

Diet and Nutrition for In Vitro Fertilization Success

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Course Title

Date

Diet and Nutrition for In Vitro Fertilization Success

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### Diet and Nutrition for In Vitro Fertilization Success

Fertility of women may be affected by various external and internal factors. Psychological condition and the overall state of the woman's body are integral parts of her fertility. When a woman uses in vitro fertilization (IVF), the number of risks exist that may prevent a woman from carrying and delivering a healthy baby. At the same time, the condition of the embryos plays an important role when the chances for conceiving. On the one hand, the poor conditions of the natural environment, modern ecology, and quality of the products consumed may affect a woman's health and her ability to carry a fetus and deliver a healthy child. On the other hand, some researches state that the simplest method for improving the IVF success may be a low-carbohydrate diet that would increase a woman's chances to have a healthy baby. The in vitro fertilization (IVF) success depends on many factors, one of which is the rate of carbohydrate in the woman's organism, which affects the embryos negatively, but can be reduced through proper low-carbohydrate dieting before the procedure.

Women can increase their chances for conception when planning an in vitro fertilization procedure with the help of proper dieting techniques. As stated in the article by Johnson (2013), recent studies claim that "Reducing carbohydrates and boosting protein intake can significantly improve a woman's chance of conception and birth after in vitro fertilization (IVF)" (n.p.). According to the research reported by Johnson (2013), the overall investigation started when the embryos of healthy women that undergone IVF were of poor quality. In other words, it turned out that the carbohydrate-loaded environment of the female organism negatively affects embryos and contributes negatively to the subsequent growth and development of the fetus. Johnson (2013) reports that the research results state that women can consume as

many calories as needed for their normal functioning, whereas the proteins should be about 25% of the entire ratio.

Though some researches may have low validity, producing extraordinary results that cannot be properly verified afterwards, the dieting techniques have proved to be effective. The same study as by Johnson (2013) was analyzed by Struck (2013) who reported that “Two-thirds of the women who ate protein rich diets (32 of 48) achieved pregnancy versus 31.9% (23 of 72) of controls” (n.p.). In this respect, the chances of women to conceive depend on her own attitude to healthy dieting and low load of carbohydrate in the food she consumes. In addition, the state of embryos depends directly from the protein content in a woman’s body.

A special diet during pregnancy is one of the important factors that affect the fetus, the condition of the woman and her fetus. However, recent researches focus on preconception dieting and the attitude of women toward their dieting habits, especially when planning to undergo an in vitro fertilization procedure. The study by Twigt, Bolhuis, Steegers, Hammiche, van Inzen, Laven, and Steegers-Theunissen (2012) suggests that “The preconception diet is often inadequate in women planning pregnancy” (p. 2526). This means that women may be unaware of the possibility of obtaining an embryo of low quality due to their inadequate diet. A simple change in the dieting habits may affect the overall outcomes of the IVF procedure. Twigt et al. (2012) conducted a research that demonstrates that couples undergoing a preconception diet with low content of carbohydrate and high content of proteins during six month before conception have significantly higher chances to attain success in IVF.

Dieting is a natural factor that may be structured in accordance with the needs of the couple and a woman in particular. As such, the quality of the embryos

improves through improvements in lifestyle and dieting. As suggested in the study by Anderson, Norman, and Middleton (2010), lifestyle of the couples that plan to conceive through the IVF procedure should be adjusted to their needs and the changes that would happen in their bodies. As health of the couples affects the quality of embryos, their health may be changed in accordance with the IVF procedure requirements. At the same time, Rodriguez (2012) insists that more techniques than simple dieting may affect the outcomes of the IVF; she suggests massages, acupuncture, and supplements for the success of the procedure.

To conclude, women should take care of their health, especially when they are planning some procedures related to their fertility, such as in vitro fertilization (IVF). Though effectiveness of this intervention cannot give 100% of successful outcomes from the very first time and sometimes more than one procedure is required, it is one of the most effective methods for overcoming difficulties in conception. The recent studies have found that low loads of carbohydrate in the food consumed by women that are planning to undergo an in vitro fertilization increases their chances to conceive opposed to women that have high-carbohydrate diet. Other factors affecting the fertility of a woman include her psychological condition and measures taken to calm down her entire organism with massages, relaxations, and even yoga.

## References

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