

# Your Nutritional Guide to Healthy Fertility

**Health and Fertility Support Through  
Nutrition**

**Disclaimer:** The information in this guide is provided for educational purposes only and is not intended to treat, diagnose or prevent any disease. Nor is it intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.



**Purpose of this Guide:**

Our fertility can be greatly enhanced through proper nutrition. This guide is designed to give you the information you need to make healthy changes to your diet and preserve and enhance your fertility.

We have provided recipes and nutritional guidelines specific to fertility issues. Using these guidelines will help guide you on which choices and foods will be most beneficial to your specific situation.

We have also provided a Fertility Checklist and a Meal Planner to help with planning your weekly meals and snacks. By copying each you can use them over and over.

Our hope is that you will be able to make the changes that will be most beneficial to you and that this will help on your fertility journey.

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## Tips for Success

**Go easily into it:** Focus on one or two changes at a time. Maybe you start by adding more organic and whole foods first. Then add foods specific to your needs. Then add a supplement. Next try an oil or a herb that may be helpful. You get it – don't do everything at once! You will have more success when you are not changing everything at once – it may become overwhelming that way.

**Be gentle:** Making changes that last takes time. Small steps taken on a daily basis will make the difference.

**Make a plan and stick to it:** Creating a plan is like having a map to arrive at your final destination.

**Commit to your plan for a minimum of 3 – 6 months:** Most dietary changes take at least 3 months to start to show results. Make adjustments and keep moving forward.

## Top 10 Foods for Natural Fertility

These foods are chosen because they are dense with the particular nutrients that bring about natural fertility.

### **Eggs:** *Vitamin D, B12, Protein*

Eggs which are farm fresh and have deep orange/yellow yolks are what you are looking for. They may cost more but they are worth the extra cost because they provide much more nutrients and are cleaner than factory or farmed eggs.

### **Nuts and Seeds:** *Omega 3, Zinc, Vitamin E, Protein*

Nuts and seeds in their raw form are best. Essential fatty acids and zinc are sensitive to heat and can be destroyed if cooked.

Best seeds and nuts for omega 3 are:

- Walnuts – ¼ cup
- Flax seeds – 2 tbs
- Hemp seeds – 3 tbs
- Chia seeds – 1 tbs

Best seeds and nuts for zinc are:

- Pumpkin – ¼ cup
- Sesame – ¼ cup

Best seeds and nuts for vitamin E are:

- Sunflower seeds – ¼ cup
- Almonds – ¼ cup

Best seeds and nuts for iron are:

- Pumpkin seeds – ¼ cup
- Sesame seeds – ¼ cup



### **Grass-fed meats:** *Omega 3, Iron, B12, Protein*

Grass-fed meats come from animals which have grazed in grass pastures and eaten fresh grass for most of their life. Therefore, the meat has less fat and a little stronger taste than corn fed meats.

It also provides a lot more nutrients and the essential fatty acid omega 3, because they have had their natural diet. They are not given hormones and antibiotics which most of the meat in grocery stores contain.

**Dark leafy vegetables:** *Iron, Folic acid, B6, Vitamin E*

These veggies are packed with minerals, antioxidants and vitamins essential to healthy fertility. Spinach, kale, Swiss chard and collards are examples of dark leafy green vegetables.

**Fruit:** *B6, Vitamin C*

Fruits have the highest amounts of antioxidants per serving. Prunes, pomegranates, raisins, blueberries and strawberries are the best. Antioxidants are sensitive to heat so eat them fresh, raw and ripe.

**Colorful vegetables:** *B6, Vitamin C*

A vegetable's color will tell you what nutrients and benefits it will provide for your body. Vegetables that are red or green in color are high in Vitamin C. Those that are orange have high Vitamin A. The easiest way to get a bunch of nutrients is to eat a wide variety of vegetables. Make sure you are having a variety of colors daily.

**Fish and Shell Fish:** *Vitamin D, Omega 3, Zinc, Selenium, B12, CoQ10*



Fish and shell fish (muscles, clams, etc.) are some of the most nutrient dense foods we can eat. They provide lots of essential fatty acids, vitamin D, zinc, B12, selenium and CoQ10. Try to avoid farmed fish as their levels of omega 3 are not as high and have been fed antibiotics.

**Liver:** *Vitamin D, Zinc, Selenium, Iron, Folic Acid, B12, CoQ12*

Liver is one of the most nutrient dense foods available. Just 4 oz. has over 200% of your daily Folic Acid needs. Making a pate' and spreading it on whole grain crackers each week is one way to make it tasty. Remember, use liver from grass-fed/free range animals only.

**Lentils and other Beans:** *Iron, Folic Acid*

Lentils are the second highest source of iron of **ALL** foods and the second highest source of folic acid. One cup of cooked lentils provides 90% of your daily folic acid needs. Use them to make soup, hummus or a side dish or stir—fry.

**Raw of cultured dairy – *Vitamin D, B12, Zinc***

Raw dairy is milk products which have not been pasteurized so they still have their important enzymes and delicate nutrients intact. Raw dairy comes from cows that are grass/pasture fed and don't receive hormones or antibiotics. It is very different from the milk available in the grocery store. You can culture your organic pasteurized milk you buy from the store to help improve its nutritional profile and digestibility.



## Macro-Nutrient Facts You Should Know

Macro-nutrients are important as well as micro-nutrients. This means getting enough protein, fiber, fat, and carbohydrates.

**Proteins:** Amino acids are the building blocks of cells in your body and in the “body” of the fetus. Ensuring you are regularly getting enough protein during pre-conception is important so that when you conceive you will give the fetus what it needs to grow. Get your protein from a wide variety of sources from animal and vegetable sources of protein daily.

### **Best sources of animal protein:**

- Free-range organic chicken
- Grass fed beef
- Wild Alaskan salmon
- Organic turkey

### **Best source of vegetable protein:**

- Lentils
- Most beans
- Quinoa
- Nuts
- Green vegetables

**Fiber:** Fiber helps assist the body in getting rid of excess estrogen and xenohormones in the system and helps to keep our digestive tract functioning properly.

### **Best sources of fiber:**

- Oatmeal
- Apples
- Whole grains and pseudo-grains
- Nuts & seeds
- Beans
- Avocados

**Fats:** Not only are essential fatty acids important but saturated fats and cholesterol are important as well. Cholesterol is a pre-cursor to all hormones produced in the body including progesterone. Just make sure it is from the right foods like coconut oil, grass-fed meats, fish, nuts and seeds. Avoid hydrogenated oils and vegetable oils cooked at high temps.

