
PROACTIVE PRECONCEPTION

Start your fertility journey by optimizing your general health and well-being.

Fertility is a very personal experience. The best way to start off on the right foot is to begin optimizing your own health. Of course it is best to do this throughout your life, but what better time to start than when you want your body to create new life?

Rebel Med NW offers many resources and support for women and men who are looking to optimizing their whole health, but especially with the goal of family planning in mind.



Pre-Conception and IVF Support at Rebel Med NW

- Primary care doctors that work to understand the whole you so they can deliver a comprehensive and tailored treatment.
- Providers that will take the time to educate you on what is going on with your health and what can be done to begin the process of healing or optimizing it.
- Integrative medicine providers that work hard to advocate for the best health options available to you whether it be Western, Eastern, or alternative.
- We offer an office setting that is friendly and vibrant. You will rightfully feel like you are a part of a caring community.
- We have many stress management tools such as acupuncture, massage, and biofeedback. Stress relief is a self care necessity for any point in time but can be especially important during the reproductive phase, for men and women.
- We offer support for optimizing fertility for men and women.

What can the therapies at Rebel Med NW do for you?

- **Acupuncture** is associated with higher *clinical pregnancy rates*, *ongoing pregnancy rates*, and **decreases the risk of Ovarian HyperStimulation Syndrome (OHSS)**.
- **Acupuncture** is also a strong stress-relief tool, which can aid in improving pregnancy rates.
- **Biofeedback** - a mindfulness and stress/anxiety reduction program is associated with increased Pregnancy Rates.
- Several **micronutrients, vitamins, and supplements** are associated with improving pregnancy rates in women with poor ovarian response including DHEA, CoQ10, and melatonin. Our providers are trained in the safe application of these supplements.
- **Supplementation** is also associated with shorter time to getting pregnant, and increased chances of becoming pregnant.
- **Higher Fruits & Vegetables** consumption have **positive effects** on **sperm quality** and **fertilization**. Work with our Naturopathic Physicians and Nutritionist to optimize your fertility friendly diet.
- **Physical exercise** is associated with **higher Pregnancy Rates** and **Live Birth Rates**. Work with our specialists to create exercise plans that fit our individual needs. If you are new to exercise, we have a variety of safe and effective pain relief tools so you can maintain your physical activities goals to achieve better health and pregnancy outcomes.

Improve overall health.
Improve your fertility
outcomes.

Schedule a free consult
today:
www.rebelmednw.com
