staring me in the face. As a physician, I knew what I was overlooking...but I was tired and I was busy.

As women, we tend to take on a whole lot - we wear a lot of hats, juggle a lot of balls and navigate a lot of moving pieces. We have busy and demanding lives, but no matter what effect it has on our health and wellbeing, we make ourselves a pillar to hold everything up for everyone else and our self-care goes out the window. But what happens when the pillar we made ourselves to be starts to crumble from all the pressure? Who will hold it all up then? We know we need to be doing more to take care of ourselves....but where do we start? How do we begin? This was the beginning of how I came to dedicate my career around secondary fertility and helping women step into self-care. I am so passionate about helping women like me heal and repair their bodies postpartum so that they can increase the chances of having another successful (and *healthy!*) pregnancy.

I look forward to helping you on your journey.

Yours in Vivacious Health,

*Dr. Eve*

# MEDICAL DISCLAIMER

Please note, the information provided in this document is designated to provide helpful information on the subjects discussed. This document is not meant to be used, nor should it be used, to diagnose or treat any medical conditions. For diagnosis or treatment of any medical problem, consult your physician. The publisher and author are not responsible for any specific health or allergy needs that may require medical supervision and are not liable for any damages or negative consequences from any treatment, action, application, or preparation, to any person reading or following the information in this document.



# Postpartum Care For Fertility Repair



## Nutritional Depletion

Vitamins and minerals are like the spark plugs to your body. They are essential for *all* bodily functions including regulating hormones and making babies! If your nutritional needs are not met after the physical demands of your previous pregnancies to restore and repair your body, I can also bet you're struggling with fatigue, 'brain fog', irritability and maybe even anxiety, just to name a few of the common symptoms. The after affects of postpartum nutritional depletion can last years after a pregnancy, but unfortunately, there is largely no dialogue around replenishing the body after pregnancy and birth, let alone societal awareness and information. This is one of the biggest reasons women struggle with secondary infertility.



## Stress

When you face a stressor (big or small), cortisol is released from your adrenal glands. Cortisol prepares the body for "fight or flight" to face potential threats. Cortisol also suppresses the reproductive system by shunting your ovaries away from producing progesterone because...well... your body has a primitive tendency to prioritize keeping you alive over reproducing, and your primitive brain does not distinguish true threats from unmanaged stress. This means that if you are chronically in a state of 'fight or flight', your body is no longer meeting the requirements for successful reproduction - in straight up survival terms!



## Circadian Rhythm Disruption

Sleep deprivation and the expectation to be able to be and do it all is monumental. Your life and body takes on an entirely new role as a mother and our standard of living gets pushed to survival mode to 'power through'. This throws off our natural cortisol and melatonin levels which usually results in extreme fatigue throughout the day but the inability to fall asleep at night. To add to this, our bodies do a critical 'clean-up' and repair at night that doesn't happen as effectively with this disruption, which can further impede fertility. This is because circadian rhythm disruptions interferes with the hormones that trigger ovulation, making pregnancy more difficult.

## Egg and Sperm Quality

People may tell you that secondary infertility may be because you are of "advanced maternal age" but here's why that's wrong: age is an arbitrary number. The most important factor that affects egg (AND sperm) quality isn't your age - it's exposure to free radicals which cause oxidative stress. It comes down to this: your biological age versus your chronological age. Chronological age is measured in years; but biological age is assessed by your physical and mental health and is influenced by many lifestyle factors including your diet, stress and fitness levels. This is important because by following a powerful protocol to heal and protect your egg and sperm cells, you are essentially turning back the clock!



BONUS!

*A Little Meal Inspiration*

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If you need some inspiration for complete meals that help you nourish your body - here it is! And there is plenty more where this came from!

# Fertility Repair BREAKFAST



Oatmeal with walnuts and fruit

*Ingredients:* oatmeal with coconut milk topped with walnuts, dried goji berries or fresh berries or fruits in season. Mix it up! I love adding a tablespoon of freshly ground golden flaxseed for extra fibre and omegas.



Avocado toast and eggs

*Ingredients:* Sprouted grain toast, avocado, two hard boiled eggs, sprouts, salt, pepper.



Cinnamon Honey Peach Overnight Oats

*Ingredients:* Non-dairy plain yogurt (I recommend full fat), non dairy milk, chia seeds, rolled oats, cinnamon, salt, peach and honey



Nut butter toast

*Ingredients:* Sprouted grain toast, nut butter, fruit, cinnamon.



Almond Flour Blueberry Muffins

*Ingredients:* almond flour, baking soda, salt, eggs, honey, olive oil, vanilla, lemon, fresh or frozen blueberries.



Scrambled eggs with greens

*Ingredients:* Eggs, goat cheese, sprouts or arugula.



