

# The simple guide to improving your fertility in preparation for care at CNY Fertility and Preserve



## Welcome to CNY,

My hope is that we can be helpful, and I want you to know that the CNY Fertility team is here to assist you in every way possible. Through decades of clinical experience, CNY Fertility has discovered that our external environment often creates a hostile internal environment that causes inflammation and leads to infertility.

Inflammation and the subsequent infertility it creates are a pervasive opponents that are best treated with a multi-pronged approach that can incorporate dietary changes, nutritional supplements, pharmacological immunology, mind-body and "eastern" therapies, along with surgical interventions for both males and females.

The origin of inflammation is best understood through the recognition that we are unknowingly placing an excessive amount of these environmental toxins into our bodies in the form of fruits, vegetables, fiber, and lean meats. We don't realize that they are all converted to simple sugar and that plants have defense systems too. They are foreign particles to the human body and cause a constant inflammatory response. Excess glucose causes glycation and fermentation in the belly, creating heat, methane gas, alcohol, acetyl aldehyde (similar to the compost pile in your yard that steams with a foul smell), which are destroying the gut and sending this destruction throughout the entire body including the ovaries, testis, and all reproductive organs. To learn more about how plants can damage our bodies and reproductive systems, I highly suggest reading the following articles: [Phytochemical Mimicry of Reproductive Hormones](#), [Dietary Pesticides](#), and [Poisonous Plant Research](#).

In my opinion, when it comes to food, less is best. By not putting these food groups into your body in excess variety and frequency, you allow your body to heal and do what it naturally wants to do. Fasting and intermittent feasting is my solution. By eating once or twice a day at most and allowing 12 to 24 hours between feedings, you allow the body time to rest and digest. The B.E.B.B.I. Diet - bacon, eggs, butter, beef, and ice cream ([Kiltz's ice cream](#)), pronounced "baby", is one of those "opposites" that I have seen so many clients embrace with incredible success. Maria Emmerich is our keto food guide. We recommend [following](#) her and considering having a one-on-one coaching session via her [website](#).

Still, modern medicine is a great complement to the natural healing and wellness practices that have been with us for thousands of years. I recommend adding some level of an immune protocol (see below) which may include Intralipids, Lovenox, Prednisone, Low-dose aspirin and Plaquenil to your treatment. Some more aggressive treatments may include IVIG, Humira or Paternal Leukocyte Immune Treatment (LIT), also known as the male immunization treatment. We often recommend 1.5 to 4.5 mg of Low Dose Naltrexone (LDN) a day. LDN is known as the "miracle drug" because of the way it simply reduces inflammation. Similarly, cannabidiol or [CBD](#) is an ancient herbal remedy that can also play an important role in reducing inflammation.

To further assess your fertility, a laparoscopy and hysteroscopy can be done to look for intraabdominal endometriosis and scar tissue that may be impeding your fertility due to the inflammation in and around the ovaries, tubes and uterus. This is a silent disorder and can be present without you knowing. Often the only symptoms are infertility, miscarriage, or failed implantation.

Additionally, the use of donor eggs, sperm, embryos or gestational surrogacy may assist your journey significantly. CNY Fertility's donor team is happy to discuss these options with you further if desired. Attached to this document is a quick reference guide with links for more information on all of the things I recommend for preparing your body for fertility treatment. I have seen many clients adopt some of these recommendations and call the following month to cancel their treatment because they became pregnant naturally. If this happens, it is important to stay on the inflammation-reducing plan. There may also be other treatments we can recommend to reduce the chances of miscarriage and premature delivery.

Your faith and belief in a positive outcome will guide you and help you on the way. Keep the faith! Know and imagine you are already fertile and a beautiful child is coming into your life. Joining a supportive community like those in our [support groups](#) and [fertility mentorship program](#) can be an important part of your success. [Yoga for fertility](#) in person at our centers and online at [Fertile Hope Yoga](#), can be another great way to improve fertility, join a supportive community, and foster the belief in a positive outcome. If you have not read [The Secret](#) by Rhonda Byrne, you should check it out. My book, [The Fertile Secret](#) is also a good resource. Please visit [CNY Fertility's website](#) for blog posts and information on lots of fertility topics, and take a look at our [Family Building Guide](#).

Thank you for sharing your journey. I look forward to helping your dreams become your reality.

A handwritten signature in black ink that reads "Robert Kiltz". The signature is fluid and cursive, with a large, stylized "R" and "K".