## Important Nutrients for Fertility

There are some nutrients that have been specifically shown to have a direct impact on fertility.

**Vitamin D:** Vitamin D is needed to help the body create sex hormones which affects ovulation and hormonal balance. Most of us have a Vitamin D deficiency.

Food sources: *eggs, fatty fish, dairy, cod liver oil. Also, sitting in the sun for 15 – 20 minutes a day is a good way to get it.*

**Vitamin E:** Vitamin E improves sperm health and motility in men. The meaning of Vitamin e – Tocopherol – means to bear young! Vitamin E is also an important antioxidant to help protect sperm and egg DNA integrity.

Food sources: *Sunflower seeds, almonds, olives, spinach, papaya, dark leafy greens*

**CoQ10:** This is necessary for every cell in the body having energy to function. It also increases sperm motility in semen. It also has an antioxidant that helps to protect cells from free radical damage which may impact egg health as well.

Food sources: *Seafood and organ meats – the amounts in our body decline with age*

**Vitamin C:** Vitamin C improves hormone levels and increases fertility in women with luteal phase defect. It also helps to keep sperm from clumping together, making them more motile.

Food sources: *Plants and fruits – red peppers, broccoli, cranberries, cabbage, potatoes, tomatoes, and citrus fruit*

**Lipoic Acid:** Lipoic acid helps to protect the female reproductive organs and has been shown to improve sperm quality and motility and helps the body to continually re-use the antioxidants in the body.

Food sources: *Small amounts found in potatoes, spinach and red meat*

**B6:** Vitamin B6 may be used as a hormone regulator. It also helps to regulate blood sugars, alleviates PMS, and may be useful in relieving symptoms of morning sickness. It also helps with Luteal Phase Defect.

Food sources: *Tuna, bananas, turkey, salmon, cod, spinach, bell peppers, turnip greens, collard greens, garlic, cauliflower, mustard greens, celery, cabbage, asparagus, broccoli, kale, Brussels spouts, chard*

**B12:** Vitamin B12 helps to boost the endometrium lining in egg fertilization, decreasing the chances of miscarriage. A deficiency of B12 may increase the chances of irregular ovulation, and in severe cases may stop ovulation altogether.

Food sources: *Clams, oysters, muscles, liver, caviar (fish eggs), fish, crab, lobster, beef, lamb, cheese, eggs*

**Folic Acid:** Folic Acid is one of the best known vitamins necessary for pregnancy. It helps prevent neural tube defects and urinary tract anomalies in developing fetuses. A deficiency may increase the risk of going into preterm labor, low birth weight and fetal growth retardation. A deficiency may also increase the homocysteine level in the blood which can lead to spontaneous abortion and pregnancy complications such as placental abruption and pre-eclampsia.

Food sources: *Liver, lentils, pinto beans, garbanzo beans, asparagus, spinach, black beans, navy beans, kidney beans, collard greens*

**Iron:** Women who do not get sufficient amounts of iron may suffer anovulation (lack of ovulation) and possibly poor egg health, which can inhibit pregnancy at a rate 60% higher than those with sufficient iron stores in their blood.

Food sources: *Lentils, spinach, tofu, sesame seeds, kidney beans, pumpkin seeds (raw), venison, garbanzo beans, navy beans, molasses, beef*

**Selenium:** This antioxidant helps to protect the eggs and sperm from free radicals-free radicals can cause chromosomal damage which is known to be a cause of miscarriage and birth defects. Selenium is also necessary for the creation of sperm. Low sperm counts have been found in men who have low levels of selenium.

Food sources: *Liver, snapper, cod, halibut, tuna, salmon, sardines, shrimp, crimini mushrooms, turkey*

**Zinc:** Zinc works with more than 300 different enzymes in the body to keep things working well. Cells cannot divide properly without it; estrogen and progesterone levels can get out of balance and your reproductive system may not be fully functioning. Low levels have been linked to miscarriage in

the early stages of a pregnancy. It is one of the most important trace minerals to date for male fertility.

Food sources: *Calf liver, oysters, beef, lamb, venison, sesame seeds, pumpkin seeds, yogurt, turkey, green peas, shrimp. Zinc can be damaged by heat so eat some foods high in zinc in their raw forms*

## **Foods to Avoid**

**Sugar, soda and pasteurized juices** – these can throw off your blood sugar levels and negatively affect your immune system and hormonal balance. Alternatives are stevia, honey and maple syrup.

**Caffeine** – Caffeine affects your hormonal balance, increases your chances for miscarriage and can prevent you from ovulating.

**Soy Foods** – these have been shown to contain estrogen mimicking properties. It is best to avoid processed soy foods such as soy milk, soy burgers, soy protein powder, soy chips, soy meats, and soy cheeses to avoid negative impacts on your hormonal balance.

**GMO Foods** – Genetically Modified foods are a problem when it comes to fertility causing an influx in worldwide infertility rates.

**Fat-Free Foods** – foods which are altered to be reduced in fat or fat-free are highly processed and high in sugar. Always choose foods as nature made them. Fat is what our bodies need to produce hormones.

### **Foods to avoid that are usually made with partially hydrogenated oils:**

- Cake mixes, biscuit, pancake and cornbread mixes, frostings
- Cakes, cookies, muffins, pies, donuts
- Crackers
- Peanut butter (except fresh-ground)
- Frozen entrees and meals
- Frozen bakery products, toaster pastries, waffles, pancakes
- Most prepared frozen meats and fish (such as fish sticks)
- French fries
- Whipped toppings
- Margarines, shortening
- Instant mashed potatoes
- Taco shells
- Cocoa mix
- Microwave popcorn

### **Many of these foods are made with partially hydrogenated oils:**

- Breakfast cereals
- Corn chips
- Potato chips

- Frozen pizza
- Frozen burritos
- Most frozen snack foods
- Low-fat ice creams
- Noodle soup cups
- Bread
- Pasta mixes
- Sauce mixes

## Cleansing for Overall Fertility Health

When preparing for conception, starting out with a cleanse to renew your body, blood and uterus is a good idea. This may be one of the last opportunities you have to rid your body of toxins that could be passed onto your baby in utero. Once pregnant, do not cleanse as toxins are released that can harm the baby.

### **Why Cleanse:**

There are many toxins that accumulate in the liver, uterus, intestines and fat tissues over the years. Toxins such as mercury, medications, birth control, smoke, pesticides, old menstrual blood, excess hormones, old fecal matter, alcohol, are some that can accumulate.

If you have been experiencing heavy periods, cramping, dark blood or blood clots during your period, a fertility cleanse is a must for you.

