

## Stress less and get pregnant Fox 2

**Dr. Eenfeldt:** How does stress affect your chances of getting pregnant? I'm Andreas Eenfeldt from DietDoctor.com and I'm back with Dr. Michael Fox. Thank you for being here.

**Dr. Fox:** Thank you.

**Dr. Eenfeldt:** So we did an earlier interview about how to eat to get pregnant, but there are other factors involved in maximizing your chances to get pregnant, right?

**Dr. Fox:** That is absolutely right and stress is becoming a huge problem.

**Dr. Eenfeldt:** And when you say stress, what are you referring to specifically?

**Dr. Fox:** So yeah usually when we say stress to patients, they think of a stressful day at work, stressful school, but we're not really talking about that. What we are talking about is when your brain senses something it thinks is life-threatening. And so nature does not want a woman under stress to become pregnant, so it has a nice little mechanism there to create a fertility problem by decreasing the signals to the ovary and then we get less prepared eggs and we just don't have pregnancy.

**Dr. Eenfeldt:** Because it could be dangerous to get pregnant in the time of war or something, I guess.

**Dr. Fox:** Of stress, right. I mean in the caveman terms probably there was not enough food around.

**Dr. Eenfeldt:** Or famine. Bad time to get pregnant back then, right? So what are common causes of this kind of stress in society today?

**Dr. Fox:** So what we're seeing, just to give you a little background... When I started to practice in 1994 we rarely saw these patients. We only saw two or three a year and now I see five or six a day.

**Dr. Eenfeldt:** A big increase right?

**Dr. Fox:** So that's number one, but the big stressors that we're seeing now really relate to aerobic exercise and the stress that that creates. And then I think in one of the things that I talk about a lot is what I call "electronic stress", just the stress that the cell phone brings and the **Dr. Fox:** fact that you have emails, you have Facebook messages, Pinterest, all these things and your phone is beeping and buzzing all day long and that creates I think a lot of stress.

**Dr. Eenfeldt:** Right. So you mentioned too much exercise, we're going to get back to that, but I think electronic stress, everybody knows about that, with smartphones all the time and so on, so what can you do about it?

**Dr. Fox:** Well I think you have to break away from it a little bit, you have to learn to turn your phone off.

**Dr. Eenfeldt:** Can you do that?