Chocolate Almond Butter Smoothie

*Ingredients:* Chocolate protein powder, almond butter, chia seeds, spinach, cacao nibs and unsweetened almond milk.



Breakfast Energy Bites

*Ingredients:* Nut butter, old fashioned rolled oats, protein powder, chia seeds, vanilla extract, cashews, slivered almonds, dark chocolate chips (optional)

# Fertility Repair LUNCH



Sardine Sandwich

*Ingredients:* canned sardines mixed with avocado oil mayo with greens on a wholegrain bun or bread .



Quinoa Bowl

*Ingredients:* Cooked quinoa, cucumbers, shredded carrots, shredded cabbage, sliced radishes, sliced olives, olive oil, oregano and black pepper,



Egg Salad Sandwich

*Ingredients:* Hard boiled eggs mixed with avocado oil mayo, salt, pepper and dill with mixed greens or sprouts on sprouted grain or gluten-free bread.



Nourish bowl

*Ingredients:* Sliced raw veggies of choice on base of choice (e.g. quinoa, rice) with dressing of choice (e.g. guacamole, hummus, or dressing like [this one](#)). Anything goes!



Sweet Potato and Chickpea Bowl

*Ingredients:* Sweet potatoes, broccoli, kale, red onion, avocado oil, chilli powder, garlic powder, cumin, chilies, oregano, tahini, maple syrup, lemon



Pomegranate Chicken Salad

*Ingredients:* Baby spinach, pomegranate seeds, rotisserie chicken slices, with a drizzle of olive oil, vinegar and a sprinkle of salt and pepper.



Hummus Platter

*Ingredients:* Hummus, snap peas, sliced cucumbers, carrots, marinated olives with pita crackers like [these](#).



Chicken salad over watercress and cucumbers.

*Ingredients:* Organic canned chicken, avocado mayo, eggs, celery, relish, watercress, cucumbers, salt, pepper.

# Fertility Repair DINNER



## Mushroom Walnut Pesto Tart

*Ingredients:* Cremini mushrooms, parsley, nutritional yeast, walnuts, olive oil, salt and pepper, phyllo pastry.



## 20 Minute White Bean Chili

*Ingredients:* Olive oil, yellow onion, dried oregano, garlic cloves, cumin, vegetable broth, canned navy beans, canned cannellini beans, canned chickpeas, canned diced green chiles, ground cloves, ground cayenne red pepper, lime, salt, pepper.



## Pea and Farro Stir Fry

*Ingredients:* Olive oil, eggs, sweet onion, garlic, cooked farro, frozen peas, paprika, fresh basil, salt and pepper.



## Garlic Butter Baked Salmon

*Ingredients:* Fingerling potatoes, olive oil, skinless salmon fillets, minced garlic, parsley, lemon juice, grass fed butter, asparagus, dry white wine (or chicken broth), salt, pepper.



## Five Spice Chicken Sheet Pan Dinner

*Ingredients:* Cinnamon, fennel, cloves, star anise, white pepper, bone in skin on chicken thighs, cabbage, carrots, soy sauce, honey, garlic, olive oil, red pepper flakes, green onions.



## Taco Bowls

*Ingredients:* Ground turkey (or grass fed ground beef or extra veggies and beans), taco seasoning, white or brown rice, cilantro, avocado, red onion, tomatoes, shredded cheese, salt, pepper, sour cream and hot sauce (optional), corn



## Broccoli Quinoa Cakes.

*Ingredients:* Quinoa, broccoli, scallion, herbs, egg (or flax egg), garlic, salt, pepper, almond flour, vegan cheese and avocado oil.

Serve with side salad.



## Lemon Butter Fish

*Ingredients:* Firm white fish fillets (such as cod or halibut), grass fed butter, lemon juice, garlic powder, onion powder, paprika, olive oil, parsley, salt, pepper. Serve with baked sweet potato and arugula.

# NOTES

## *On Links*

Tip: While the links above provide some great recipes to enjoy, I often suggest more gut-friendly alternatives to some ingredients. Foods such as nightshades (e.g. tomatoes, bell peppers, white potatoes, egg plant, etc.) and other 'high reactive foods' (e.g. corn, wheat, dairy, etc.) can create inflammation in our body. Consider swapping 'this for that' when planning your meals.

This for That



Cornstarch



Arrowroot or tapioca flour

This for That



Rice vinegar



Apple cider vinegar



Tomatoes



Omit or extra veggies like carrots, greens or avocado



Corn



Omit or extra veggies like carrots, greens or avocado



White potatoes



Yams or sweet potatoes



Bell peppers



Omit or extra veggies like carrots, greens or avocado



Soy sauce



Coconut aminos or tamari



Food sensitivities?



Omit ingredients that are known sensitivities such as eggs, dairy, gluten, etc.