

## The Natural Fertility Diet: How to Eat for Optimal Fertility

Eating a fertility diet in preparation for pregnancy and to boost fertility is one of the most powerful health changes you can make. Numerous studies have shown that specific changes to the diet can increase the chances of healthy ovulation, prevent recurrent miscarriage and support a healthy pregnancy.

Nutrition plays a big role when it comes to having a healthy body and reproductive system. The building blocks for hormones are found in the foods we eat. Antioxidants which help to protect the egg and sperm from free radicals are found in the foods that we eat. Just as nutrients in food can be helpful for fertility, there are some foods and chemicals added to foods that can be harmful for your healthy and fertility.

In working with our natural fertility clients the first topic of discussion, regardless of the reason they are consulting with us, is “what is your diet like?”. Many of their responses are... “healthy” and then they go on to share their version of that. More often than not, it is not a diet that is healthy for fertility.

Regardless of what your definition of healthy is, today I am going to share with you what the definition of healthy is for fertility, and what that looks like in real life. A diet for fertility will even look different compared to a normal healthy whole food diet. This may very well be different compared to how you are eating now and include foods that are foreign, new to you or even exotic sounding. Don't worry. We have tools to help you get started and recipes to make this easy and fun!

### **What is a Fertility Diet?**

So what exactly is a fertility diet? A Natural Fertility Diet is a way of eating that is supporting your body in its reproductive efforts. It includes foods which are dense in specific nutrients needed for hormonal function, production and balance, fetal development, egg health, sperm health, blood health, and much more. It is a diet that is designed to help your body to balance fertility issues that may exist, build up nutrient stores and provide all of the building blocks for a healthy child. It is also a diet that is focused on giving you and your future child the best start in life.

### **Why Eat A Natural Fertility Diet?**

- Did you know that there are specific nutrients that are needed by the young fetus before you can even detect pregnancy? And a deficiency in these nutrients could cause serious birth defects?
- Did you know that the foods you eat today impact the health of your eggs and sperm 90 days from now?
- Did you know that hormones build themselves from the ingredients you provide through your diet?
- Did you know that the number one treatment for balancing PCOS and getting pregnant despite it is diet?
- Did you know that what you don't eat is just as important as what you do eat?

- Did you know that the number one cause of infertility (anovulation- lack of ovulation) can many times be remedied by changes in the diet?

Eating a Natural Fertility Diet is something everyone can do regardless of location, fertility issue, age, time, and money. We all eat so why not eat in a way that supports your fertility.

### **The Science Behind the Natural Fertility Diet**

The Natural Fertility Diet suggestions are an accumulation of scientific research, nutritional data, dietary practices of the most fertile tribes and peoples in history, as well as as dietary practices which are known to reduce complications during pregnancy.

### **Harvard Research**

Harvard performed a recent study that showed an 80% decrease in infertility with the lifestyle changes made by switching to a fertility diet. Women who followed a combination of five or more lifestyle factors, including changing specific aspects of their diets, experienced more than 80 percent less relative risk of infertility due to ovulatory disorders compared to women who engaged in none of the factors, according to a paper published in "Obstetrics & Gynecology".

The women with the highest fertility diet scores ate less trans fats and sugar from carbohydrates, consumed more protein from vegetables than from animals, ate more fiber and iron, took more multivitamins, had a lower body mass index (BMI), exercised for longer periods of time each day, and, surprisingly, consumed more high-fat dairy products and less low-fat dairy products. The relationship between a higher "fertility diet" score and lesser risk for infertility was similar for different subgroups of women regardless of age and whether or not they had been pregnant in the past.

### **Dr. Weston Price and Dr. Brewer**

The Natural Fertility Diet has also incorporated the research of Dr. Weston Price and Dr Brewer. Dr. Weston Price's recommendations are based on Traditional Diets that were followed in times when humans were most fertile, before industrial foods.

Dr. Brewer's Diet has been shown to reduce the risks of pregnancy complications specifically preeclampsia. It promotes a diet that has an abundance of protein, minerals, calcium and healthy oils.

