



BLOOD FLOW FOR FERTILITY

Please note, this is not medical advice — just recommendations from a fertility coach who is also on the journey.

Here's an overview of suggested things to help with blood flow for fertility. I hope it's not too overwhelming! I am super happy to walk through which of these are most important for you based on your case and what is accessible to you, so it feels more manageable. Also, not all changes are necessary to have a successful pregnancy. These are just evidence based things that are proven to strengthen fertility!

Note: All of these things are for males and females unless otherwise specified

Foods/Drinks/Supplements

- **Warmth for the Womb:** Prioritize warm, cooked whole foods like stews and soups to support reproductive circulation. Try to only eat cold foods/drinks on occasion.
- **Circulation Support:** Add beetroot powder and fresh ginger to your warm water to drive oxygenated blood flow directly to the reproductive organs. Watermelon juice and pomegranate juice can be helpful as well.
- **Stay hydrated + warm lemon water**
- **Low-dose aspirin, Omega-3 fatty acids, Vit E, L-Arginine**

Activities/Exercise

- **Female:**
 - Moderate exercise for 150 minutes per week.
 - Walk 800-1000 steps per day. Walks should be at least 20-30 minutes.
- **Male:**
 - Moderate exercise for 3 to 7 hours a week.
- **Everyone**
 - Walking
 - Yoga
 - Pilates
 - Swimming
 - Weight lifting
 - Dancing
 - Deep hip stretches
 - If you work at the computer, try to get up and walk for 5 minutes every hour or do 10 squats



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Modalities

- **Acupuncture**
- **Chiropractor**
- **Maya abdominal massage**
- **Pelvic floor physical therapy**
- **Platelet-rich plasma (PRP)**
- **Vaginal insuflation**

Can Do At Home

- **Orgasms**
- **Stand on coarse Sea Salt or Himalayan Pink Salt for 10-15 minutes**
- **Red light therapy**
- **Inversions (or feet up on the wall)**
- **Rebounding (trampoline)**
- **Castor oil packs**
- **Keep your feet warm (socks)**
- **Swing arms 6 minutes a day to help with overall circulation**

Additional Considerations

It's important to note that these blood flow suggestions are never "one size fits all." The specific recommendations depend on your unique medical history, lifestyle factors, and previous testing and treatment outcomes.

My goal as a Fertility Coach and Educator is to help you learn about options that are available which may improve your chances of a successful pregnancy. While I provide the suggestions and research to empower your journey, a thorough consultation with your medical team—including your RE, endocrinologist, naturopathic doctor, reproductive immunologist, etc.—is crucial to finalizing your clinical plan.

I am here to help you prep for those appointments, make sense of the results, and assist with next steps. Please reach out with any questions!



Hi, I'm Mariah Tuffy Joseph, MSW — a Fertility Coach and Educator. I offer personalized support, guidance, education, tools and resources to help you navigate the practical, physical, emotional and relational challenges of fertility, pregnancy loss, and sexual health. I specialize in helping clients uncover and address root causes of fertility challenges and recurrent pregnancy loss, as well as providing guidance for natural and IVF conception, especially for women over 35.

I lead One on One and Couples Sessions. I also hold Online and In Person Support Groups for women (South Florida, USA).

My goal is to help you go from feeling shame, confused, overwhelmed and alone, to empowered, clarity, calm and connection on your journey.

I am on this intense life changing fertility journey with you—after 3 years, 3 losses, multiple fertility programs, and 3+ IVF cycles, we still don't have our baby...



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