

Pregnancy Prep Made Simple

A simple guide to nutrition,
sleep, and lifestyle readiness

Get pregnancy-ready with confidence
and clarity.

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Why Preparation Matters

Pregnancy begins long before conception. What you eat, how you sleep, and how you care for your body now can support hormone balance, egg quality, and overall well-being.

The 4 Pillars of Pregnancy Prep

Nutrition & Vitamins



Gentle Detox



Sleep and Rest

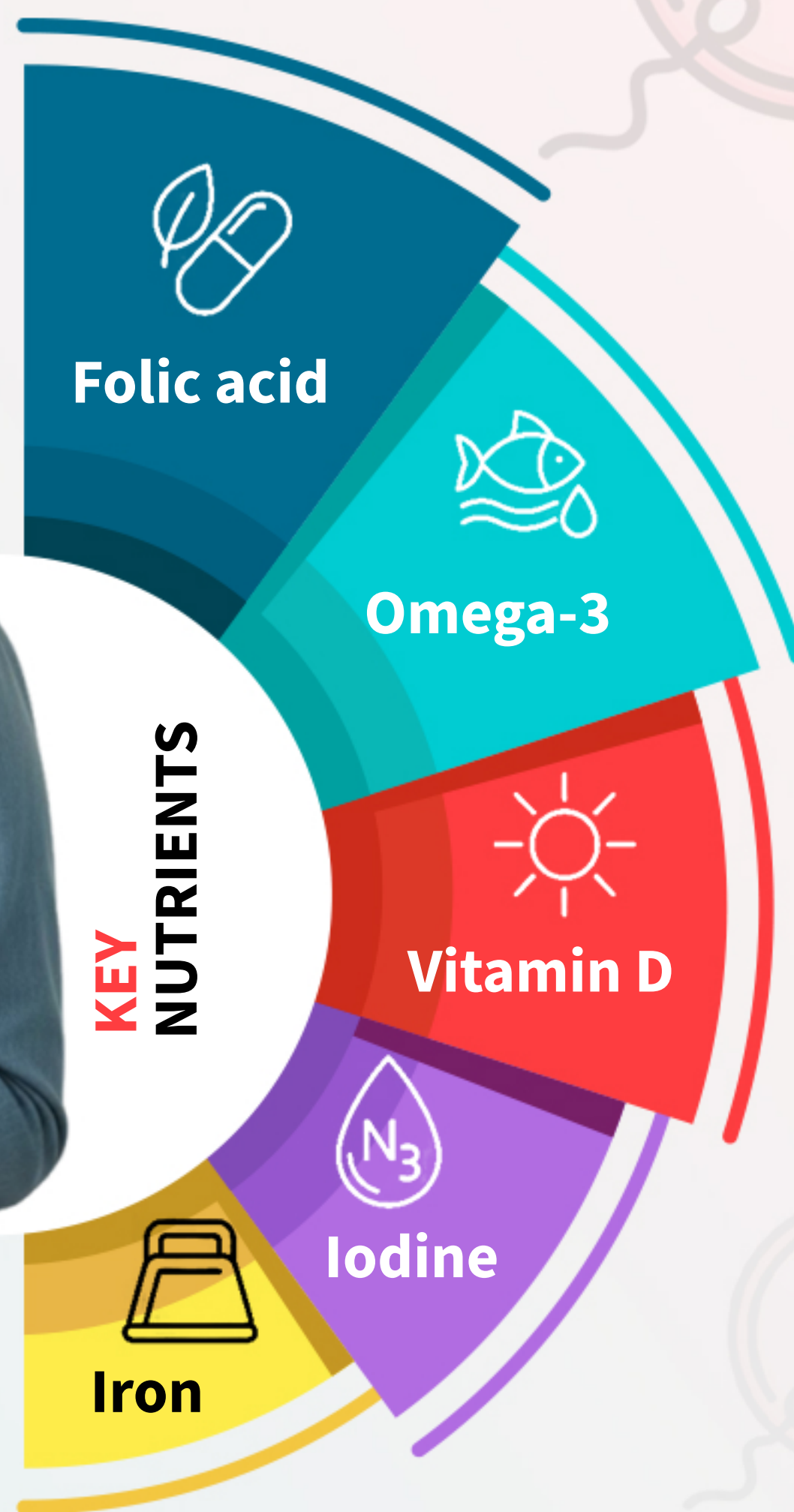


Lifestyle Balance



Pre-Pregnancy Vitamins to Know

Key nutrients that support conception and early pregnancy:



Note: Always consult your doctor before starting supplements.

Gentle Detox (What It Really Means)

Detox isn't about extreme cleanses. It's about reducing everyday exposure to toxins and supporting the body.

Do this:

Drink enough water.

Eat fresh, home-cooked meals.

Limit packaged foods.

Reduce plastic use.



Sleep: The Hormone Reset

Quality sleep supports ovulation, hormone release, and stress control. Aim for 7–8 hours of restful sleep every night.



Fixed sleep time

Screen-free nights

Dark, cool bedroom



Lifestyle Habits That Help



**Manage
stress
mindfully**



**Quit
smoking**

**Reduce
caffeine and
alcohol**



**Move your
body daily
(walks, yoga)**



Medical Check-Ups Before Pregnancy

Consider screening for:



Thyroid levels



Vitamin D and Iron



Blood sugar



PCOS or hormonal concerns



Preparing Together (For Him Too)

Sperm health matters just as much. Lifestyle changes benefit both partners.



Balanced meals



Regular exercise



Stress reduction



No smoking or alcohol



30-Day Body Prep Checklist



Start prenatal vitamins



Improve sleep routine



Eat balanced meals



Reduce toxins



Move daily



Manage stress

Preparing your body is an act of care for yourself and the life you hope to create. Start gently, stay consistent, and seek medical guidance when needed.

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