

90 days towards Improving Egg Quality

Why This Matters

Every egg takes about 90 days to mature before ovulation, meaning lifestyle and nutritional habits today will influence the eggs released 3 months from now. This gives you **a real window of opportunity** to optimise your reproductive health. [Arva Fertility](#)

Lets keep it as simple as possible because often that's all you need.

1. Eat a Fertility Friendly Diet

Diet is one of the strongest evidence-linked lifestyle factors for *egg quality and fertility outcomes*.

Start at the checkout, don't buy the processed foods, sugar and additive dense choices.

Do a prep day. Stick to a plan and make it a habit

Mediterranean Style Eating

Start by eating more vegetables, lets aim for 5 cups. Whole grains, nuts, seeds, lean proteins (100gm per day) and healthy fats (like olive oil and fish) is consistently associated with better reproductive outcomes and higher success rates in IVF. [Medical Tourism Magazine+1](#)

Key food groups to include

- **Leafy greens** (folate) — supports ovulation and early cell development. [Pristine Fertility](#)
- **Fatty fish & omega-3s** — reduce inflammation and support cell membrane health. [PMC](#)
- **Antioxidant-rich berries, nuts & seeds** — help protect egg cells from oxidative stress (a contributor to ageing). [Medfemme Women's Clinic](#)
- **Whole grains & lean proteins** — stabilise blood sugar and hormone balance. [Pregatips](#)

What to reduce

- Ultra-processed foods
- Excess sugar and refined carbs
- Trans fats and some saturated fats

Note: please make sure you are eating ENOUGH no starving yourself, your thyroid does not like you to go hungry. Aim for at least 1800cals per day and more if you are training.



2. Support Oxygen & Energy in Eggs

The eggs in your ovaries require a *lot* of cellular energy. Mitochondrial function, oxidative balance, and nutrient support all influence egg health. This can also aid in implantation.



Supplement Support

- **Coenzyme Q10 (CoQ10):** An antioxidant that helps cellular energy production. Studies suggest it may improve egg and embryo quality, especially in IVF cycles and in women with low ovarian reserve or PCOS. [Verywell Health](#)
 - **Omega-3 fatty acids:** Animal research shows diets rich in omega-3s may improve egg quality and reproductive lifespan. [PMC](#)
 - **Vitamin D:** Adequate levels support hormone balance (often measured as 30–50 ng/mL). [Arva Fertility](#)
 - **Folate & prenatal nutrients:** Essential for egg development and early embryo health. Note NOT FOLIC ACID, folate there is a huge difference [Femia Health](#)
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3. Maintain a Healthy Weight

Both overweight and underweight states can disrupt hormone balance and ovulation, which may reduce egg quality.

Eat enough food! Do not undereat. That's what I see mostly in clinic

- Aim for a balanced body composition for your physiology. [Medfemme Women's Clinic](#)
 - Even modest weight improvements (5–10% change) can improve ovulatory function and metabolic health. [Dr. Nashat Latib](#)
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4. Build muscle and Move Your Body

Exercise isn't just good for your heart—it helps blood flow to the reproductive organs, reduces inflammation, and supports insulin resistance.

- **Targets:** 30–45 minutes of moderate movement most days. [Your Fertility](#)

- Best options: weight training, brisk walking, yoga, swimming.
 - Too much intense training can sometimes be counterproductive, so keep it *balanced*. Remember we want to bring in energy not expend too much.
 - Eat enough to support yourself, no going hungry.
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5. Reduce Stress & Prioritise Rest

Stress hormones like cortisol can *disrupt the delicate hormone balance* needed for ovulation and egg maturation.

- Daily relaxation practices (meditation, breathwork, gentle yoga) can help. [Reproductive Health Centre](#)
 - Prioritise consistent **7–9 hours of sleep** each night to support hormone regulation.
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6. Avoid Known Toxins & Disruptors



What to limit or avoid:

- **Smoking / vaping** – accelerates egg ageing and depletes ovarian reserve. [FCI Online](#)
- **Excess alcohol** – increases oxidative stress and hormonal disruption. [FCI Online](#)
- **Endocrine-disrupting chemicals** (plastics like BPA, certain cosmetics) — these can interfere with hormone function. [IVF More](#)

Practical swaps:

- *Glass or stainless steel* instead of plastic
 - Choose *BPA-free* products
 - Opt for *natural skincare* where possible
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7. Timing Matters: Your 90-Day Window

Eggs take ~90 to 120 days to mature, so meaningful improvements you make now can influence the next ovulation cycle's eggs. [Arva Fertility](#)

Think of this period as a **fertility reset cycle** where each supportive habit compounds.

What You Can Do This Week

Here's a simple starter checklist:

Eat for fertility

- ✓ Add leafy greens & colourful veggies plenty of protein.
- ✓ Include omega-3 rich foods (salmon, walnuts)
- ✓ Choose whole grains

Lifestyle wins

- ✓ Lift weights strength all the way
- ✓ 7–9 hours sleep
- ✓ 10 minutes of stress reduction per day

Toxin trimming

- ✓ Switch to glass containers
- ✓ Reduce alcohol and sugar
- ✓ Avoid smoking

Clinical support

- ✓ tCoQ10, vitamin D, folate



Summary

Improving egg quality isn't about one magic bullet. It's a **holistic synergy** of nutrition, movement, rest, toxin reduction, and metabolic balance. Making these evidence-based changes supports your reproductive biology at the cellular level and *gives your body what it needs to optimise egg health.*

If you would like some personalised advice and intentional guidance reach out for a 10 minute discovery phone call I look forward to speaking to you

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