### **Natural Nutritional Practices for Healing**

Nature has created foods to help nourish and feed the body. When the body is optimally nourished and unhealthy foods are avoided, the body is then able to repair and rebuild itself. This is very helpful for fertility, especially if there is an underlying imbalance or fertility issue. The cells in the body are constantly dying off and new cells are being created to replace the old cells. This is occurring in every organ, muscle, tissue, etc. of the body constantly. The building blocks of these new cells are provided from the foods that you are consuming. So the Natural Fertility Diet is also designed to help support a healthy body which in turn can heal itself and create healthier cells.

### **The Benefits of Eating a Natural Fertility Diet**

- Provides antioxidants, vitamins and minerals which help to protect egg and sperm health from the damage caused by free-radicals.
- Supports the body towards hormonal balance by providing the fats needed for hormone production and function
- Provides the body with an abundance of vitamins, minerals, antioxidants and other nutrients needed for optimal health.
- May decrease chances of a miscarriage due to insulin resistance, damage done by free radicals to DNA, and egg and sperm health.
- Helps to build important nutrient stores for pregnancy
- Supports a healthy reproductive system
- Promotes energy and vitality

### **The Natural Fertility Diet Nutrition Guidelines**

Eat a lot of organic vegetables and fruits

Conventional produce contains harmful herbicides and pesticides which have been shown to negatively affect both male and female fertility. Studies have also shown organic vegetables and fruits to have more nutritional value.

Eat organic, grass-fed, whole fat, raw dairy

Organic, grass-fed, whole fat, raw dairy is the best choice of dairy sources. But take note that dairy foods such as milk and cheese may be congesting to the body. In cases of congesting fertility issues such as PCOS and Endometriosis, they may aggravate the imbalance. Observe how your body does with it. Dairy that is not organic should be avoided as it contains added hormones and antibiotics which can contribute to increased estrogen levels in the body. There are many healthy alternatives to dairy such as fresh almond or hemp milks.

Try to eat mostly cold water fish

Fish supplies important essential fatty acids (omega 3) to our diet. These fatty acids aid in the production of hormones, reduce inflammation, and help regulate the menstrual cycle. Fish is also a great source of protein and vitamin A. Avoid large deep water fish such as ahi tuna, swordfish, and Chilean sea bass due to their potential concentrations of mercury, and focus on cold water fish such as wild Alaskan salmon, cod, and Alaskan halibut. Also when choosing salmon, avoid north Atlantic farmed salmon and choose wild salmon instead. Farmed salmon contains antibiotics and toxic food dyes.

Choose meat that is Grass Fed and Organic

Conventionally raised cattle contain high levels of added hormones and antibiotics which can contribute to estrogen dominate conditions. Grass Fed meats, on the other hand, are a great source of essential fatty acids, are low in saturated fat, and are a great source of protein. If you are

experiencing endometriosis you may want to reduce the amount of red meat that you eat as a study has shown a connection between high red meat consumption and endometriosis.

Choose only free range/Organic chicken

Like red meat, conventionally raised chicken is full of antibiotics and hormones which can have negative effects on hormonal health. When shopping for chicken, look for the words “cage free”, “free range”, or “organic” on the label. Ideally purchasing your chicken from a local farm with free-range practices is best.

Eat only grains in their whole, natural form

Whole grains are filled with fibre, important vitamins, and immune supporting properties. Fiber is important for helping the body to get rid of excess hormones and helps to keep the blood sugar balanced. Avoid processed and refined white foods and grains such as white bread, semolina pastas, and white rice. Instead choose whole wheat or sprouted bread, rice or whole wheat pasta, quinoa, and brown rice.

Eat high fibre foods with each meal

Fibre helps to regulate the blood sugar levels which helps to reduce fertility issues such as PCOS, immunological issues, and promotes healthy hormonal balance. Some examples of high fiber foods are fruits, vegetables, dark leafy greens, and beans.

No soy of any form unless fermented such as miso and tempeh

Soy foods have been shown to contain oestrogen 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 a negative impact on your hormonal balance. If you have hypothyroidisms avoid soy completely.

