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The Egg Optimizer

Women's Quick-Start Fertility Detox Guide: Simple Daily Habits for Healthier Eggs

(Print it, save it to your phone, or stick it on the fridge)

> Why start now? Each egg matures in its follicle for roughly 90 days before ovulation, so today's habits help support the eggs of the months ahead. This guide gets you started; that timeline is why our full program runs 12 weeks. Fertility is a couple's journey, so invite your partner along too. Start here, one checkbox at a time.

1. Food: Your Biggest Daily Exposure

- ☐ Eat Whole30-style: plenty of vegetables and fruit, wild fish, grass-fed meat, pasture-raised eggs, nuts, seeds, avocado and olive oil
- ☐ Go organic when possible, especially animal products and the EWG Dirty Dozen (see page 3)
- ☐ Choose fresh, frozen or glass-jarred over canned foods and drinks
- ☐ Never heat or store food in plastic; use glass or stainless steel
- ☐ Balance blood sugar: protein, healthy fat and vegetables at every meal; don't skip breakfast
- ☐ Get your fiber from vegetables, fruit, nuts and seeds, not grains. Work up to 25–35 g daily, increase gradually and drink extra water
- ☐ Skip grains, legumes, added sugar, ultra-processed and fried foods, processed meats and sugary drinks

2. Egg-Supporting Nutrients (Food First)

- ☐ **Folate:** leafy greens, asparagus, broccoli, avocado, liver. Ask your provider about a prenatal with methylfolate
- ☐ **Iron:** grass-fed beef, lamb, dark poultry meat, clams, spinach, pumpkin seeds
- ☐ **Choline:** pasture-raised eggs (yolks!), liver, salmon
- ☐ **Omega-3s / DHA:** wild salmon, sardines, mackerel, anchovies
- ☐ **Iodine:** seafood, eggs, a little seaweed
- ☐ **Vitamin D:** sensible sun, and ask your provider to test your level
- ☐ **Antioxidants:** eat the rainbow: berries, peppers, greens
- ☐ Work with your provider on any supplements and doses

3. Know Your Cycle

- ☐ Track your cycle: first day of bleeding, length and any symptoms (an app or paper chart works)
- ☐ Notice cervical mucus: clear, slippery, "egg-white" mucus signals your fertile window
- ☐ Take your basal body temperature (BBT) each morning before getting up; a sustained rise confirms ovulation
- ☐ Very irregular, painful or heavy cycles? Thyroid, PCOS, endometriosis and similar conditions deserve a provider workup

4. Lifestyle: The Big Levers

- ☐ Keep alcohol minimal, or skip it while trying to conceive
- ☐ Quit smoking, vaping and nicotine; avoid cannabis
- ☐ Keep caffeine to about 1–2 cups of coffee a day or less
- ☐ Sleep 7–9 hours in a cool, dark room on a regular schedule
- ☐ Work toward a healthy body weight. Being well under or over can disrupt ovulation
- ☐ Move daily with moderate exercise: walking, strength, yoga. Avoid over-training

5. Water: Pure Hydration Only

- ☐ Drink and shower through a quality filter (look for one certified to reduce chlorine, lead and PFAS)
- ☐ Carry water in glass or stainless steel
- ☐ Aim for 2–2.5 L daily (more when you sweat), with a pinch of Celtic or Himalayan salt or trace minerals. If you have high blood pressure, check with your provider first

6. Air: Breathe Clean

- ☐ Open windows 10–15 min daily and run kitchen and bathroom fans
- ☐ Run a HEPA air purifier where you spend the most time, especially the bedroom
- ☐ Vacuum with a HEPA filter and damp-dust weekly
- ☐ No synthetic fragrances, plug-ins or scented candles
- ☐ Houseplants are an optional bonus (snake plant, areca palm). Note: peace lily is toxic to cats and dogs

