

THE COMPLETE GUIDE

to Safe Nutrition and Supplements
for Natural Fertility



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to Safe Nutrition and Supplements
for Natural Fertility*

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To purchase supplements and herbs specifically for natural fertility, visit our online store www.NaturalFertilityShop.com .

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Creating Your Pre-Conception Program

After reading this guide you will have all of the information you need to eat and supplement optimally for fertility. Then you will need to start doing it! Begin by reading this entire guide. It often helps to know the importance of doing something in order to have sufficient motivation to follow through and do it. This is especially true when we change what we eat. You will need to buy new ingredients, make new dishes (see the recipe book we gave you), and do this consistently in order to give your body the building blocks for fertility, healthy pregnancy, and optimum fetal development. This guide and the accompanying book of recipes will make it much easier for you to become naturally fertile.



After reading this guide you will create your own pre-conception program. To make it simple, I have outlined a sample pre-conception program that you can use as a guide to create your own plan. We suggest that you and your partner prepare for at least three months prior to starting to try to conceive. This amount of time allows the body to cleanse, renew and rebuild before you become pregnant.

Overview of the Preconception Program

Month One

- **Fertility Cleanse for Women + Fertility Cleanse for Men.** You will receive a separate email from us with guidance on safe cleansing. Open this email and get all the facts, and I will guide you on what a Fertility Cleanse is all about. There is some information in this guide about it too.
- **The Fertility Diet.** Use the guide you're reading now, and use the Fertility Recipe Book.
- **Whole Food Prenatal Multivitamin for Women. Men should take a multivitamin or zinc.** Read the section in this guide about the right supplements for overall health and fertility.

Month Two

- **The Fertility Diet**
- **Prenatal Multivitamin for Women/Men's multi or zinc for men**
- **EFA's**
- **Antioxidant Complex**

Month Three

- **The Fertility Diet**
- **Prenatal Multivitamin for Women/Men's multi or zinc for men EFA's**
- **Antioxidant Complex**

During this time we will do everything we can to help you become naturally fertile and, of course, pregnant. This guide will get you started with the biggest leap forward: what you eat. Be sure to open the emails we send you — this will help you stay mindful of what you need to do to stay on track to become naturally fertile.

The Miracle Ahead of You...



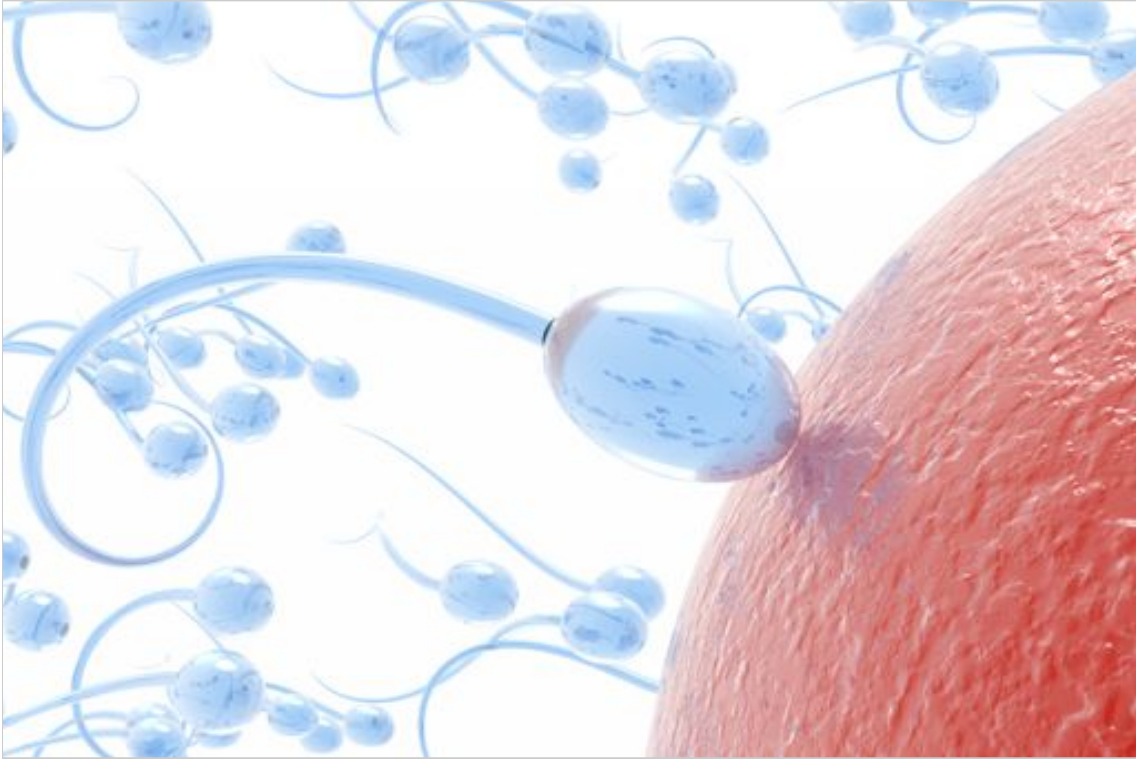
Preparing for conception is one of the most exciting times in a person's life, especially if it's your first time. But it can also be a time filled with anxiety and even heartache if you do not get results. Seeing how fertility is directly related to your health and the health of your partner, you might discover challenges that you did not anticipate. That's when trying to conceive can become a challenge instead of a blissful step into motherhood. But as you make your way through this guide and our other