Avoid refined sugars or fruit juices (unless freshly juiced)

Pasteurized juices such as bottled apple juice, orange juice, and other bottled fruit juices contain concentrated sugar, which can throw off your blood sugar levels and negatively effect your immune system. Also avoid any processed/refined and artificial sugars. Some great alternatives are stevia, honey, and maple syrup.

Drink lots of clean water

Be sure to drink at least half your body weight in ounces of clean, purified or filtered water daily. It is best to avoid bottled water as some of the plastics in the bottle can contribute to hormonal imbalance due to there oestrogen mimicking chemicals. The best waters to choose from are reverse osmosis and distilled. Avoid tap water, as many recent studies have shown tap water to be laced with harmful pesticides from agricultural runoff.

**Important Nutrients for Fertility**

While all nutrients are important for health, there are some that have been specifically shown to have a direct impact on fertility. Below is a list of these nutrients and the foods you can find them in...

Micronutrients

### **Antioxidants, Vitamins & Minerals for Fertility**

**Vitamin D:** Vitamin D is needed to help the body create sex hormones which in turn affects ovulation and hormonal balance. Yale University School of Medicine conducted a study of 67 infertile women, where it was discovered that a mere 7% had normal Vitamin D levels. Food sources: Eggs, fatty fish, dairy, and cod liver oil. You can also get vitamin D from sitting out in the sun for 15 to 20 minutes per day. But absorption is impacted by the darkness of your skin.

**Vitamin E:** Has been shown in studies to improve sperm health and motility in men. Studies have shown a diet deficient in Vitamin E to be a cause of infertility in rats. The meaning of the name for vitamin E 'Tocopherol' literally 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:** Necessary for every cell in the body for energy production, CoQ10 has also been shown in studies to increase ova (egg) and sperm health. It is necessary for sperm motility in semen. It is also an important antioxidant that helps to protect cells from free radical damage; protecting DNA. Food sources: Found in seafood and organ meats, though it is very difficult to obtain through the diet. CoQ10 Ubiquinol supplementation is the best way to obtain CoQ10. Amounts in the body decline with age.

**Vitamin C:** Vitamin C improves hormone levels and increases fertility in women with luteal phase defect, according to a study published in "Fertility and Sterility". As for men, vitamin C has been shown to improve sperm quality and protect sperm from DNA damage; helping to reduce the change of miscarriage and chromosomal problems. Vitamin C also appears to keep sperm from clumping together, making them more motile. Food sources: Abundant in plants and fruits including red peppers, broccoli, cranberries, cabbage, potatoes, tomatoes, and citrus fruit.

**Lipoic Acid:** Lipoic acid is a very important antioxidant because it not only helps to protect the female reproductive organs and has been shown to improve sperm quality and motility but it also helps the body to continually re-use the antioxidants in the body. Food sources: In 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. B6 has also been shown to help with Luteal Phase Defect. Food sources: Tuna, banana, turkey, liver, salmon, cod, spinach, bell peppers, and turnip greens, collard greens, garlic, cauliflower, mustard greens, celery, cabbage, asparagus, broccoli, kale, Brussels sprouts, chard.

**B12:** Vitamin B12 has been shown to improve sperm quality and production. It also may help to boost the endometrium lining in egg fertilization, decreasing the chances of miscarriage. Some studies have found that a deficiency of B12 may increase the chances of irregular ovulation, and in

severe cases stop ovulation altogether. Food sources: Clams, oysters, muscles, liver, caviar (fish eggs), fish, crab, lobster, beef, lamb, cheese, eggs.

**Folic Acid:** Perhaps one of the best known vitamins necessary for pregnancy is folic acid. This vitamin helps prevent neural tube defects as well as congenital heart defects, cleft lips, limb defects, and urinary tract anomalies in developing fetuses. Deficiency in folic acid may increase the risk of going into preterm delivery, infant low birth weight and fetal growth retardation. 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:** Studies have shown that 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:** An antioxidant that helps to protect the eggs and sperm from free radicals. Free radicals can cause chromosomal damage which is known to be a cause of miscarriages and birth defects. Selenium is also necessary for the creation of sperm. In studies men with low sperm counts have also been found to have low levels of selenium. Food sources: Liver, snapper, cod, halibut, tuna, salmon, sardines, shrimp, crimini mushrooms, turkey, Brazil nuts (just one nut contains nearly 100% of the RDA for selenium).

