

Who struggles with infertility?

Birth rates have gone down all over the world, mainly due to access to education and birth control.

However, about 13% of women who are of childbearing age still have difficulty getting pregnant.



Why am I struggling to get pregnant?

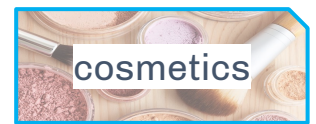
There are many factors that contribute to infertility, including:

- Age
- Smoking
- Body weight
- Stress
- Hormone imbalances (such as PCOS)

Research has also shown that exposure to toxic chemicals may also lead to decreased fertility.

Chemical exposures and fertility

Toxic chemicals, such as BPA and phthalates, mimic hormones. They can be found in everyday items like:



Exposure to these chemicals is linked to:

- Irregular periods
- Implantation failure during IVF
- Endometriosis and PCOS
- Increased chance of miscarriage

Simple Ways to Optimize Fertility

Test yourself before and during pregnancy

- The Million Marker kit will help you discover and eliminate exposures

Avoid the following:

- Processed foods
- Plastics numbered 3, 7
- Paper receipts
- The ingredient “fragrance”
- Capsule vitamins