free resources, you'll discover as many before you discovered, the great majority of fertility issues can be overcome through natural and safe means. By knowing which foods and supplements to use in preparation for conception, you will be able to curtail possible pregnancy issues, nutritional deficiencies and improve your chances of getting pregnant naturally.

Birth Defects and Hormonal Imbalance

When it comes to preparing for conception, the most important area of your life you will want to focus on is going to be nutrition. There are a couple of reasons for this. The first is that there are specific nutrients that are necessary before you become pregnant that can help prevent birth defects. The other is that nutrition plays an important role when it comes to hormonal balance, ovulation and the chances of you having a healthy and uneventful pregnancy. This guide you will show you how to eat nutritious (and tasty!) foods for fertility and pregnancy. You will also learn which foundational supplements are most important in preparation for conception.

The Natural Fertility Diet



What you are about to read are some of THE most important recommendations, education, and advice about boosting your fertility and preparing for conception. Nutrition is the foundation of healthy fertility and a healthy pregnancy. Nutrition can actually make the difference between ovulating or not! And it certainly has an impact on the future development and health of your child. This is a big deal! And I am so very glad you are here reading this right now :-)

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 looks 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. This is going to be fun, easy, and tasty!

What Is a Fertility Diet?

So what exactly is a fertility diet? A natural fertility diet supports 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 balance fertility issues that may exist, build up nutrient stores and provide all of the building blocks for a healthy child.

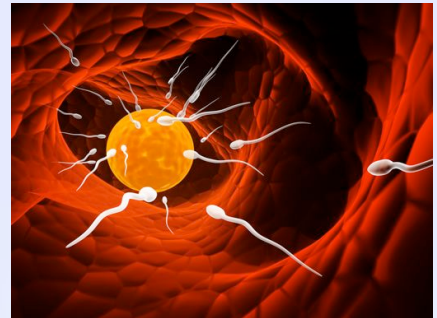
Natural Nutritional Practices for Healing

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.

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.

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 dietary practices which 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.



"Eat your greens," Mom said.

"Yuck," I replied.

"Excuse me?"

I looked up with sincere desperation – you aren't really going to make me eat that are you? It makes me want to vomit!

"Eat those greens right now or there's no desert!"

I caught a whiff rising off the plate, it made me gag. It wasn't worth cake. It wasn't worth ice cream on top of it, even in front of the TV, staying up late, and missing school on Monday. Na, uh.

"I don't want desert."

