

What's New in the Second Edition

By Rebecca Fett

This is a brief summary of the major updates in the second edition, to help you decide whether the new information is relevant to your particular case and to direct you to the specific parts of the new book you may be most interested in.

I hope the book helps as many of you as possible! If you have any questions, please email me (rebecca@itstartswiththeegg.com) or join my Facebook reader group.

- Rebecca.

Summary of Updates

Part 1: The New Science of Egg Quality

Chapter 1: Understanding Egg Quality

Chapter 2: The Dangers of BPA

- New Harvard study on the interplay between BPA exposure and dietary folate, indicating that folate could mitigate much of the harm posed by BPA. P. 48-50.
- New section on practical steps to minimizing BPA exposure that focuses on the most important steps to take, rather than trying to avoid all plastic. Guidance on which plastics are safest, how to avoid BPA in food, and why plastic food packaging is not a main concern. P. 51-57.

Chapter 3: Phthalates and Other Toxins

- New section on reducing exposure to phthalates, discussing recent studies finding that the main source of exposure to DEHP (the phthalate linked to miscarriage) is highly processed food. Discussion of the extent to which food packaging impacts phthalate levels. P. 66-68.
- Advice on prioritizing other culprits when it comes to phthalates, to make it easier to avoid the most important sources without replacing every item in your home. P. 68-70.

Chapter 4: Unexpected Obstacles to Fertility

- New studies on vitamin D and miscarriage. P. 77-78.
- Guidance on optimal vitamin D levels and new recommendations on higher dose supplements to reach the preferred range. P. 78-80.
- Hypothyroidism: optimal TSH levels for fertility and the need for DHEA-S testing for those with thyroid autoimmunity. P. 84-85.
- Celiac screening as a lower priority unless you have unexplained infertility or specific other risk factors. P. 87-90.

Part 2: How to Choose the Right Supplements

Chapter 5: Prenatal Multivitamins

- Slightly more detail on choosing prenats containing methylfolate. P. 100-104.

Chapter 6: Coenzyme Q10

- New clinical studies confirming value of CoQ10 supplements in improving egg quality. P. 112-113

- New studies on preferred forms (ubiquinol or Bio-Quinone) and dosage (400 mg for advanced plan, taken as 200mg twice per day). [P. 113-116.](#)
- Information on CoQ10 use by those with low blood pressure. [P. 117.](#)
- Detailed guidance on when to start and when to stop taking CoQ10. [P. 117-119.](#)
- New research on potential of CoQ10 to reduce risk of miscarriages caused by antiphospholipid antibody syndrome. [P. 119.](#)

Chapter 7: Melatonin and Other Antioxidants

- New studies on oxidative stress as possible cause of compromised fertility in endometriosis. [P. 124-5](#)
- New study finding melatonin helpful for women with PCOS trying to conceive naturally (previously only used in IVF context). [P. 130-1.](#)
- New study suggesting starting melatonin earlier than previously thought (about one cycle before egg retrieval). [P. 132.](#)
- Alpha-lipoic acid in PCOS; Alpha-lipoic acid as an anti-inflammatory. Role of inflammation in unexplained miscarriage and endometriosis. [P. 137-8.](#)
- Option of taking alpha-lipoic acid in divided doses and with food to minimize stomach discomfort. [P. 138-9.](#)
- New research on value of N-acetyl cysteine, particularly in the context of MTHFR genetic variants, premature ovarian failure, and recurrent miscarriage. [P. 140-2](#)
- New information on N-acetyl cysteine and endometriosis. [P. 141-2.](#)
- N-acetylcysteine vs. L-carnitine / acetyl-L-carnitine. [P. 142-3.](#)
- New summary of which antioxidants preferred for different circumstances. [P. 144-5.](#)

Chapter 8: Restoring Ovulation with Myo-Inositol

- Additional study suggesting a minor benefit of myo-inositol in poor responders without PCOS. P. 149-50.

Chapter 9: DHEA for Diminished Ovarian Reserve

- Update on recent clinical trials. Now much stronger evidence for the ability of DHEA to improve IVF success rates in those with diminished ovarian reserve/poor responders. P. 162-5.
- Slightly more information on how it works and interplay with testosterone, why DHEA is typically used rather than supplementing with testosterone directly. P. 166-7.
- Guidance on testing and optimal lab values. P. 169-70.
- DHEA for endometriosis. P. 171-2.
- Update on recommended brands: Fertinatal, Pure Encapsulations, Douglas Laboratories. P. 173.

Chapter 10: Supplements That May Do More Harm Than Good

- Clarification that L-arginine can be taken after egg retrieval to improve uterine lining. P. 180.

Chapter 11: Preparing for Embryo Transfer

- **NEW chapter.** P. 183-90.
- The advantage of frozen over fresh embryo transfers and the rationale for freeze-all cycles.
- How lining thickness impacts the chance of success.
- Supplements and other options to improve uterine lining.
- The evidence for acupuncture.

Chapter 12: Putting It All Together: Your Complete Action Plan

- New section on supplement timing (when to start and when to stop). P.191-193.

- Action plans updated slightly with new information in previous chapters (e.g. higher vitamin D dosage, DHEA-S testing, higher emphasis on alpha-lipoic acid and N-acetyl cysteine in specific circumstances). [P. 195-202.](#)
- New action plan for endometriosis. [P. 197-98.](#)

Part 3: The Bigger Picture

Chapter 13: The Egg Quality Diet

- New research on total carbohydrate intake vs. protein intake and fertility. [P. 211-213.](#)
- Is it necessary to eliminate gluten and dairy? [P. 216-217.](#)
- New evidence on Mediterranean diet boosting IVF success rates. [P. 217-220.](#)
- The importance of anti-inflammatory fats and oils. [P. 220-24](#)
- How a Mediterranean diet may reduce the risk of miscarriage. [P. 223-24.](#)
- Other diet modifications for autoimmunity, miscarriage, and endometriosis. [P. 224-26.](#)
- Updated guidance on alcohol and caffeine to reflect the most recent studies. [P. 227-31.](#)

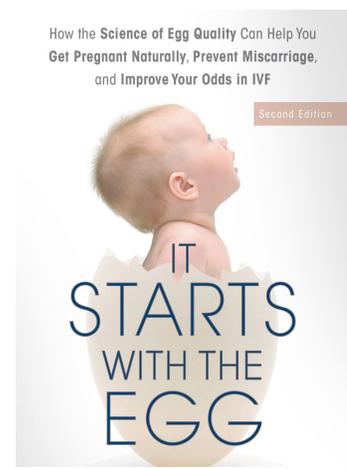
Chapter 14: The Other Half of the Equation: Sperm Quality

- New studies on the connection between folate, sperm DNA damage and miscarriage; testing for sperm DNA damage. [P. 237-38.](#)
- New section on advanced sperm quality supplements: alpha-lipoic acid, omega-3 fish oil, L-carnitine. [P. 244-45.](#)

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