

7 things to do when you are preparing for your Embryo Transfer or IUI

1- Try to get 8-9 hours of uninterrupted sleep, if you are having a hard time sleeping, take 1.5 mg of melatonin 30 min before bed time.

2- Take a Pause and BREATHE.....Make time through the day and take 3-9 deep breaths.

3- Hydrate with clean filtered water, upon rising in the morning have 16-32 oz of water with half a lemon.

4- In the morning check in with yourself....the way you check your phone battery or your car gas tank. If your gas tank feels less than half, try to shorten your to do list.

5- Upgrade your food intake by making better choices. Food is information to every cell of our bodies. Below you will find a recipe for Bone Marrow Broth (or old fashioned chicken soup). Bone Marrow broth is a natural remedy that has been used in Chinese medicine (and cultures throughout the world) for thousands of years to support Fertility and its great during pregnancy and postpartum!

6- Take a bath, add some Epsom salt and lavender Essential oil and treat yourself.

7- Take a walk in nature, walking in the woods or by a river helps to ease your stress and can be very nourishing.

Bone Marrow Broth Soup

In Chinese Medicine, Bone Marrow Soup is a very healing soup used particularly for enhancing fertility (for both men and women). It supports your vital energy or vitality (called Jing chi, the kind of chi that is related to improving fertility and conception). In Chinese medicine it is considered a medicinal tonic that is a very powerful and quick way to build back your life force/vital energy.

In my Acupuncture practice, I particularly recommend this recipe to my patients as they prepare for their Embryo Transfer/IUI as well as during pregnancy and postpartum.

For those of you who are **vegetarian** I recommend that you make a broth with lots of root veggies and cook for a long time (3-4 hours of simmering for best results). You can use carrots, parsnips, beets, onion, garlic, sweet potatoes, celery, and cabbage. If you feel inclined you can add some seaweed to get the richness of mineral. When finished simmering, strain and flavor with your favorite herbs and try to use the broth daily.

Bone Broth Recipe:

What you will need: 3-4 lbs. of grass fed beef bones with marrow OR free range chicken bones OR fish bones.

Put all the bones in a crockpot and cover with water (add 1-2 tbsp. of apple cider vinegar to help pull out the minerals).

Slow cook overnight, the longer they cook the more mineral dense the broth will be (ideally about 8-12 hrs.)

Strain and cool, remove the fat once the broth has cooled and store the broth in the fridge (it should be gel-like).

This is your base, you can now add your favorite herbs, spices and vegetables like bok-choy, spinach, cilantro, or any of your favorite greens when you heat it up right before serving.

Modern research is now showing that Bone Broth soup is very healing to our gut system, and supports our gut microbiome as well as our immune system.

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Acupuncture Tree of Life**