"Fine, but you still have to eat your greens!"



Now here we are again in our lives where someone is telling us, er – strongly suggesting – that we eat those greens for the good of our health. However, as a fertility nutrition expert, I understand the challenges of getting enough greens. Especially since I suggest that you eat them every day! So how am I going to make this easy, fun, and tasty for you? Perhaps it is the most significant challenge of my career! Ha, I don't think so because when you use the recipes and smoothies I have for you, you'll see for yourself just how yummy and simple it is to get everything you need in your diet to become naturally fertile. First, here's a view of what you'll need to eat every day.

The Fertility Diet Checklist

DAILY

- 1 Serving Dark Leafy Green Vegetable
- 1 Fresh Vegetable Juice (12+ oz) or 2 Servings of Vegetables (think colorful)
- 1 Serving essential fatty acid (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 3x a week
- Liver or Caviar 1x a week
- High Omega 3 Wild Caught Fish 2-3x a week

You see, it's pretty simple. The next step is choosing what actual dishes you'll eat each day. You certainly want to make this as tasty as it can be – and there is every reason it should be since the ingredients in the Natural Fertility Diet can be used to make thousands of appetizing and scrumptious meals.

Warning: You may feel an extraordinary boost in your vitality after just one week on the Natural Fertility Diet. This is normal and to be expected! Enjoy!



Let's look at a typical day in the life of the Natural Fertility Diet.



You wake up, stretch, shuffle into the kitchen and drink water – four cups worth (1 quart). Then make yourself a good breakfast: two eggs however you like them and some oatmeal with nuts. For a mid-morning snack, blend up a smoothie with banana, strawberries, kale (yes, you read that right), maca, yogurt and water. After that you'll be able to take on the world; so watch out. Lunch time, make some organic brown rice. Lately I've been eating short grain brown rice, for many people it's preferable to the long grain. Dice up 3 of your favorite veggies and make them into a stir fry using your favorite recipe or one of the convenient ones

below. Mid-afternoon shake or juice, fire up that blender again with water, celery, spinach, apple, ginger, and cucumber. Dinner – the possibilities are endless. How about some grass-fed beef tacos with broccoli? Or the veggie version with re-fried lentils? Here's another example for a given day:

Breakfast: Oatmeal with coconut oil, raw milk or nut milk and blueberries

Snack: Fertility Smoothie

Lunch: Burrito with beans, yams, kale, rice, avocado, onions and eggs

Snack: Green juice with a handful of raw nuts

Dinner: Brown rice, free-range/organic chicken, broccoli with butter

Breakfast: Big breakfast smoothie with 2 eggs scrambled on the side

Snack: Almond butter and celery with raisins

Lunch: Big avocado and kale salad with salmon

Snack: Pate with whole grain crackers

Dinner: Black bean chili *Dessert:* Up to you!

Breakfast: Egg Frittata (save leftovers for lunch tomorrow)

Snack: Smoothie

Lunch: Organic/free-range Chicken salad with raw almonds and spinach salad

Snack: Fresh Vegetable juice

Dinner: Veggie soup with baked sweet potato and butter

Building a Foundation of Preconception Health With Supplements



Whole Food Prenatal Multivitamin

When preparing for conception it is a good idea to begin to take a whole food prenatal vitamin to make sure you are getting the essential nutrients, regardless of your diet. Many of the nutrients mentioned below will be provided from your fertility diet, but you want to ensure you are getting them all prior to pregnancy, so a prenatal multivitamin is a must. Especially one that contains folic acid, a nutrient that is needed prior to conception to prevent birth defects.

Essential Fatty Acids (EFA)

Omega-3 fatty acids have been shown to help regulate hormones in the body, increase cervical mucus, promote ovulation and improve the overall 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 prevent 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, and chia seed.