Dr. Robert Kiltz  
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[www.cnyfertility.com](http://www.cnyfertility.com)

Ideally begin 30-90 days prior to the start of treatment

## Preparing for Treatment: for Everybody

The simple dietary and supplement guide to improving your fertility  
in preparation for care at CNY Fertility & Preserve

### Women

- BEBBI (Kiltz's keto, bacon, eggs, butter, beef, ice cream). See [doctorkiltz.com](http://doctorkiltz.com) and [Dr. Kiltz's Keto Lifestyle](#):
- **Female Essential+** (pre-conception/natal vitamin with vitamins A, D, E, folate, and more)
- **Ovarian Bloom** (CoQ10, Inositol, NADH, Resveratrol, extra vitamins D & E)
- **Omega Rich Fish Oil** (Omega-3 fatty acids (EPA & DHA))
- **DHEA** (25 to 75 mg/day) to improve egg quality-quantity - unless PCOS
- **CBD Rich Hemp Oil** (THC-free) to help with inflammation
- Low Dose Naltrexone LDN 1.5 to 4.5 mg per day
- Human Growth Hormone (HGH) 6-24 units per day (for low egg reserve or poor quality) or topical HGH (Somaderm gel for OTC form)
- Avoid high impact exercise, keep it cool

SHOP SUPPLEMENTS

*\*LDN is a prescription medication that can only be prescribed by your local provider or by CNY after your consultation.*

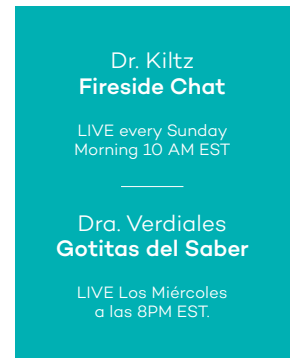
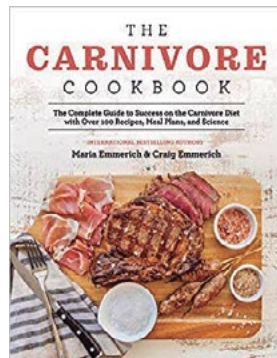
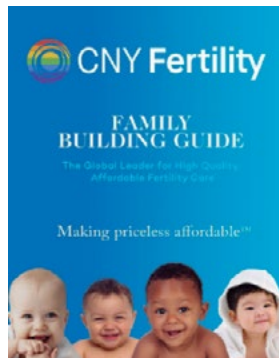
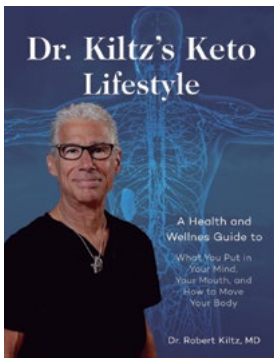
### Men

- BEBBI (Kiltz's keto, bacon, eggs, butter, beef, icecream). See [doctorkiltz.com](http://doctorkiltz.com) and [Dr. Kiltz's Keto Lifestyle](#):
- **Male Essential+** (male fertility vitamin with selenium, L-Carnitine, CoQ10, Lycopene, Vitamin D, and more)
- **Omega Rich Fish Oil** (Omega-3 fatty acids (EPA & DHA))
- **CBD Rich Hemp Oil** (THC-free) to help with inflammation
- **Myo-Inositol and D-Chiro-Inositol**
- Low Dose Naltrexone LDN 1.5 to 4.5 mg per day
- Clomid 25 qd (improves sperm production and function)
- hCG 250 units per day (improves sperm production and function)
- Human Growth Hormone (HGH) 6-24 units per day (to improve testosterone levels and sperm concentration, motility, and maturation) or topical HGH (Somaderm gel for OTC form)
- Avoid high impact exercise, keep it cool

SHOP SUPPLEMENTS

*\*LDN, Clomid, & hCG are prescription medications that can only be prescribed by your local provider or by CNY after your consultation.*

## Helpful Resources



Dr. Kiltz  
Fireside Chat

LIVE every Sunday  
Morning 10 AM EST

Dra. Verdiales  
Gotitas del Saber

LIVE Los Miércoles  
a las 8PM EST.