**Zinc:** In women, zinc works with more than 300 different enzymes in the body to keep things working well. Without it, your cells can not divide properly; your estrogen and progesterone levels can get out of balance and your reproductive system may not be fully functioning. Low levels of zinc have been directly linked to miscarriage in the early stages of a pregnancy, according to The Centers for Disease Control's Assisted Reproductive Technology Report.

In men zinc is considered one of the most important trace minerals to date for male fertility; increasing zinc levels in infertile men has been shown to boost sperm levels; improve the form, function and quality of male sperm and decrease male infertility. Food sources: Calf liver, oysters, beef, lamb, venison, sesame seeds, pumpkin seeds, yogurt, turkey, green peas, shrimp. Zinc can be damaged by cooking so it is important to eat some foods high in zinc in their raw forms.

**Essential Fatty Acids:** Omega-3 acids have been shown to help fertility by helping to regulate hormones in the body, increase cervical mucus, promote ovulation and overall improve the quality of the uterus by increasing the blood flow to the reproductive organs. Omega-3 fats also contain two acids that are crucial to good health: DHA and EPA. These two acids have been shown to help many forms of disease. Low levels of DHA have been linked to depression and other mental health issues. During pregnancy, a lack of DHA may be associated with premature birth, low birth weight and hyperactivity in children. Food sources: Flax seeds, walnuts, salmon, sardines, halibut, shrimp, snapper, scallops, chia seed.

**Macronutrients**

In addition to the micro-nutrients, macro-nutrients are important as well. Getting enough protein, fiber, fat, carbohydrates, etc. is also very important. This is a time for nourishing and providing building blocks for your body in preparation for conception. The foods that should be focused on in a Natural Fertility Diet are nutrient dense foods which help to provide the following:

#### Fats

A wide variety of fats are very important for fertility and the development of the fetus. 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 and avoid hydrogenated oils and vegetable oils cooked at high heat.

#### Proteins

Eating healthy amounts of protein from a wide variety of sources is an important part of a healthy fertility diet as amino acids are the building blocks for cells in the body. Make sure to include both animal sources and vegetable sources of protein daily.

#### Fibre

Fibre helps assist the body in getting rid of excess estrogen and xenohormones in the system and keeps your digestive tract functioning properly.

### **Important Foods Specifically for Fertility**

Take a look at the foods mentioned below and you will begin to notice that all of these foods are nutrient dense, meaning they pack a lot of nutrition per serving. They are also the foods most abundant in the nutrients mentioned in the Fertility Nutrients section of this guide.

#### Eggs – Vitamin D, B12, Protein

Make sure to find eggs which are farm fresh and have deep orange/yellow yolks. They are worth the extra cost as they provide much more nutrients and are cleaner than the general factory farmed egg. Some of the best places to find quality eggs are at the farmer's market, neighbors or the health food store.

#### Nuts and Seeds – Omega 3, Zinc, Vitamin E, Protein

Eat nuts and seeds in their raw form as essential fatty acids and zinc are sensitive to heat and can be destroyed if cooked. I have listed amounts of nuts and seeds and their nutritional density so you can see how packed they are with nutrients.

The best seeds and nuts for omega 3 are:

Walnuts – 1/4cup = 2,270mg

Flax seeds – 2 Tbs = 3,510mg

Hemp seeds – 3Tbs = 3,000mg

Chia seeds – 1Tbs = 2,300mg

The best seeds and nuts for zinc are:

Pumpkin – 1/4cup = 2.7mg

Sesame – 1/4cup = 2.8mg

The best seeds and nuts for vitamin E are:

Sunflower Seeds – 1/4cup = 18.10mg

Almonds – 1/4cup = 8.97mg

The best seeds and nuts for iron are:

Pumpkin seeds – 1/4cup = 5.16mg

Sesame seeds – 1/4cup = 5.24mg

Grass-fed meats – Omega 3, Iron, B12, Protein

Grass-fed meats come from animals which have grazed in grass pasture and eaten fresh grass for most of their life. This meat has less fat and a little bit stronger taste than corn fed meats, but it provides a lot more nutrients because the animals have eaten their natural diet. Grass-fed meats are high in omega 3, have been raised without antibiotics and hormones. Regular grocery store, factory raised meats are higher in omega 6 (we already get too much of this) and have been raised on GMO corn which fattens them up, but is not their natural diet (GMO foods have been linked to infertility). They are also fed hormones and antibiotics regularly which can impact your hormonal balance and immune system.