Antioxidant Complex

Free radicals roam about our entire system destroying cells. They are caused from pollution, smoking and poisons like cleaners or herbicides but most troubling is that one free radical can create more free radicals every time it destroys a cell. You must wage a constant battle against free radical damage because everything in your body is made of cells and therefore vulnerable to free radical damage. That means the ovum and the sperm are vulnerable as are the reproductive organs and glands that produce reproductive hormones. Antioxidants protect the body from free radicals. Therefore, they are one of the most important components to achieving natural fertility both for men and women.

Free radicals can also alter DNA. The DNA of both partners is the future blueprint for a child. Damaged DNA is known to cause miscarriages or birth defects/developmental problems for the future child. Studies have also shown a connection between oxidative stress caused from free radicals and male infertility. So, it is very important for both parents to be taking an antioxidant complex in the correct amounts leading up to conception.

Supplement Quality Matters (A lot!)

When you are purchasing supplements it is important to make sure they are of the highest quality. There are many companies in the supplement industry that are simply there to make money, and are not highly concerned whether they are selling a high quality product. Consequently, they make sub-standard products which don't produce results. That is why I opened the The Natural Fertility Shop, our online store, which is the companion site to Natural Fertility Info.com. In our shop we stock the highest quality herbs and supplements made with the highest standards attainable - no compromises. We achieve this by hand-picking every single herb and supplement for its high quality manufacturing standard, effectiveness, and safety. We stock only products that have been manufactured according to the Good Manufacturing Practices Guidelines set out and enforced by the US Food and Drug Administration. Wherever possible, the herbs and supplements offered are made from organic whole food ingredients making them the most effective choice for natural fertility and healthy pre-conception.

We are in regular contact and know the manufacturers personally!

FAQ: Do I need a fertility cleanse?

When you are preparing for conception, it is usually a good idea to start out with a cleanse to renew your body, blood, and uterus. Cleansing before conception may be one of the last opportunities you have to rid your body of toxins that could be passed onto your baby in utero. **Caution::** Once pregnant you should not cleanse. Cleansing during pregnancy releases toxins that could harm the baby. Also, it is not recommended to cleanse while breastfeeding.

Why Cleanse?

There are many toxins that can accumulate in the liver, uterus, intestines and fat tissues over the years. Some of these toxins are: mercury, medications, birth control, smoke, pesticides, old menstrual blood, excess hormones, old fecal matter (in the intestines), alcohol, etc...

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

What is the Fertility Cleanse?

The Fertility Cleanse 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 overabundance of estrogen, the liver will be overloaded.

Cleansing the Uterus

In some instances the uterus is not able to empty its entire contents every menstrual cycle. Some imbalances that may show up when this is happening are PMS, cramps during your period, brown blood/dark blood/purple blood during menstruation, blood clotting during menstruation, endometriosis, PCOS, absence of menstruation, long cycles (longer than normal), or bleeding less than 4 days per cycle.

If the uterus is not completely cleansed every cycle, old stagnant blood remains. As you can imagine, this is not the best environment to house a new embryo.

What causes the uterus to not fully release its contents every month?

Some factors may be...low circulation, excess hormones, unhealthy diet, misplaced uterus.

Increasing circulation to the uterus

In order for the uterus to function at its best, it requires 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. For many of our subscribers like you, the Fertility Cleanse is their starting point and has been a part of almost every successful pregnancy using these resources. It is a great jump start for every fertility program. You can receive a savings on the regular price of our Fertility Cleanse Kit by clicking through to [this page](#).

Tips and Tricks...for Ease...for Taste!

Getting enough of the right foods on a daily basis can be overwhelming at first. Here are some ways to make it easy to stay on track:



Veggies & Dark leafy greens

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. Another tip is to use butter or coconut oil when cooking dark leafy greens, it makes all the difference in the world.

Fruit

A favorite way to get servings of fruit in the day is to drink a fertility smoothie. You can toss in your favorite 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. Beans can also be used in cake and brownie recipes – and you never know they are there! :)

The Top 10 Foods For Natural Fertility

The foods in this list were chosen because they are dense with the particular nutrients that bring about natural fertility.