7. Home & Kitchen

- [ ] Switch to simple, unscented cleaners, laundry and dish products (vinegar, baking soda, Castile soap or clean brands)
- [ ] Cook with cast iron, stainless steel, enameled cast iron or glass. Nonstick coatings wear down over time
- [ ] Decline paper receipts or go digital. Thermal paper often contains BPA or BPS
- [ ] Wash new clothes and sheets before use
- [ ] Work around chemicals, solvents or salon products? Use gloves and good ventilation

8. Beauty & Personal Care

- [ ] Go fragrance-free: perfume, body spray, lotions and hair products often contain phthalates
- [ ] Choose paraben-, phthalate- and fragrance-free soap, shampoo, deodorant, makeup and nail products
- [ ] Opt for fragrance-free period products: organic cotton pads/tampons or a menstrual cup
- [ ] Check products with EWG's Skin Deep database (ewg.org/skindeep) or the Think Dirty app
- [ ] Many common lubricants can slow sperm. Ask about fertility-friendly options

9. EMFs: Simple Distance Habits

- [ ] Phone off your body and off your nightstand; airplane mode overnight
- [ ] Use speakerphone or wired earbuds for long calls
- [ ] Keep the router away from where you sit and sleep; Wi-Fi off overnight (a timer helps)
- [ ] Stand barefoot on the earth 10–15 min daily

10. Mind & Heart: Ease the Pressure

- [ ] Trying to conceive can be an emotional rollercoaster. Name it and talk about it
- [ ] 5 minutes a day of deep breathing, meditation or prayer
- [ ] Make time with your partner that has nothing to do with "the schedule"
- [ ] Set boundaries with the apps, forums and questions that drain you
- [ ] End the day with gratitude: name 3 things

11. Bonus Daily Mini-Rituals (Pick a Few)

- [ ] Warm lemon water first thing in the morning
- [ ] Dry brush before your shower; tongue scrape morning and night
- [ ] Aim for a daily bowel movement (fiber, water, magnesium)
- [ ] Sauna in moderation is fine before conception, but stop once pregnancy is possible (after ovulation in a trying cycle)
- [ ] Optional: castor oil pack over the lower belly 1–3×/week, **only from your period through ovulation**. Never after ovulation when trying, or if pregnant
- [ ] Herbs and supplements only with your provider's guidance

Fertility is a couple's journey. Your partner can grab The Sperm Optimizer at sacrednaturemedia.com.

You don't have to be perfect. Every single tick on this list moves the needle for your eggs, your cycle and the baby you're calling in.

You've got this. It's time to get your body ready for baby.

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EWG's 2026 Shopper's Guide to Pesticides in Produce

Source: Environmental Working Group, ewg.org/foodnews/summary.php

The 2026 Dirty Dozen

Most contaminated with pesticides. Buy organic when you can.

1. Spinach
2. Kale, collard and mustard greens
3. Strawberries
4. Grapes
5. Nectarines
6. Peaches
7. Cherries
8. Apples
9. Blackberries
10. Pears
11. Potatoes
12. Blueberries

+ Green beans

+ Bell and hot peppers

The 2026 Clean Fifteen

Lowest pesticide residues. Conventional is a reasonable choice.

1. Pineapple
2. Sweet corn (fresh and frozen)
3. Avocados
4. Papaya
5. Onions
6. Sweet peas (frozen)
7. Asparagus
8. Cabbage
9. Cauliflower
10. Watermelon
11. Mangoes
12. Bananas
13. Carrots
14. Mushrooms
15. Kiwi

Ready to Go Deeper?

Watch your inbox over the next 7 days. Each day covers one piece of the detox in more depth: Diet, Hydration, Breathe, Home & Personal Products, Electromagnetic Pollution, Stress & Emotional Toxins and Deep Detox Basics. You'll also learn about **The Ultimate Fertility Detox**, our complete step-by-step course for women, men and couples.

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Disclaimer: This guide is for educational purposes only. It is not intended to diagnose, treat, cure or prevent any disease and is not a substitute for medical advice. Always consult your licensed healthcare provider before making significant changes to your diet, supplements, medications or lifestyle, especially if you have a medical condition, take medication or are undergoing fertility treatment.