### **What is a Fertility Cleanse:**

This is a special cleanse that uses specific herbs, foods and techniques to help detoxify the body and uterus prior to becoming pregnant.

### **Detoxifying the Liver:**

The liver helps to filter toxins from the body including excess hormones. If there is an over-abundance of estrogen, the liver will be overloaded.

### **Cleansing the Uterus:**

Sometimes the uterus is not able to empty its entire contents every cycle. This is happening when imbalances show up when you are experiencing PMS, cramps, brown blood/dark blood/purple blood during menstruation, blood clotting during menstruation, endometriosis, PCOS, absence of menstruation, long cycles or bleeding less than 4 days per cycle.

If the uterus is not completely cleansed every cycle, old stagnant blood remains. Low circulation, excess hormones, unhealthy diet, misplaced uterus all contribute to the uterus not completely emptying each cycle.

The uterus to function its best needs proper circulation. With proper circulation the communication loop between the uterus and ovaries with the endocrine system is able to function smoothly. This is necessary for proper hormonal balance. A Fertility Cleanse can be a starting point for successful pregnancies.

## Cleansing Foods

- You can eat an unlimited amount of vegetables from the list below. Use organic when possible.
- Average serving size = ½ cup
- No dried or canned fruit, only fresh or frozen

### Vegetables

Artichokes	Celery	Pimentos
Asparagus	Chives	Radishes
Bamboo shoots	Cucumber	Sea vegetables
Bean sprouts	Eggplant	Squash-acorn,
Beets, red	Garlic	butternut,
Bok Choy	Kohlrabies	spaghetti
Broccoli or	Leeks	String beans
Brocciflower	Mushrooms	Sweet potatoes
Brussels sprouts	Okra	Turnips
Cabbage	Onions	Water chestnuts
Carrots	Oyster plan	Yams
Califlower	Parsley	Zucchini
	Peppers	

### Lettuces

Arugula	Endive	Red/green leaf
Beet Green	Escarole	lettuce
Chicory	Kale	Romaine lettuce
Collard Greens	Mustard	Spinach
Dandelion	greens	Swiss chard
Greens	Radicchio	Watercress

### **Oils**

- Average svg size = 1 tsp, 4-7 svgs per day
- Should be cold pressed and unprocessed

Coconut oil	Flax oil
Extra-virgin olive oil	Grape seed oil
Fish oil	butter (pasture-raised)

### **Meats and Fish**

- You may eat wild caught fish, organic free-range chicken or turkey

### **Fruit**

- Eat twice as many vegetables as fruit
- Fresh or frozen only, no dried or canned
- 2 servings per day max

Apples 1 med	Limes 1
Apricots 3 med	Loganberries 1
Avocados ¼	Mangos 1
Bananas ½	Mulberries 1 cup
Blackberries 1 cup	Nectarines 2
Cantaloupe ½ med	Papayas 1
Cherries 1cup	Peaches 2
Cranberries 1 cup	Pears 1
Figs 2	Pineapple ½ cup
Grapefruit 1	Plums 2
Grapes 15	Pomegranates 1
Guavas 1	raspberries 1 ½ c
Honeydew ¼	Rhubarb 1 cup
Kiwis 1	Strawberries 1½ c
Kumquats 1	Tangerines 2
Lemons 1	Tomatoes 1

### **Lentils, Quinoa, Wild/Brown Rice**

- Average svg size = ½ cup
- 1-2 svgs of lentils or 1 svg of wild/brown rice or quinoa per day

Lentils have higher protein and less carbs, choose lentils more often

### **Refrain from Consuming or Using**

- Alcohol, caffeine, tobacco or other stimulants
- Nuts/Seeds
- Dairy
- Grains – only wild/brown rich and quinoa
- Processed/refined foods – including condiments

### **Water**

- Drink a minimum of 64 oz/day or half your body weight in ounces



Incorporate these foods a little bit each day. Eating raw foods daily as they will cleanse your digestive tract, contain more enzymes and have a higher level of antioxidants. Avoid eating late at night and keep your last meal of the day light.

A good guideline to follow would be to begin cleansings 4-6 months prior to conception so that you can effectively cleanse the body and then spend 2-4 months building nutrient stores.

**Week One:**

Goal: reduce consumption of processed foods, begin to eliminate coffee/soda, and sweets.

**Week Two:**

Goal: eliminate consumption of processed foods and cut out coffee, soda, and sweets by the end of the week.

**Weeks Three and Four:**

Goal: no processed foods, sweets, caffeine and add more foods known for their cleansing abilities.

**Week Five: Moderate Cleansing**

Goal: begin vegetarian fare in the evenings, eating animal protein and heavier meals in the mornings and during lunch

**Week Six: Cleansing**

Goal: all vegetarian fare, liberal use of soups and smoothies, fresh juice at each meal.

**Detoxifying Herbs**

**Milk Thistle/Similaryin** – stimulates bile flow. Protects the liver cells from toxic damage.

**Dandelion** – High vitamin and mineral content. Stimulates bile. Helps digest fats. Helps in the breakdown of hormones. Laxative and diuretic action.

**Turmeric** – The curcumin in turmeric is a powerhouse for reducing inflammation. Also helps increase bile flow.

**Rosemary** – High in antioxidants. Best not to use in medicinal amounts during pregnancy.

**Alfalfa** – High in nutrients, cleans live and bowel tract.

**Gentian** – One of the strongest digestive tonics, it helps move toxins through the bowels.

**Nettle** – Contains vitamins A, C and K. Helps detoxify kidney and uterus.

**Chlorella** – Helps you detox of heavy metals.

### **Essential Oils Useful for Detoxifying**

**Angelica** – *invigorating to the lymph system and stimulating sweat*

**Geranium** – *stimulates the liver and kidneys, also helps the immune system and promotes blood circulation*

**Lemon** – *supports the liver and kidneys, as well as promoting blood circulation ad strengthening the immune system*

**Mandarin** – *stimulates the liver as well as promotes bile production and helps the body to break down fat*

## **Foods for Endometriosis, Fibroids and Polycystic Ovarian Syndrome**

Estrogen dominance is the main culprit in many conditions, such as endometriosis, fibroids and polycystic ovarian syndrome, leading to infertility.

