

Strengthen Your Fertility Through Food and Fitness

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Naomi Eastman of NME Fitness & Wilderness Wellness is a health & nutrition coach & trainer who has spent the past 5 years digging into the ancestral wisdom & modern science to find the best information to support a healthy, happy life.



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Topic: Food & Fitness for Fertility & Beyond

The reproductive capacity in women is regulated by the endocrine system; a series of glands which produce hormones into the blood stream to act as chemical messengers to control a number of bodily function. Hormones play a crucial role in fertility function from egg growth/development to ovulation to implantation. Let's discuss how our lifestyle impacts these hormones & why they are crucial to healthy reproductive function.

Food:

When it comes to what we are putting IN to our body its crucial that we are fueling up with real, nutrient dense foods. "Focus on nutrients when it comes to food, eat when you are hungry"- Naomi.

- Nutrient Dense Animal Protein
 - Eggs, Fish, Chicken & Beef (Liver!)
- Complex Carbohydrates
 - Don't be afraid of carbs! Complex carbs fuel you up without spiking your blood sugar levels
 - Sweet Potatoes, Oats, Leafy Green Vegetables
- Remove foods that are stressful for your body to heal your gut
 - Seed Oils, Vegetable Oils add a tremendous amount of stress to the body

Fitness:

- Build Muscle
 - Muscle is extremely metabolically active
 - This makes us more sensitive to hormones we have been & build more hormone receptors
- Don't Over Stress Your Body & Drive Up Cortisol Levels
 - When you over stress your body from a long run or HIIT workout you are entering a state of increased cortisol levels which negatively impact thyroid & progesterone levels.

Takeaway: Fertility

- An optimal endocrine system is vital for reproductive health
- The way we treat our body by energy we bring in & expend will ultimately impact how our body will work as one cohesive unit & allow us to live a healthy life.