

## Who struggles with infertility?

Birth rates have gone down all over the world, mainly due to access to education and birth control.

However, about 13% of women who are of childbearing age still have difficulty getting pregnant.



## Why am I struggling to get pregnant?

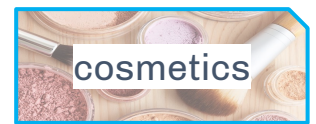
There are many factors that contribute to infertility, including:

- Age
- Smoking
- Body weight
- Stress
- Hormone imbalances (such as PCOS)

Research has also shown that exposure to toxic chemicals may also lead to decreased fertility.

## Chemical exposures and fertility

Toxic chemicals, such as BPA and phthalates, mimic hormones. They can be found in everyday items like:



Exposure to these chemicals is linked to:

- Irregular periods
- Implantation failure during IVF
- Endometriosis and PCOS
- Increased chance of miscarriage

## Simple Ways to Optimize Fertility

Test yourself before and during pregnancy

- The Million Marker kit will help you discover and eliminate exposures

Avoid the following:

- Processed foods
- Plastics numbered 3, 7
- Paper receipts
- The ingredient “fragrance”
- Capsule vitamins