Dark leafy Vegetables – Iron, Folic acid, B6, Vitamin E

Dark leafy vegetables are packed with minerals, antioxidants and vitamins essential to healthy fertility. Examples of dark leafy green vegetables are spinach, Swiss chard, kale, and collards.

Fruit – Vitamin C, Flavanoids, Variety of antioxidants

Fruits are the foods highest in antioxidants per serving. Some of the fruits highest in antioxidants are prunes, pomegranates, raisins, blueberries and strawberries. Remember that antioxidants are heat sensitive so to get their benefit eat your fruit fresh, ripe and raw.

Colorful veggies – B6, Vitamin C

The color of a vegetable will tell you what nutrients and benefits it will provide for your body. For instance vegetables that are red or green in color are high in vitamin C. Vegetables that are orange have high vitamin A. White vegetables tend to have sulfur, etc. The easiest way to get a ton of

nutrients is to eat a wide variety of vegetables. Make sure you are eating a variety of colors daily. The easiest way to do this is to eat either a salad, stir-fry or fresh vegetable juice 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. Fish provides an abundance of essential fatty acids, vitamin D, zinc, b12, selenium and CoQ10. The catch is that most of these nutrients are heat sensitive so remember this while you are preparing these foods. If you are concerned about the water source of your fish, eat fish from cold waters or you can include a purified cod liver oil supplement into your diet. Try to avoid farmed fish as they will not have the high amounts of omega 3 and have been fed antibiotics.

Liver – Vitamin D, Zinc, Selenium, Iron, Folic acid, B12, CoQ10

Liver is one of the most prized and nutrient dense foods available. Across the board liver is very high in vitamin D, zinc, iron, folic acid and B12. For instance just 4oz has over 200% of your daily Folic acid needs. One way that you can make liver tasty is to make pate' with chicken liver and having this with whole grain crackers 1-2x a week. Make sure to use liver from grass-fed/free-range animals only.

Lentils and other beans – Iron, Folic acid

Before I began studying nutrition I had no idea just how radically nutritious lentils and beans are. Lentils are the second highest source of iron of ALL foods and the second highest source of folic acid (just behind calf's liver). Just 1 cup of cooked lentils provides 90% of your daily folic acid needs. And if you get sick of lentils, garbanzo and pinto beans follow close behind. Learn to get creative with your beans. You can use them to make soups, hummus, as a side dish, in stir-fry and in brownies.

Raw or cultured dairy – Vitamin D, B12, Zinc

Raw dairy is basically milk products which have not been pasteurized so they still have their important enzymes and delicate nutrients intact. Also raw dairy comes from cows that are grass/pasture fed and do not receive hormones or antibiotics. I don't have enough space here to go into all the benefits of raw milk and how it is VERY safe to drink, just know that it is a very different food from the milk that is available from grocery stores, even organic milk. I realize that many states do not sell raw milk at the store. If you live in one of those states, you can get raw milk straight from the farmer or you can culture your organic, pasteurized milk you buy from the store to help improve its nutritional profile and digestibility. Milk can be a beneficial food for some on the fertility diet – like those who need an easy source of protein, are underweight and can tolerate milk (I can not tolerate pasteurized milk BUT can drink raw milk with no problem whatsoever). There are some instances where milk should be avoided; instances where there is stagnation in the body like with endometriosis or if you have an allergy to it.

What about grains?

