Why We Need a Pre-Prenatal Detox - NEW BLOG OUTLINE

Meta Title	Pre-Prenatal Detox: Detox Before Pregnancy | BodyBio
Meta Description	*Optimal to write once copy is finished*
URL	/detox-before-pregnancy/
Target Word Count	Between **1,100 - 1,900** words.
Interlink To	• /collections/detox • /blog/detoxification-how-body-gets-rid-of-toxins • /blog/how-to-detox-organs-naturally • /blog/detox-supplements • /blog/how-to-detox-microplastics • /blog/pregnancy-supplements • /blog/pc_pregnancy
Image Link	*Canva Link From BodyBio Goes Here*

Keywords	MSV	Difficulty	Use / Source
detox before pregnancy	**20**	**3**	**Primary**
pre pregnancy detox	20	3	Secondary
how to detox before pregnancy	10	N/A	Secondary
prenatal detox	10	N/A	Secondary
pre pregnancy detox & cleanse	10	N/A	Secondary
detox body before pregnancy	10	N/A	Secondary
heavy metal detox before pregnancy	10	N/A	Secondary

Competitor Pages of Note:
• https://americanpregnancy.org/getting-pregnant/infertility/pre-pregnancy-detox/

H1 Pre-Pregnancy Detox for Couples
H2 How do Environmental Toxins Impact Fertility?
H3 Stage 1: Reduce External Sources of Toxins That Cause Chronic Inflammation
H4 Here are a few suggestions for reducing your contact with reproductive toxins:
H3 Stage 2: Manage Internal Sources of Chronic Inflammation with Supplements
H3 Stage 3: Boost Your Liver to Gently Detox Your Body
H4 Want to Know More?

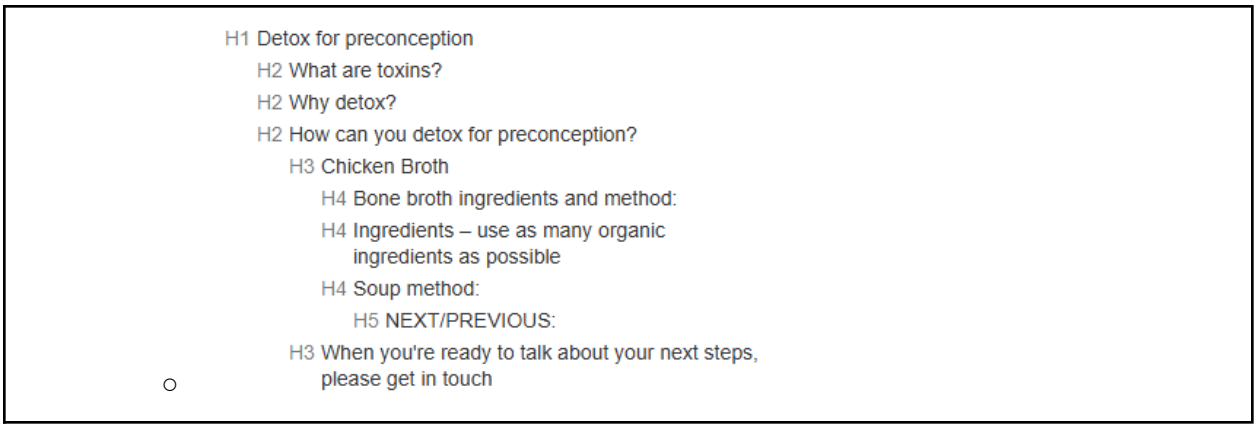
- https://drchristinemaren.com/the-importance-of-preconception-detox/

H1 Why You Should Detox Before Pregnancy
H2 Preparing to get pregnant? Now's the time to optimize your health
H2 Proof that toxins are a real problem for pregnant women and women planning to become pregnant
H2 How toxin exposure affects babies
H2 How toxins affect fertility
H3 Chemicals and other environmental toxins can also directly cause fertility challenges
H2 The male factor in preconception/fertility detox
H2 Postpartum and lactation—chemicals and other toxins in breastmilk
H2 New Warnings for Dental Amalgams in Women Trying to Conceive
H2 When to start a fertility/preconception detox
H2 How to naturally detox and prepare your body for pregnancy
H2 Optimize your home environment
H2 Detox protocols before getting pregnant
H2 In summary
H2 Ready to commit to a healthier body for you and your precious baby?

