



@GETREJOOVA

5 Ways to Improve Egg and Sperm Quality

*(That work alongside your
Rejoova supplements)*

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When it comes to fertility, supplements can play a powerful role in supporting both egg quality and sperm health.

Rejoova was created by three fertility experts after years of working with patients and seeing the same nutrient gaps appear again and again. The formulas were designed to give your body the key nutrients needed to support healthy eggs, healthy sperm, and overall reproductive health.

But supplements work best when they're part of a bigger picture...

Alongside Rejoova, we recommend focusing on a few simple lifestyle habits that support your body and fertility. The five tips within this guide are some of the most common strategies we suggest to patients who want to improve their chances of conception.



1. Acupuncture

Acupuncture works in quite a few ways to enhance fertility: it regulates the reproductive hormones, it improves blood flow to the uterus and the ovaries, it calms the nervous system, it enhances and optimizes digestive function and it brings the body back into homeostasis (aka balance).

The number one reason fertility doctors love acupuncture is based on the research showing that enhanced blood flow may increase responsiveness to treatment and implantation of embryos.

DID YOU KNOW: Research shows that receiving acupuncture treatments before and after your IVF embryo transfer significantly increases your chances of successful embryo implantation! We recommend getting acupuncture for at least three months on a consistent basis (once every week or every other week) to maximize benefits

Visit Aimee or Marc's websites for more details.

2.

Fertility-friendly diet

As we always say..."You cannot out supplement a poor diet."



Yes, we love our supplements and know they can help you but without proper nutrition no supplement will have the impact you'd like.

Our goals for your diet:

Consume 80-100 grams of organic, grass-fed/pastured/wild caught nutrient-dense protein (that is rich in egg quality improving fats) daily along with 6-8 servings of organic, antioxidant rich vegetables.

Our top 5 favorite fertility enhancing, protein rich foods:

- Pastured Eggs
- Wild Caught Salmon
- Organic & grass fed Bone broth
- Grass-fed meats
- Organic nut & seed butters

Our top 5 favorite fertility enhancing vegetables:

- Beets
- Broccoli
- Sweet potato
- Brussel sprouts (or any cruciferous veg)
- Leafy greens (any one your choose)



SAMPLE ONE-DAY MENU



BREAKFAST

Two scrambled eggs with tomato, spinach, and fresh basil, two pieces of bacon, and ½ an avocado.



LUNCH

Mixed mesclun green salad with wild salmon (or sardines), onions, green beans, olives, fermented veggies (or sauerkraut), olive oil, and apple cider vinegar.



DINNER

Baked chicken with fresh herbs, sautéed kale with garlic, and a sweet potato with butter (pastured).



SNACKS

½ cup of organic blueberries mixed with 1 tablespoon of ground flax seeds and 3 ounces of full-fat greek yogurt



DAILY SUPPLEMENTS

Rejoova Eggs & Repair for her and Rejoova Sperm and Repair for him



3. Sleep

Sleep is so important to your overall health but unfortunately so many of us just don't get enough.

Ideally you should be getting 7-8 hours of sleep each night. And, that is especially true if you are trying to optimize your health and fertility. Sleep deprivation is linked to every illness and disease that exists, fertility challenges included.

So, if you are following the diet, meditating, taking your supplements, finding joy in your day to day life but still not sleeping enough — your fertility will be compromised. If I had to rank the three most important pieces to healthily getting pregnant, sleep would be in the top 3 (along with eating bone broth regularly and meditating).

Make a commitment right now to sleep more and to get to bed before 11pm. You deserve the rest and your body and its fertility will thank you for it!

4.

Go non-toxic with your bath & beauty products

The chemicals in your regularly used bath & beauty products are known endocrine disruptors (meaning they are causing hormonal imbalances in your body). PLUS many of them are also known to negatively impact both male & female fertility. Even more, regular exposure to such chemicals creates a toxic burden in your body, putting a strain on your detoxification pathways.

When this happens your body holds on to these chemicals and additional hormones because your body can't get rid of the extra hormones it doesn't need leading to hormonal imbalance.

Avoid these toxic ingredients in the products you use/that touch your skin on a regular basis (more than 3x/week):

- Phthalates
- Parabens
- Sulfates (Sodium Laurate, Laurel Sulphate or SLS)
- Fragrance (aka Parfum)
- DEA
- Tricolosan
- Formaldehyde
- BHA and BHT
- Coal Tar Dyes
- PEG (Polyethylene Glycol)
- Petrolatum/Petroleum
- Siloxanes

[HEAD TO AIMEERAUPPBEAUTY.COM TO SHOP HER CLEAN, ORGANIC SKINCARE LINE.](http://WWW.GETREJOOVA.COM)



5. Nervous System Support

When you are trying to conceive, your body needs to feel safe and supported. Chronic stress and nervous system dysregulation can affect hormone balance, ovulation, sperm production, and overall reproductive health.

Many people underestimate how much their nervous system impacts fertility. When the body is constantly in a fight-or-flight state, it can shift energy away from reproductive function and toward survival.

Supporting your nervous system through mindfulness practices such as meditation, breathwork, gentle movement, or time in nature can help bring the body back into a more balanced state.

Even a few minutes each day focused on calming the nervous system can support hormone health, improve overall wellbeing, and create a better environment for conception alongside your Rejoova supplements.

Why Rejoova?

Your fertility supplements aren't cutting it so your three favorite fertility doctors, Dr. Marc Sklar, Dr. Zaher Merhi, and Aimee Raupp, M.S. LAc, have been working together to change that. Seeing common micronutrient deficiencies in our fertility clients, we had the realization that they were gaps in their current supplement protocols. The three of us brought our brains and clinical experience together to create products with key nutrients. We streamlined what you need into three unique supplements to make the process of getting what your body needs for optimal fertility simpler and more efficient.

Our combined 60 years of clinical experience along with tens of thousands of pregnancies has landed us with this line of Rejoova nutraceuticals. As fertility experts, we see the benefit of combining ancient wisdom and modern science to best support you on your path to optimal fertility and baby. The integration of nutraceuticals, Traditional Chinese Medicine, and ancestral nutrition in the REJOOVA products has never been combined before in this capacity. We know your body will love these supplements.

Fertility challenges are hard enough. Your supplements should not be overwhelming, they should be easy and effective. Rejoova provides you with comprehensive and nutrient-rich targeted supplements for all your fertility needs.



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REJOOVA SPERM utilizes clinically proven targeted nutrients to enhance testicular function and improve overall sperm motility, morphology, and count.

This product can and should be used in conjunction with **REJOOVA REPAIR** for best results.



REJOOVA REPAIR reduces oxidative stress and inflammation at the cellular level restoring optimal mitochondrial function to improve egg quality, sperm health, and reproductive building blocks in both males and females.

This product can and should be used in conjunction with **REJOOVA EGGS** or **REJOOVA SPERM** for best results.



REJOOVA EGGS nourishes ovarian cells with antioxidant-rich nutrients that are clinically proven to optimize egg quality and ovarian reserve.

This product can and should be used in conjunction with **REJOOVA REPAIR** for best results.

LEARN MORE ON OUR WEBSITE 

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