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 and the essentially fatty acid, omega 3, because the animals have eaten their natural diet.

Regular grocery store / factory raised meats are raised quickly by feeding them genetically modified (GMO) corn instead of their natural diet of grass. Consequently, there isn't much nutrition in corn fed animals. And worse, it contains growth hormones and antibiotics which, again, are a means to get the most amount of meat into the grocery stores in order to increase profits. The existence of these hormones and antibiotics in food can impact your hormonal balance and immune system. GMO foods like this have been linked to infertility.



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 have the highest amount of antioxidants per serving. Some of the best are prunes, pomegranates, raisins, blueberries and strawberries. Remember that antioxidants are heat sensitive so to get their benefits you must eat them 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, and there is every reason to be concerned, you can get your fish nutrients from a [purified cod liver oil supplement](#). 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

Yes, I know. I can hear you saying, "Liver!?" Yup. My memories of liver are of my great grandmother sauteing liver on the stove every time I arrived. She was constantly trying to fatten me up with liver and buttermilk. If I only had listened! 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 then spread it on whole grain crackers a couple times 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 radically nutritious lentils second highest source of second highest source of (liver). Just 1 cup of your daily folic acid lentils, garbanzo and The great thing is you can hummus, as a side dish, in a



nutrition I had no idea just how and beans are. Lentils are the iron of ALL foods and the folic acid (just behind calf's cooked lentils provides 90% of needs. And if you get sick of pinto beans follow close behind. use them to make soups, stir-fry and even 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 perfectly 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 cannot 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 is 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 - 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, then take a look at the grains you eat. 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. [Click here to learn more about soy and fertility.](#)

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, sperm counts among the world's male population have declined as much as 40%. 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 made them. 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.

Foods to Avoid That Are Almost Always 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 Brands of these Foods are Made with Partially Hydrogenated Oils

(Check the list of ingredients!)

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

Macronutrient Facts You Should Know

In addition to the micro-nutrients, macro-nutrients are important as well. 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. During pre-conception you will want to ensure you are regularly getting enough protein (amino acids) so that when you conceive you are on track to give the fetus what it needs to grow. Be sure to get your protein from a wide variety of sources from both 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 sources of vegetable protein:

- ➔ Lentils (1 cup has 18gm)
- ➔ Most beans (1 cup has 13-15gm)
- ➔ Quinoa (1 cup has 9gm)
- ➔ Nuts (1 cup has 6-9gm)
- ➔ Green vegetables (1 cup has 4 gm)

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

Best sources of fiber:

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

Fats – You may need to set aside what you think about foods that contain fat. Ignoring the importance of consuming a wide variety of fats will have a negative effect on 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. Where fat is concerned, you just need to 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 heat.

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. You will be receiving all of these nutrients if you are using Baby and Me Prenatal, Omega 3 and Antioxidant Complex (men take zinc or men's multi with Omega 3 and Antioxidant Complex)

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 having energy to function, CoQ10 has also been shown in studies to increase sperm motility in semen. It is also an important antioxidant that helps to protect cells from free radical damage. This may impact egg health as well.

Food sources: Found in seafood and organ meats. 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.

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.

Phew!

All right, so now you have a PhD. in nutrition, supplements and herbs!

It's not my intention to overwhelm you with all this information, but naturally there are many who want the nitty-gritty on what to eat and why. Nonetheless, becoming naturally fertile is very straight forward.

Three Steps to Natural Fertility

1. Cleanse. To learn more about Fertility Cleansing, [click here](#).

2. Eat the Natural Fertility Diet. (See the checklist on page 7).

Get started by downloading our FREE Recipe Book:
**The Ultimate Breakfasts, Smoothies, Lunches and Dinners
to Become Naturally Fertile!**

[Click here](#) to get it now if you didn't receive it already.

3. Start taking an organic, whole-food multi-vitamin, EFA, and anti-oxidant.

Best wishes,



Hethir Rodriguez

Hethir Rodriguez

P.S. If you have any questions, please [click here](#).

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