Grains are an area of the Natural Fertility Diet that we suggest you experiment with what works for you. There have been links to infertility in those who have gluten intolerance (celiac disease – you can get tested for this) as well as a possible link to immunological infertility and grains. In some, grains will be a non-issue, but if you have made many changes yet have not seen results, this may be

an area for you to look into. Grains and pseudo-grains that are gluten-free (amaranth, rice, quinoa, buckwheat, millet, etc.) are a great option and tend to be more nutrient dense than the general **grains we are used to eating.**

### **Foods to Avoid**

Sugar, soda & pasteurized juices

Pasteurized juices such as bottled apple juice, orange juice, and other bottled fruit juices contain concentrated sugar, which can throw off your blood sugar levels and negatively effect your immune system and hormonal balance. Also avoid any processed/refined and artificial sugars. Some great alternatives are stevia, honey, and maple syrup.

Caffeine

Studies have shown that caffeine can affect your hormonal balance, increase your chances of a miscarriage and prevent you from ovulating. You can watch this video to learn more...

Soy Foods

Soy foods 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 a negative impact on your hormonal balance. Both men and women are affected by soy.

GMO Foods

Genetically Modified foods are becoming a real problem when it comes to fertility, causing an influx in worldwide infertility rates. Since the 1970's alone, sperm counts among the world's male population have declined as much as 40-50%, according to some studies. GMO foods may be one of the reasons. Click here to learn more about GMO and Fertility...

Fat-Free Foods

Foods which are altered to be reduced in fat or fat-free are highly processed and high in sugar. When choosing foods always chose the foods as nature intended. Full fat dairy is one example that was shown in a study by Harvard to increase fertility over the fat-reduced options. Again, fat is what our bodies need to produce hormones.

### **How to Eat a Natural Fertility Diet**

Below is a daily and weekly food checklist to help you get started. Don't feel overwhelmed. If need be, make one change at a time or do the Fertility Diet Challenge to help you get motivated.

Daily

1 Serving Dark Leafy Green Vegetable

1 Fresh Vegetable Juice (12+ oz) or 2 Servings of Vegetables (think colorful)

1 Serving EFA Rich Food

1-2 Eggs Daily

1 Serving of Nuts

1-3 Servings of Fruits

1 Serving of a Fertility Superfood

Use Coconut Oil or Butter (grass-fed cows) daily

Whole Grains

Water

Weekly

Lentils or Beans 2x a week

Grass-Fed Red Meat/organic chicken 3x a week

Liver or Caviar 1x a week

Example Menu

Waking: 1 quart water

Breakfast: Eggs + Oatmeal w/nuts

Snack: Smoothie w/banana, dates, protein powder, greens powder, maca & milk of choice

Lunch: Veggie & chicken stir-fry w/rice and sesame seeds on top

Snack: Green juice w/celery, spinach, apple, ginger, cucumber

Dinner: Grass-fed Beef Tacos w/lentils & broccoli (veggie version is w/re-fried lentils in taco)

Dessert: Up to you!

Tips and Tricks...

Veggies

A tip for getting a ton of veggies and green leafy veggies into your diet is to juice. By juicing you are able to get an abundant amount of vegetables (more than you could eat) in an easy, fast, and tasty form. If you get in one large green juice per day you are getting your servings of veggies easily taken care of.

## Dark leafy greens

The two best ways to get more dark leafy greens into your diet, especially if you don't like them or eat them yet, is to add them to your smoothies or juice. If you add some spinach or kale to your smoothie you will not even taste it. Another tip is to use butter or coconut oil when cooking dark leafy greens, it makes all the difference in the world. If you have hypothyroidism make sure to only eat your greens steamed.

## Fruit

A favourite way to get servings of fruit in the day is to drink a fertility smoothie. You can toss in your favourite antioxidant rich fruits with some other ingredients and fertility superfoods and you have easily taken care of your fruit, nuts/oils and some protein for the day.

## Nuts

Make a trail mix combining the most important fertility nuts and seeds. You can also add nuts to your smoothies, make nut milks and add nuts to your oatmeal and cookies.

## Eggs

Get creative and add farm fresh eggs to your smoothies, make custards, fritatas, fried rice, omelets, over easy, etc.