Five foods that can reduce estrogen dominance are:

1. The cruciferous vegetable family – broccoli, cabbage, kale, Brussel sprouts and cauliflower. This family of vegetables contain sulfur compounds – these bind to estrogen and escort it out of the body. Have three servings a day either raw in salads or steamed. Kale makes healthy chips baked in the oven with some olive oil and sea salt.
2. Green leafy vegetables – spinach, celery, rucola, parsley, dandelions, Swiss chard. Have 2-3 servings a day. These can be blended into a smoothie – add a banana to mask the grassy taste.
3. Citrus fruits contain d-limonene which helps to detoxify estrogen. One serving a day is great!
4. Insoluble fiber found in apples, oats, berries and beans binds to estrogen in your small intestines and stops it from being absorbed. Aim for two servings a day.
5. Sesame seeds and flax seeds contain estrogen binding lignans. Aim for two to three tablespoons a day.

Avoid refined carbohydrates and processed foods. Eat foods rich in calcium as calcium plays an important role in egg maturation and ovulation. Eat only wholegrain complex carbohydrates and avoid dairy products.

## **Breakfast – Veggie Scramble**

### **Ingredients**

Whatever veggies you would like –

- Zucchini, sliced and divided into fourths
- Onion, diced
- Green Bell pepper, diced
- Broccoli chopped
- Crimini mushrooms, sliced

Eggs

Olive Oil

Chili Powder

Salt to taste

### **Directions**

1. Sautee veggies in olive oil slightly, approx.. 3-5 min. Sauté' onion, pepper and broccoli first as they take a bit longer and are not as fragile as zucchini and mushrooms.
2. Stir in whisked eggs. Cook until done.

You can include whole wheat toast with spicy hummus or spread with avocado on toast instead of butter.

## **Lunch – Strawberry Avocado Salad**

### **Ingredients**

Handful of spinach

1 Cup strawberries sliced

¼ Cup pecans

½ avocado

1/8 Cup Gorgonzola cheese, sprinkle on top

Top with Raspberry vinaigrette!

## **Dinner – Black Bean & Avocado Salad**

This PCOS Recipe for Black Bean and Avocado Salad is the perfect vegetarian option for a hot summer night. It's light, refreshing, fulfilling, and easy to prepare.

### **Ingredients**

1 Can of Black Beans (16 oz)  
1 Avocado  
2 Vine Ripe Tomatoes  
1/2 of Red or Green Onion  
Salt, Pepper, and Cumin to Taste  
Cilantro and Lime (optional)

### **Directions**

1. Drain, rinse, and dry black beans
2. Chop avocado and tomatoes
3. Dice onions
4. Combine avocados, tomatoes, onions, and black beans
5. Season to taste with salt, pepper, and cumin
6. If you have limes or cilantro on hand; squeezing a lime over the salad and add cilantro.

## **Helpful Supplements and Herbs**

Cinnamon  
Dong Quai  
Echinacea  
Ginger  
Maca  
Nettles  
Evening of Primrose  
Dandelion Root  
Flax Seed  
Red Clover  
Sesame Seed  
Milk Thistle

Supplements can be found:

## **Helpful Essential Oils**

German Chamomile  
Geranium  
Eucalyptus  
Lemongrass

Essential Oils can be found:

## Gut Flora Health

Gut health needs to be addressed when anyone is looking to heal fertility issues. Healthy gut flora is one of the first lines of defense we have in preventing disease, and also in healing problems already present. Healing fertility issues will not be possible if there is a lack of healthy gut flora.

### **Fertility Related Issues that Will Benefit from Prebiotics and Probiotics**

- PCOS
- Endometriosis
- Dysmenorrhea
- Thyroid problems
- Adenomyosis
- Estrogen Dominance
- Autoimmune related infertility
- Yeast Infection
- Pelvic Inflammatory Disease
- Sexually Transmitted Disease

A whole food diet should include two uncommon components in foods: probiotics and prebiotics. Probiotics and prebiotics help to digest and utilize food in the best way possible. Digestive health is a key pillar in the foundation for healthy fertility

The uterine fibroids, adenohuman body cannot metabolize important phytoestrogens from plant foods and medicinal herbs without adequate amounts of healthy intestinal flora. Good bacteria is an essential component in healing existing fertility problems.

### **Important Actions of Good Gut Bacteria**

- They synthesize vitamins so they can be utilized properly by the body
- They change which genes are active in gut cells
- They keep harmful bacteria from spreading in the body
- They help prevent infection
- They help digest food efficiently
- May help prevent colon cancer

Any changes in the body that lower the amount of gut flora may give rise to health problems, including many fertility problems. Many natural fertility experts agree; probiotic supplementation should be part of a regular protocol when treating infertility. Low gut flora gives rise to inflammatory disease-Endometriosis, PCOS, uterine fibroids, adenomyosis, dysmenorrhea,

and autoimmune related infertility issues all have a common element involved: chronic inflammation. Inadequate levels of gut flora also give rise to yeast infections.

### **Main Causes of Lower Levels of Gut Flora**

- Antibiotic use
- Poor nutrition
- Stress
- Inflammation

Gut flora is established by the time you are 3. When you are pregnant and breastfeeding you will need to maintain healthy gut flora to ensure your child has the best digestive health from the start.

### **How to Restore and Replenish Good Gut Bacteria with Prebiotics and Probiotics**

#### **Prebiotics**

Prebiotics promote growth and repopulation of good bacteria in the digestive tract. Prebiotics feed the good bacteria in the gut. They are found in foods typically not easily digested; creating a situation in which certain components in these foods are only partially digested, leaving behind beneficial prebiotics that feed the good bacteria.

#### **Sources of Prebiotics**

- Onions
- Garlic
- Burdock rt.
- Jicama
- Fresh dandelion greens
- Asparagus
- Jerusalem artichoke
- Radicchio
- Endive
- Chicory



It is best to get prebiotics through foods and not supplements.



## **Probiotics**

Probiotics are products, including some foods that contain live microorganisms, that replenish good bacteria in the intestines. Most Americans do not eat well. Probiotic supplements are safe and the benefits can be felt within days to weeks of supplementation.

### **Sources of Probiotics**

- Organic yogurt (must say live cultures/bacteria)
- Kombucha
- Kefir
- Fermented and cultured vegetables (raw sauerkraut)
- Probiotic supplements

### **Fertility Recipe: Coconut Kefir**

Take 1 liter of coconut water. Add 1 packet of kefir starter and place lid on jar. It will now take 4-5 days for the kefir to culture at room temperature. The coconut water will become cloudy as the culture grows and it will become “fizzy”. When the culture is done, add a twist of lime and a little stevia or organic sweetener of your choice. Then sit down and enjoy this delicious probiotic drink.