- https://goop.com/wellness/sexual-health/the-importance-of-a-pre-pregnancy-detox-plus-fertility-boosters/

H1 The Importance of a Pre-Pregnancy Detox—Plus, Fertility Boosters
H4 exclusive
H2 A Q&A with Dr. Aviva Romm
H3 STEP ONE: GO ORGANIC
H3 STEP TWO: SUPPORT YOUR BODY'S BUILT-IN DETOX SYSTEM
H3 STEP THREE: CHECK YOUR NEEDS
H2 OPTIMIZE FERTILITY

- https://fit-for-fertility.com/detox-for-preconception/



Completion checklist:

- ☐ Review SEO info + Amanda's notes
- ☐ Research
- ☐ Outline
- ☐ Write
- ☐ Add CTA
- ☐ Write Key Points
- ☐ Add in-text links to other BodyBio blogs (at least 3)
- ☐ Add to Asana + tag Amanda
- ☐ Complete revisions
- ☐ Final handover

Amanda's Notes:

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Why We Need a Pre-Pregnancy Detox (for Both Men & Women)

Key Points:

- It's more common than ever for our children to be born with neurodevelopmental disorders, and these disorders are directly correlated with a rise in environmental toxicity.

- It's up to both men and women to make sure their bodies are as detoxified and healthy as possible prior to conception, so that children have the best chance at a healthy start to life.
- After healthy lifestyle basics are implemented, supplementing with a combination of phospholipids, essential fatty acids, vitamins, and other key nutrients can set up both women and men for conception.

Considering pregnancy but want to make sure your body is ready for the journey? You're on the right track. Most parents-to-be aren't considering their cellular health pre-pregnancy, but they absolutely should be. To ensure a healthy pregnancy for both mom and baby, **it's important for both men and women to undergo a period of detoxification and cellular restoration before getting pregnant.**

Detoxifying your body before pregnancy and supporting your cellular and mitochondrial health directly affects the health of your baby. Let's talk about pre-pregnancy detox and how to set up our children for the healthiest start to life possible.

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- Why Men and Women Should Detox Before Pregnancy
- Environmental Toxicity and Effects on Health and Neurodevelopment
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- Protect Future Generations from Environmental Toxicity

Why Men and Women Should Detox Before Pregnancy

We are living in a more toxic world than ever before, and the results are clearly showing up in our struggles with fertility, neurodevelopmental disease, autoimmunity, and more. More and more children are diagnosed with conditions like ADHD, autism, and other behavioral health and mental health disorders every year, not to mention autoimmune disorders, allergies, and so on.

There's no question at this point that the development of these conditions is directly related to environmental toxins in our food, water, and air. We need to be concerned about exposure to these toxins and chemicals not only after babies are born, but during and before pregnancy as well.

Limiting toxic exposure and improving detoxification are two of the biggest levers we have to influence health outcomes in ourselves and our children. If we can ensure that we're starting conception with as few toxins as possible, supporting robust detox pathways, and providing all the nutrients necessary for the foundations of life, we can set up our babies for the healthiest beginning to life possible.

Environmental Toxicity and its Effects on Health and Neurodevelopment

Approximately **10–15% of infants born in the USA today are impacted by neurodevelopmental disorders,** which include impairments in the growth and development of the brain, leading to disabilities in learning, memory, and emotion.

According to a 2014 paper written by Dr. Amy Kalkbrenner, an environmental epidemiologist, "...**some environmental exposures showed associations with autism**, especially traffic-related air pollutants, some metals, and several pesticides, with suggestive trends for some volatile organic compounds (e.g., methylene chloride, trichloroethylene, and styrene) and phthalates."

Environmental contaminants can provoke immune responses that affect brain development, particularly by altering microglial function (immune cells of the brain) and cytokine production. This disruption is linked to an increased risk of neurodevelopmental disorders.

Excess reactive oxygen species (ROS) from environmental toxins can interact with and damage organelles like mitochondria and macromolecules, such as DNA, RNA, lipids, and proteins within our cells, disrupting brain function and neurodevelopment.

In short, the impact of environmental toxins on neurodevelopment and cellular health is huge and only getting more profound. It's why we need to take action for our health and our children's health before, during, and after pregnancy.

