

Fighting Infertility? VCRM launches diet app that can help improve chances of conceiving a healthy baby

The Infertility Diet App, revealing foods that can help improve conception rates, is now available on the Apple App Store

Dr. Fady Sharara – a world-renowned expert in the field of Reproductive Endocrinology and Infertility – announced today the release of “The Infertility Diet”™ app, an innovative digital tool for women and men struggling with infertility.

Infertility affects over 7.3 million individuals or 1 in 8 couples in the United States.* While there are numerous conditions that may cause or contribute to a diagnosis of infertility, a poor diet is an increasingly contributing factor that couples can readily address with the proper guidance and simple tools. The Infertility Diet™ App is just such a tool. Dr. Sharara stated, “The road to parenthood can be an emotional and costly journey for those struggling with infertility. If we can put a simple tool in their hands that will have an immediate impact on dietary choices, we have taken an important step in making that journey shorter and ideally successful without the need for expensive treatments, such as IUI or IVF, for many couples.”

Available immediately, the App shows users how a proper diet can improve their chances of naturally conceiving a healthy baby. The application offers those fighting infertility a detailed list of foods to eat or avoid while trying to conceive.

Moreover, unlike other dietary apps currently in the marketplace, “The Infertility Diet™” app is tailored specifically to dietary issues that have a direct impact on fertility. For example, the app educates the user about the importance of Glycemic Index (GI) as well as Glycemic Load (GL) in food, and highlights what to eat and what to avoid. The user is simply and intuitively introduced to dietary habits that are likely having an adverse impact on human metabolic and reproductive systems.

Users can also take advantage of the easy-to-use “Search” option to quickly find critical information about the food they are about to consume -- including a proprietary rating which identifies whether the user should consume the food as part of their Infertility diet.

The Infertility Diet™ app can be a powerful tool in the arsenal for those seeking to combat infertility, and one that Dr. Sharara hopes will lead to the gift of parenthood.

Visit <http://theinfertilitydiet.com/> for more information about The Infertility Diet app.

*2006-2010 National Survey of Family Growth, CDC

About Dr. Sharara:

Dr. Sharara is the Founder & Medical Director of [Virginia Center for Reproductive Medicine \(VCRM\)](#). His practice is located in Reston, Virginia, and has one of the highest success rates for ART on the East Coast. VCRM prides itself on its “boutique” setting along with its personalized and customized treatment plans. Dr.



Sharara regularly treats patients from around the globe and the clinic has, in fact, become the go-to place for many patients who have failed to achieve success at other fertility centers.



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