### **How to Choose a Probiotic Supplement Wisely**

When choosing, make sure it lists the genus, species and strain(s). Probiotics’ names are in three parts, listed in order. First is the genus name, second is the species and the last is the strain. For example the label may say – L.acidophilusNAS. Choose probiotics that are refrigerated, not pasteurized and say “contains live cells.” The supplement should contain at least a billion colony forming units.

## **Guide to Regaining Menstrual Health and Fertility After Hormonal Contraceptive Use**

Oral contraceptives deplete the body of necessary nutrients. It may be helpful to wean yourself off the hormones over a period of a few months while maintaining and/or introducing healthful diet and lifestyle choices.

Choosing whole foods – foods that are organic and not processed in any way are best. Foods in their natural and unprocessed state always contain the nutrients needed for their own metabolism leaving them metabolically balanced. Every step of processing reduces nutrients and potentially adds anti-nutrients. An anti-nutrient is a food or substance that does not come complete with the nutrients needed for its own metabolism, forcing the body to steal nutrients from elsewhere in order to metabolize it, leaving the body nutritionally lacking.

### **Foods, Additives and Chemicals that are Anti-nutrients**

- Added sugar
- Refined flours
- Alcohol
- Caffeine
- Artificial sweeteners
- Hydrogenated Oil, trans-fats and commercial oils
- Iodized salt
- “Organic” junk food

### **Replacing Depleted Nutrients**

The better nutrition is, the more quickly a woman is likely to recover menstrual cycle health. Choose nutrient dense foods such as whole, cooked grains like brown rice, millet, buckwheat, rolled oats, quinoa and dense dark breads is a good start. Choose nuts, seeds, beans and legumes soaking them overnight in order to make them ore digestible. Choose free-range, organic meats, fowl and wild fish whenever possible. Make all meals complete with brightly colored fruits and vegetables. A multi-vitamin and essential fatty acids blend are good.

## **Breakfast**

### **Warm Lemon Water**

1 cup warm water  
¼ fresh lemon  
Squeeze fresh lemon juice into warm water

### **Smoothie**

1 large banana, sliced and frozen  
¼ cup peanut or almond butter  
2-3 kale leaves, stems removed  
1 tbs ground flax seed  
1 ½ cups unsweetened almond mil (or other dairy substitute)

Pour almond milk in first. Add the banana, nut butter, flax seed and kale. Blend until smooth.

### **Autumn Oatmeal**

1 cup gluten-free whole or steel-cut oats  
2 cups unsweetened almond milk  
1 ½ cups filtered water  
2 organic apples, cored, peeled and diced  
1 tbs cinnamon or pumpkin pie spice  
1 tbs pure maple syrup or honey  
1 tbs ground flaxseed  
1 tbs walnuts, chopped  
Pinch of sea salt

Lightly grease the inside of a crockpot with olive or coconut oil. Cook on low for 7-8 hours overnight and have 1 cup

## **Lunch**

### **Avocado Toast**

1 slice of gluten-free bread, toasted  
½ ripe avocado, diced  
½ tbs extra-virgin olive oil  
Sea salt, black pepper & red pepper flakes to taste

Toast 1 piece of your favorite gluten-free bread. Cut an avocado in half. Scoop and dice the flesh of the avocado and place on top of toast. Drizzle with olive oil and sprinkle with black pepper and red pepper flakes.

**Raw carrots & hummus**

**Water or herbal tea**

### **Dinner – Fish Tacos (or Beans)**

**Ingredients:**

1 ½ pounds of mahi mahi or tilapia, diced into ¼ inch chunks (or 1 can black beans rinsed)  
Sea salt to taste  
1 ½ tsp. paprika  
1 tbs. Olive oil  
1/3 cup fresh lime juice  
2 tbs. chopped fresh cilantro, for garnish  
12 corn tortillas, steamed  
2 tomatoes, diced  
¼ cup red onion, finely chopped  
1 ½ cup of chopped greens – cabbage or romaine  
1 cup shredded cheese – Daiya brand cheddar or pepper jack

**Directions:**

Fill a steamer with ½ inch of water and bring to a boil. Wrap tortillas in a kitchen towel, place into steamer insert and steam for 3 minutes. Let tortillas sit in the steamer until the rest of the meal is ready. Then transfer tortillas wrapped in the towel to a bowl for serving. In a large bowl, combine fish, salt and paprika. Massage the spices into the fish, 2-3 minutes. Warm a large saute' pan over high heat until hot. Add olive oil and warm for 30 seconds. Add fish and saute' about 3 minutes, tossing with a heatproof spatula. Add lime juice and cook 3 minutes more, or until fish is cooked through. Remove from heat and place in serving dish. (You can substitute warmed black beans). Place toppings in individual bowls with serving spoons. Makes 12 fish tacos.

## **Recommended Vitamins**

**B-complex** – 50 – 100 mg is recommended

**Folic acid** – most common deficiency – should always be combined with B12

**Vitamin B6** - 50-200 mg per day

**Vitamin B12** – work with folic acid

**Vitamin C** – 500 – 3000 mg per day

**Zinc** – 15 – 45 mg per day

**Magnesium** – 300 – 500 mg per day

**Vitamin A**

**Essential Fatty Acids**

## **Herbs that Support Liver Health –**

Milk Thistle  
Dandelion root and leaf  
Burdock root  
Gentian  
Lecithin

## **Herbs that Support Reproductive Health -**

Vitx (Chaste Berry)  
Ginger  
Dong Quai  
Red Clover  
False Unicorn Root

## **Useful Essential Oils**

Sweet Marjoram  
Clary Sage  
Cypress  
Sweet Fennel

## Foods for Improving Low Ovarian Reserve

Have you ever wondered if what you are eating may be aging you faster and can be leading to poor egg quality and the diagnosis of “old eggs”? Women who have made some changes to their diet and lifestyles and followed them religiously for minimum of a year, have gone on to conceive with their own eggs and give birth to healthy babies.

**Sugar causes you to age and lowers your egg quality.** From diabetic research we have learned that when you consume sugar (glucose) there is a chemical reaction that takes place between sugar molecules and your fat and protein molecules. As this reaction is not controlled by the enzyme and does not take place in designated areas of the cell where the sugar molecule can be put to good use – but it happens all over the cell, this cell is not longer able to function properly. This leads to poor intake of oxygen, water and nutrients and lowered ability to expel toxic substances and free radicals. This leads to DNA damage and death of the cell.