Importance of Detox for Male Fertility

Detox is important for moms-to-be, but it's equally important for men too. An overburden of environmental toxins can have a huge impact on sperm quality and can reduce fertility.

Want to learn more? Check out our full blog post on how diet, nutrition, and environmental toxins influence male fertility.

Mitochondrial Health from Mother to Child

Did you know mitochondrial health is genetically passed directly from the mother to the baby?

Mitochondrial DNA, inherited exclusively from the mother, dictates the energy capacity of every cell in the embryo. Mitochondria are responsible for producing the energy necessary for egg maturation, fertilization, and early embryonic development.

The maternal environment before conception, including mitochondrial health, can significantly influence the development and health of the offspring. Good mitochondrial function in the mother is linked to improved reproductive outcomes and reduced risks of developmental disorders in children.

Fortunately, improving mitochondrial health results from the same practices as improving your cellular health, so let's dig into the protocol.

Getting the Basics in Place

First, we have to cover the basics of diet and lifestyle for both women and men. This includes:

1. Eating organic, whole foods and limiting processed foods as much as possible.
2. Drinking filtered water.
3. Utilizing an air filtration system in your home if living in an area with poor air quality.
4. Avoiding plastics, like Tupperware, plastic water bottles, etc.
5. Using "clean" personal care products and household cleaning products.

This is the threshold to start reducing environmental toxins in your body and your home. Depending on your lifestyle and sensitivities, you may also want to look into EMF protection, movement practices, and other detoxification methods such as lymphatic massage/drainage, infrared sauna, and dry brushing. But consider the list above as your non-negotiables.

The BodyBio Protocol for Pre-Pregnancy Detox and Cellular Support

Or as we like to call it, the roadmap to healthy babies. Here's what we and BodyBio practitioners around the globe recommend.

Step 1: PC and Balance Oil

Once you have your non-toxic diet and lifestyle basics in place, **you can kick off the first month of the protocol with BodyBio PC and Balance Oil.** These supplements provide phospholipids and essential fatty acids to rebuild cellular and mitochondrial membranes, improving structural integrity and cellular function. This is the foundation for your cellular health!

Step 2: Liposomal Glutathione

After the first month, continue with BodyBio PC and Balance Oil and add Liposomal Glutathione. In addition to PC, glutathione supports cellular detoxification by boosting the body's natural

ability to eliminate toxins. It's also the most powerful antioxidant in the body, working to lower oxidative stress.

Step 3: Butyrate and TUDCA

After starting glutathione, layer in the chemical chaperones: butyrate and TUDCA.

These compounds promote proper protein folding, reducing misfolding and aggregation, which lowers oxidative stress in the cell, specifically in the mitochondria and the endoplasmic reticulum.

They also enhance bile acid pathways and gut function to further support cellular detoxification. Plus, it never hurts to get a little extra digestive support.

Step 4: Vitamin B+, E-Lyte, and ReMineralize

In month three, continue with PC, Balance Oil, Glutathione, Butyrate, and TUDCA. Add B vitamins, E-Lyte, and ReMineralize as needed to enhance mitochondrial function and optimize cellular metabolism pathways.

Couples should start implementing this protocol (alongside a healthy diet and lifestyle) at least 3 months before trying to conceive.

Why the three-month timeline? It takes roughly 100 days for an oocyte (egg) to mature and 70-90 days for sperm to develop, which is why a 3-month timeframe is suggested for both women and men. However, if you know you have a high toxic burden or simply want to go the extra mile, you can extend the protocol for longer before conception.

Protect Future Generations from Environmental Toxicity

Our children's health starts well before pregnancy or even conception — it starts with their parents' health and toxic burden. It falls to us to make sure that the toxic environment we live in has the lowest impact on the next generation that it can, and that our kids develop strong cellular resilience from the very beginning. Fortunately, we have the tools to accomplish this and improve fertility for both men and women as well as pregnancy outcomes.

Get started with your pre-pregnancy detox today.

Learn more:

- What is Phosphatidylcholine and How Can it Benefit Your Health?
- 12 Essential Pregnancy Supplements for Healthy Moms and Babies
- Improve Mitochondrial Function & Health: Supplements, Diet, & Habits

References

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