## Liver

Find a recipe for pate that you love and enjoy it once a week. You can also sneak liver into pasta sauce and tacos.

## Lentils and beans

Experiment with making hummus with various types of beans, especially lentils. You can also make a lentil sloppy joe, re-fried lentils for tacos. I have also seen beans used in cake and brownie recipes.

## Fertility Superfoods

Superfoods should be a part of every couples fertility diet to help bridge the gap for proper nutrition, nourish the egg and the sperm, and help to balance hormones. An easy way to get fertility superfoods into your diet daily is to drink fertility smoothies.

Here is a rundown of 5 Fertility Superfoods you should know about:

### Maca

Maca is a wonderful superfood from Peru that helps to balance the hormones, increase egg health, increase sperm count and sperm health while also being a tonic for the endocrine system. Maca also

helps increase progesterone if the body is low in this important hormone. Maca comes in capsules, powder and tincture. It can be taken everyday.

### Royal Jelly

Royal jelly is another fertility specific superfood which may help increase egg health, quality of egg, and general fertility. Royal jelly is the food that is fed to the queen bee that makes her the queen bee. She goes on to live 6 years and lays up to 2000 eggs per day. Most bees live less than two months.

Royal Jelly is rich in vitamins, A, B, C, D, and E. It also contains minerals including calcium and iron, all of the essential amino acids plus antibacterial and immune stimulating properties. It comes in capsules or in a base of honey. It can be taken everyday.

### Bee Propolis and Bee Pollen

Bee propolis and bee pollen are two additional fertility super foods from our friend the bee. These foods are rich in nutrients. Bee pollen contains 50% more protein than beef and is rich in every vitamin and mineral. Bee Propolis is a powerful immune system stimulant and inflammation aid. It also helps women who have endometriosis.

Bee propolis and Bee Pollen are available in capsules or in a base of honey. They can be taken everyday.

### Spirulina, Wheat Grass, and Leafy Green Vegetables

FertiliGreens is a Superfood blend that contains a mixture of leafy greens, wheat grass, spirulina, barley grass, and nourishing herbs which helps to supply the body with nutrients, minerals, vitamins, enzymes, and chlorophyll.

FertiliGreens makes it easy to get your greens every day. FertiliGreens is available in powder form and is the best tasting super green food available.

### Easy Fertility Smoothie Recipe

1 banana

1 teaspoon Maca

2 teaspoons FertiliGreens

2 scoops Fertilica Whey protein powder

1 teaspoon Alive Bee Power (contains royal jelly, propolis, & bee pollen)

1c raw milk or juice

Blend and enjoy!

Fertility Diet Q&A

### **How long does it take for the fertility diet to have its effect?**

There is a constant cycle of cells renewing themselves in the body. The fertility diet has an impact on the entire body including digestion, hormonal balance, egg health, menstrual health, and immune system balance. In order for true health and healing to occur it takes some time for the body to shift and make changes. You should feel really good right away after starting the fertility diet. But for true long term effects the fertility diet needs to become a new part of your lifestyle and everyday life.

Can I still get pregnant if I am vegetarian or vegan?

Of course you can. But, if you are having fertility issues you may need to look at possible nutritional deficiencies of fat soluble vitamins as well as b12, iron and zinc which are mostly found in animal product foods. Also, it would be best to not eat processed soy meat substitutes as soy is a controversial anti-fertility food. If you are a vegetarian on the fertility diet make sure to include as many of the items on the check list, especially raw dairy, eggs, coconut oil and dark leafy greens.

### **Can I eat meat on the fertility diet?**

Yes you can. Please make sure that your meat sources are grass-fed, and free of hormones and antibiotics. There are valuable nutrients that are found in clean meats that are necessary for healthy fertility such as zinc, iron, fats, b12 and protein. If you are experiencing endometriosis you may need to experiment with eating less red meats.

### **Is there a different fertility diet for men?**

The way that men should eat in preparation for conception and to increase sperm count is not that different from women, but there are some nutrients that they need more than we do, so make sure to include those foods in their diet. They can also, benefit from the antioxidant rich fruits and vegetables, the hormone balancing properties of fiber and green vegetables.