This process is called glycation and creates so called ‘end products’. The end products of glycation are called Advanced Glycation End-products (AGEs) and their effect on tissue is making protein fibers stiff and malformed. So not only do your cells become stiff and start to malfunction but these end products also act as free radicals speeding up the aging process. **This takes place wherever you have protein and fat cells – EGGS!**

A study in 2011 linked the formation of AGEs to DNA damage in the eggs, lower fertilization rates, poor follicular and embryonic development and lower pregnancy rates, regardless of age!

Old glycated collagen will eventually be eliminated, recycled and reused for new collagen formation. This time, make sure you are not bombarding your cells with **SUGAR!**

### Top Foods for Egg Health

Royal Jelly

Maca

Broccoli

Berries

Dark Leafy Vegetables

Halibut

Salmon

Pumpkin Seeds

Sesame Seeds

Turmeric  
Ginger

### **Foods That May Damage Egg Health**

Caffeine  
Alcohol  
Sugar  
Non-organic Meats and dairy  
Soda  
Low fat diet  
Processed Foods  
Trans Fats  
GMO Foods

### **Vitamins for Poor Ovarian Response**

Anti-oxidants and vitamins support healthy ovulation and help treat poor ovarian response.

**Vitamin C** is a powerful antioxidant that prevents oxidative aging of the eggs. Take in small quantities. Vitamin C improves hormone levels and increases fertility in women with luteal phase defect.

**Vitamin E** has been shown to repair damaged eggs. It helps to reduce the DNA damage by reducing free radicals from the body.

**CoQ10** is part of a network of antioxidants that help improve egg health as well as protect cell DNA from damage

**L Arginine** is an amino acid necessary for fertility. L Arginine increases blood flow to the ovaries allowing faster nutrients and anti-oxidants to be delivered to the ovarian tissue.

### **Useful Essential Oils**

Rosemary  
Geranium  
Basil



## **Breakfast - Chocolate Quinoa Pancakes**

### **Ingredients:**

1 cup quinoa flour (you can buy or make your own by putting uncooked quinoa into a food processor or blender)  
¾ tsp. baking powder  
1 cup organic milk or nut milk  
2 eggs  
2 tbs. Grapeseed oil  
1 or 2 huge tbs. Pure chocolate powder  
1 tbs honey

### **Directions:**

Mix everything together and mix. Pour on skillet that is 350 degrees. Wait for bubbles to pop. Flip carefully. Quinoa is gluten free so it lacks the same stickiness as wheat flour.

## **Lunch – Spiced Butternut Squash Soup**

### **Ingredients:**

2 tbs. Olive oil  
1 onion, chopped  
2 garlic cloves, chopped  
2 tbsp. fresh ginger, grated  
1 tsp. curry powder  
1/8 tsp. cinnamon  
2 carrots, peeled and chopped  
1 tar apple, peeled, cored and chopped  
4 cups butternut squash peeled and chopped  
Coarse salt and pepper

### **Directions:**

Heat olive oil in a medium saucepan over medium heat. Add onion and garlic and cook until tender, 6 to 8 minutes. Add ginger, curry powder, cinnamon and cook until fragrant, about 1 minute. Add carrots, apple, squash and 3 cups filtered water. Bring to a boil; cover and educe to a simmer. Season with salt and pepper. Cook until vegetables are tender, about 20 minutes. Let cool before pureeing. Working in batches, puree until smooth in a blender, food process or with a stick blender. Serves 6

## **Carrot Bean Salad**

### **Ingredients:**

2 cups carrots, finely shredded  
1 15 oz can chickpeas, drained and rinsed  
½ cup raisins  
¼ cup raw walnuts, chopped  
1 tbs. Extra virgin olive oil  
1 tbs. Pure organic maple syrup  
1 tbs. Orange juice (freshly squeezed)  
2 tsp. lemon juice (freshly squeezed)  
½ tsp. curry powder  
Sea salt and pepper to taste

### **Directions:**

Shred carrots using a box grater. Combine carrots, chickpeas, raisins and walnuts in a medium-sized bowl. If using large raisins, chop them before adding. Combine olive oil, maple syrup, orange juice, lemon juice, salt and pepper to small bowl. If you like curry, add curry powder to the dressing. Mix well and pour over carrot mixture. Toss and enjoy! Serves 4

## **Dinner - Walnut Crusted Salmon**

### **Ingredients**

2 – 4 oz pieces of wild-caught salmon  
¼ cup gluten-free breadcrumbs  
1/3 cup finely chopped walnuts  
1/8 tsp sea salt  
1/3 tsp freshly ground pepper  
½ tsp dried dill  
3 tbs fresh lemon juice  
1 ½ tbs olive oil

### **Directions:**

Preheat oven to 400 degrees. Rinse salmon filets and place into a glass baking dish. Pour breadcrumbs, walnuts, salt and pepper into a food processor and combine until walnuts are finely chopped. Mix dill into walnut mixture and set aside. Drizzle salmon with lemon juice. Spoon walnut mixture onto each filet and drizzle with olive oil. Cover tightly with foil and bake for 15 minutes. Serves 2

## **Broccoli – steamed**

## **Brown rice**

## Smoothie Recipes

Fertility smoothies are an important part of a fertility diet. They are such an easy way to get important nutrients and antioxidants into your daily diet.

### **Peaches and Cream**

2 Peaches (take out pit)  
1 Banana  
1 Tbl Maca  
¼ C Yogurt (organic)  
1 Tsp Vanilla  
Water

Add all ingredients to the blender. Add a little water to start with to get the consistency you want. Having bananas in the freezer will chill the smoothie and add a great creaminess. Adding nuts or protein powder will pack extra calories to keep you energized during the morning and will help if you find you are hungry an hour or so after drinking your smoothie.

### **Antioxidant Blast**

¼ C Blueberries  
¼ C Strawberries  
1 Banana  
1 Handful Spinach  
1 Tbl Maca  
1 Date (pitted)  
1 Serving Protein Powder  
Water

Add all ingredients to a blender and blend. Add a little water to begin with and add more as needed.

### **Island Colada**

1/8 C Pineapple  
¼ C Mango  
¼ C Strawberries  
1 Banana  
1 Tbl Maca  
1 Tsp Royal Jelly  
Water

Blend all ingredients together. Add water as needed for desired consistency. If you are using fresh fruit you may want to add some ice cubes to get the slushiness of a colada.

### **Mango Lassi**

1 Mango (fresh or frozen)

¼ C Yogurt

1 Tbl Maca

1 Tsp Vanilla

½ Tsp Cardamon

1 Handful Spinach

1 Banana

1 Tsp Sesame Seeds

Water

Place all ingredients in a blender and blend. Add water as needed for correct consistency. If you would like a sweeter taste, add a date.