IC	IUI	IVF	FET		
				NS	Natural stim
				Oral Low	Letrozole or Clomid with trigger
				Mini	Letrozole 10 mg x 5 d fsh 150 x 10 d antag/hcg 10k trigger
					fsh/hcg fsh/menopur
				Low	fsh stim 150/20 75/75 antag/hcg lupron trigger
				Standard	300/20 225/75 antag/hcg lupron trigger
				Moderate	450/20 300/150 antag/hcg lupron trigger
				High	600/20 450/150 antag/hcg lupron trigger
				Super High	900/20 450/450 antag/hcg lupron trigger
				FET Medicated	Estrace / Progesterone

## Sample Immune Protocols (in addition to stimulation protocol)

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
Aspirin 81 mg qd	Aspirin 81 mg qd	Aspirin 81 mg qd	Aspirin 81 mg qd
Prednisone 5 mg bid	Prednisone 5-10 mg bid	Prednisone 10 mg bid	Prednisone 10-20 mg bid
Z pack or doxy	Z pack or doxy	Z pack or doxy	Z pack or doxy
Antihistamine (Pepcid, Claritin, Benadryl)	Antihistamine (Pepcid, Claritin, Benadryl)	Antihistamine (Pepcid, Claritin, Benadryl)	Antihistamine (Pepcid, Claritin, Benadryl)
Dietary and supplementary support	Dietary and supplementary support	Dietary and supplementary support	Dietary and supplementary support
	Intralipids, weekly	Intralipids, weekly	Intralipids, weekly
	Lovenox 30 mg qd	Lovenox 30 mg qd	Lovenox 40 mg bid
		Plaquenil 200 mg qd or Prograf 0.5 - 1 mg bid	Plaquenil 200 mg qd or Prograf 1 mg bid
		Neupogen sq 60 mcg qd	Neupogen sq 60 mcg qd
		hCG Boosters 250	hCG Boosters 250
		PRP / HCG wash	PRP / HCG wash
		HGH 6u, Somaderm, or SeroVital	HGH 6u, Somaderm, or SeroVital
			LIT
			IVIg 20-40 grams q 4 weeks
			Humira 40 mg x2 q 2-4 weeks

## Check List of implantation treatments and oocyte quality and quantity boosting supplements, mostly with inflammation reduction

- Aspirin 81 mg start of cycle or earlier
- Prednisone, 5-20 mg qd or bid, start of cycle or before
- Doxy 100 mg bid or zpack, start of cycle for 5 days
- Weekly intralipids, 100ml 20% may be given to 12 weeks or longer
- Lovenox 30-40 mg qd vs bid, beginning of cycle and continue up to term pregnancy
- Neupogen 60 mcg qd, with stim or with transfer preparation
- HGH 6u, Somaderm, or Serovital per day pre stim or with stim or transfer
- Plaquinil 200 mg bid
- Prograf 0.5 to 1 mg bid
- Humira 40 mg x 2, 2 weeks apart, or cimzia 400 mg x 2 q 2 weeks then 200 mg q 2-4 weeks
- IVIG 20-40 grams q 2-4 weeks
- [Hysteroscopy](#) d and c (scratch) / +/- era
- [Laparoscopy](#) for endo adhesions myoma, or empiric use of orilissa / lupron for 30-60-909 days
- Prp (platelet rich plasma) wash
- Hcg (Human Chorionic Gonadotropin) wash
- Hcg sq boost 250 qd
- Neupogen wash
- Metformin, 500 mg to 2000 mg per day
- Orilissa 150-200 mg qd and letrozole 5mg 1-3 months
- Antihistamine protocol (claritin - 10mg am / pepsid 20 mg / benadryl 25 mg)
- Female Supplements: Female Essential+, Ovarian Bloom, Omega Rich Fish Oil, CBD Oil
- Male Supplements: Male Essential+, Omega Rich Fish Oil, CBD Rich Hemp Oil
- LDN, low dose naltrexone, anti inflammatory, 1.5 to 4.5 mg per day, night best
- CBD Rich Hemp Oil (THC-free), 15-30-60 mg per day, anti-inflammatory, start low and up dose if tolerated well
- Keto , look at drkiltz.com for full advice and start immediately, best diet for health and wellness for all, even with pregnancy
- [Yoga](#) / tai chi / light easy workout
- Meditation / prayer / positive vision practice
- Slow down and cool down
- [Acupuncture](#) / [massage](#)
- [Natural](#) / [mini stim](#) / standard stim / moderate stim / high stim
- [Gestational carrier](#) / [donor oocytes](#) / [donor sperm](#) / [donor embryo](#)
- Guys, hcg 250 boosters, clomid 25 mg, keto, LDN, CBD oil, slow down, cool down, massage , acupuncture
- Viagra vaginal suppositories to improve blood flow to uterus