

according to research. That means that even if you lose 88% of them when you hit your thirties, you still have 72,000 left. The key is to give those 72,000 potential eggs the best possible chance. So, even if we delay having children until later, now's the time to convert to fertility-enhancing habits and lifestyles.

To start off with, we need to determine a fertility baseline. If you plan to have a baby someday there are a number of fertility examinations and tests you can sign up for. Experts recommend starting around your 30th birthday, with follow up tests annual, and biannual tests by the time you reach the age of 35.

A physical examination will check for abnormal hair growth, skin conditions, an enlarged thyroid, and abdominal scarring, as well as your weight. This could detect possible fertility issues relating to hormonal changes, polycystic ovarian syndrome (PCOS) and implantation challenges. A pelvic examination is used to inspect the structure

and organs of the reproductive system. This checks for tenderness, inflammation, nodules or masses, irregular bleeding, vaginal discharge and immobility in the uterus, which possibly indicates fibroids, infection, endometriosis or abnormal structure.

Furthermore, blood tests can be performed on day two or three of your cycle to check hormone levels – particularly FSH (Follicle-Stimulating Hormone), the hormone controlling your menstrual cycle and production of eggs. An AMH (Anti-Mullerian Hormone) test estimates the number of the eggs in the ovaries.

**FOCUS ON GOOD NUTRITION AND INCLUDE FOODS THAT ARE RICH IN ANTIOXIDANTS.**



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