## Snack Recipes

### Whole Grain Muffins

#### Ingredients

2 C whole wheat flour  
1 Tsp baking soda  
¼ C honey or agave  
1 Tsp ground cinnamon  
1/8 Tsp ground cloves  
½ Tsp salt  
½ C Raisins  
1 egg beaten  
1 C yogurt  
3 Tbl oil

#### Variations

#1 Omit raisins. Add 1 cup chopped fruit of choice or blueberries  
#2 Add nuts or seeds  
#3 Omit 1 cup of whole wheat flour and replace with rye, rolled oats or desired flour, wheat germ or bran.

Mix all ingredients thoroughly, including raisins. Make a well in the center and add egg, yogurt and oil. Mix only until dry ingredients are moist. Fill greased muffin pans half full and bake at 375 degrees Fahrenheit for about 15 minutes. Makes 12-16 muffins.

### Dark Chocolate & Nut Bark

This PCOS Recipe Dark Chocolate and Nut Bark is gluten and wheat free made with dark chocolate, nuts, and dried fruit; it provides a delicious, easy-to-make, healthy treat! **Dark Chocolate** has 8 times MORE antioxidants than strawberries. It can also lower your blood pressure and your cholesterol.

#### Ingredients

1 C of Nuts (preferably Almonds, Walnuts, or Pecans), finely chopped  
½ C of Dried Fruit (preferably cherries or cranberries), finely chopped  
1 Tsp of grated Orange Zest  
2 C of Dark Chocolate, finely chopped and melted

**Directions**

1. Line a baking dish (approximately 12 by 9 in) with sides, with foil. Make sure you don't have any wrinkles in your foil.
2. In a medium-sized bowl combined melted chocolate, 3/4 cup of nuts and 1/4 cup of dried fruit.
3. Grate orange zest into mixture; combine all ingredients well.
4. Scrape the mixture onto the foil in the baking dish; spread the mixture evenly throughout the dish.
5. Sprinkle the additional nuts and dried fruit on top, if desired.
6. Refrigerate about 20-30 minutes until it has set up.
7. Transfer foil and chocolate bark to cutting board, cut into pieces.

**Whole Wheat Brownies**

These brownies are full of flavor, and this whole wheat recipe is a healthy alternative to many other brownie recipes.

**Ingredients**

- 3 Tbl low-sodium butter
- 1/2 C brown rice syrup
- 10 Tbl dark cocoa powder, unsweetened
- 1 Tsp vanilla
- 2 eggs
- 1/2 C whole wheat flour
- 1/2 C pecans, chopped

**Directions**

1. In a medium saucepan, melt butter over low heat.
2. Stir in brown rice syrup, and whisk in cocoa powder.
3. Continue whisking until well blended.
4. Remove from heat and blend in eggs.
5. Add in vanilla, whole wheat flour, and pecans, and stir well.
6. Lightly grease 8x8 baking pan and pour in batter.
7. Bake for 30 minutes or until a toothpick comes out clean
8. Let cool, and cut into squares. Serve.

## Dairy Alternatives

For some fertility issues, staying away from milk because of its congesting nature, may be helpful. You can get your calcium from dark greens, nuts, seeds and fresh nut milks.

Alternatives: Fresh hemp milk; almond milk; raw goats milk. You can buy hemp and almond milk in aseptic containers on the shelf (not easily recyclable and not biodegradable).

You can find almonds in bulk, ideally raw and organic are the best choice (avoid roasted/salted ones as they will have a ton of salt on them). You can substitute almonds with hemp seeds, walnuts, hazelnuts or brazil nuts.

### Almond Milk

1 C raw almonds (soaked in water for 8-24 hours)  
2 Tbl Honey, Agave, Maple Syrup or 3-4 dates (you choose)  
4 C Water  
1 Tsp Vanilla extract  
1 nut milk bag, nylon stocking or mesh strainer (to strain the milk when you are done)

1. Soak almonds for 4-8 hours in water. Strain and rinse almonds.
2. Put almonds, sweetener, 4 C water and 1 tsp vanilla in a blender. Blend 2-3 minutes or until all almonds are pulverized.
3. Place the nut bag into a jar or bowl. If you are using a strainer you will need a spoon to move the pulp around so it continues to strain.
4. Twist, squeeze and milk the milk out of the bag. You will know you are done once all that is left is dry almond meal (you can use this for face scrub or in a muffin recipe).
5. Refrigerate in a glass jar or container for up to 4-5 days. Shake before each use.

Use this almond milk in homemade granola, drinks, smoothies and drink it as a wonderful milk as well.

## **Hemp Milk**

Hemp milk is also a great cow's milk alternative for women with PCOS as it is high in protein and less congesting than dairy products.

### **Recipe**

½ C Hemp Seeds  
1 Quart purified water  
1-2 Tbl Agave nectar  
1 Tsp vanilla extract

Liquefy in blender for 1 minute. Strain through nut milk bag. Keep for up to 4 days in refrigerator.



## Fertility Essential Oil Blends

### Overall Fertility Enhancer- Great for everyday use

Amount of Drops =	Carrier Oil Blend(4oz)	Bath	Compress
Lavender	10	1	
Sweet Fennel	10	1	
Clary Sage	20	2	
Rose Otto	10	1	

### Menstrual Cramps – Best used only during painful period, endometriosis, fibroids, ovarian cysts, before ovulation

Amount of Drops =	Carrier Oil Blend(4oz)	Bath	Compress
German Chamomile	15	2	2
Clary Sage	20	2	2
Rose Otto	10	1	1
Sweet Marjoram	20	2	

### Heavy Menstrual Bleeding – Best used during heavy bleeding during menstruation

Amount of Drops =	Carrier Oil Blend(4oz)	Bath	Compress
Cypress	30	2	2
Clary Sage	20	2	2
Lavender	10	1	1
Sweet Marjoram	10	1	1

### How to Make an Oil Blend

Make sure if using on your skin you add the oils first to a carrier oil – sweet almond, fractionated coconut oil, avocado, apricot kernel, jojoba, hazelnut, olive, macadamia, sesame, grape seed and castor are good oils to use.

Put your oil blend in an amber or blue glass jar with a tight fitting cap that is clean and has been sterilized – boil the jar and cap for 3 minutes. Let dry

completely to prevent to oil from going rancid because of contact with water. Label with ingredients and date. Store in a cool, dry place.

Fill the bottle  $\frac{1}{2}$  of the way full with the carrier oil. Add the desired amount of drops of essential oils. Fill the rest of the way full with carrier oil. Cap tightly and shake gently to mix oils. Let sit for at least a day before using.

You can also add the oils directly to a hot bath or for a hot compress. For a compress add the drops of essential oil into 2 ounces of water, soak a cotton cloth in water mixture for a compress. A hot compress is great for the abdomen.

## Fertility Nutrition Basics

### Suggested Foods

#### **Vegetables**

Broccoli  
Cabbage  
Cauliflower  
Spinach  
Dark green leafy lettuce  
Brussels sprouts  
Collards  
Bok choy  
Swiss chard  
Wheat grass  
Pumpkin  
Carrots  
Butternut squash  
Yams  
Sweet potatoes  
Bell peppers  
Artichoke hearts  
Asparagus  
Eggplant

#### **Legumes/Bean**

Lentils  
Black  
Pinto  
Kidney  
Navy  
Lima  
Garbanzo  
Green beans  
Sugar snap peas  
Green peas

#### **Fruits**

Blueberries  
Raspberries  
Strawberries  
Blackberries  
Boysenberries  
Cherries  
Plums  
Purple grapes  
Pomegranate  
Oranges  
Lemons  
Limes  
Grapefruit  
Tangerines  
Tomatoes  
Peaches  
Cantaloupe  
Apples  
Apricots

#### **Protein**

Turkey  
Chicken  
Wild Salmon  
Alaskan halibut  
Albacore tuna  
Pasture-raised eggs  
Grass-fed beef

#### **Fats**

Avocados  
Extra-virgin olive oil  
Coconut Oil  
Ghee  
Walnuts  
Almonds  
Peanuts  
Pecans  
Cashews  
Pistachios  
Brazil nuts

#### **Seeds**

Sesame seeds  
Sunflower seeds  
Pumpkin seeds  
Flaxseed

#### **Tea**

Green tea  
White tea  
Black tea  
Oolong Tea

#### **Seasonings**

Red/White onion  
Garlic  
Ginger  
Cinnamon  
Parsley  
Rosemary  
Oregano  
Basil  
Chives  
Cilantro  
Dill  
Mint  
Citrus zest

## **Fertility Diet Guidelines**

1. Eat organic fruits and vegetables as often as possible in order to avoid harmful pesticides and herbicides. This is so important when making your food choices.
2. Eat organic dairy products that do not contain hormones or antibiotics. If you suffer from endometriosis or fibroids, you should avoid dairy products altogether because they naturally contain estrogen which stimulates their growth. If you have polycystic ovarian syndrome, you should avoid dairy too.
3. Eat only lean red meat that is grass-fed or organically grown. Conventionally grown cattle contain hormones, antibiotics and other contaminants that contribute to excess estrogen.
4. Eat only organic 'pasture-raised' or 'free-range' chicken to avoid hormones and antibiotics which can disrupt your hormonal balance.
5. Eat wild fish. Select fish like sole, tilapia, cod, and salmon. Avoid farmed salmon, tuna, shark, and seafood because they may contain a high level of heavy metals.
6. Make sure your fertility diet is high in fiber because it helps the body eliminate excess estrogen. Also, it lowers your blood glucose.
7. Do not eat soy products unless they are the fermented type like miso or tempeh. Soy has estrogenic effects and it is not indicated if you are trying to conceive but mostly important you should avoid it during pregnancy and lactation.
8. Avoid soy beverages. Select unsweetened almond milk or unsweetened coconut milk alternatives.
9. Avoid commercial fruit juices because the pasteurization process destroys vitamins, minerals and enzymes.
10. Avoid refined sugars. Choose natural sweeteners like honey, stevia or xylitol.

11. Drink lots of water, 6 – 8 glasses a day. Avoid drinking tap water at all costs because it can contain harmful chemicals. It is a good idea to invest in a filtration system and only drink filtered water. Avoid bottled water because the plastic contains bisphenol A, which decreases the division of uterine cells which may affect implantation.
12. Include essential fatty acids into your diet. Make sure you eat plenty of omega 3, 6 and 9 essential fatty acids. Select healthy oils like flax seed oil, oil of olive, hemp oil, and coconut oil. Avoid trans fats because they interfere with insulin sensitivity, especially if you have PCOS.
13. Avoid cooking your foods in a microwave oven because it can change the chemical structure of the food and make it harmful to your health. Avoid non-stick cookware because they cause higher blood levels of PFC's (perfluorinated chemicals).
14. Eat fresh Ginger to improve digestion and can ease menstrual cramps. 250 mg of ginger powder 4 times a day may help ease menstrual cramps.

Meal Planner

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Meal 1:							
Meal 2:							
Meal 3:							
Snacks:							
Liquids: Minimum of 64 oz. of water							

## Fertility Foods Checklist

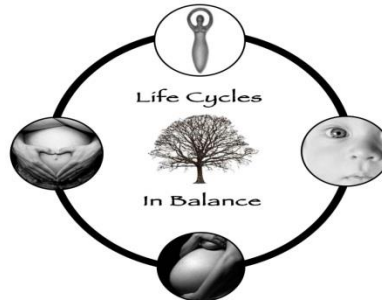
<b>Daily Recommendations</b>	<b>Sun</b>	<b>Mon</b>	<b>Tues</b>	<b>Wed</b>	<b>Thurs</b>	<b>Fri</b>	<b>Sat</b>
4 Tbl butter – grass fed							
Pastured meats							
2 Tbl coconut oil							
3 servings lacto-fermented foods							
8 oz bone broth							
1-2 srvg whole grains (soaked)							
1-2 srvg dark leafy greens							
4-6 srvg veggies At least 4 colors							
1-3 srvg fruit							
64 oz. total liquid – almond/rice milk, herbal tea, broth							
1-2 eggs daily							
1 serving of nuts							
1 serving essential fatty acid food							
Supplements							
Did not eat sweets!							
Charted Basal Temp							

**See weekly additions on next page**

<b>Weekly Additions:</b>							
Additional Egg Yolks							
3-4 oz Liver							
Wild Caught Seafood, 2-3							
Yellow/Orange Produce, 5 times							
Grass-fed red meat 3x week							
Lentils or beans 2x week							



For More Help with Fertility and Conception



**Contact Lisa Cartier at**  
**[www.womensintegrativehealthny.com](http://www.womensintegrativehealthny.com)**

**For help with this guide and putting  
together an action plan**

**Classes and Fertility Guidance sessions available:**

**In Person**

**By Skype**

**By Phone**

**Contact Lisa for her 7-Step Fertility Blueprint**

***Guiding you on the path to creating fertile  
ground for your baby's first home and  
empowering women. . .one birth at a time***