

6 Foods with Big Fertility Benefits

By: Sarah Abernathy, C.H.

References:

1. Fertility Boosting Foods. (2016). Retrieved from:
<http://www.healthywomen.org/content/article/fertility-boosting-foods?page=2>
2. Chavarro JE, Rich-Edwards JW, Rosner B, Willet WC. (2007, May). A prospective study of dairy foods intake and anovulatory infertility. *Human Reproduction*. May;22(5):1340-7. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/17329264>
3. Hope, Jenny. (2012, July). Avocado Diet Triples Chance for Success For Couples Undergoing IVF. Daily Mail.com Retrieved from:
<http://www.dailymail.co.uk/health/article-2168494/Avocado-diet-triples-chance-success-couples-undergoing-IVF.html>
4. Omega-3 Content of Frequently Consumed Seafood Products. (2016). Retrieved from:
<http://www.seafoodhealthfacts.org/seafood-nutrition/healthcare-professionals/omega-3-content-frequently-consumed-seafood-products>
5. Legatt, Monica (2016). Optimize Your Fertility With Wild Salmon. Retrieved from:
<http://blog.seattleacupuncture.com/wild-salmon-for-fertility>
6. Tan QH, An CX, Xiao Y, Liao ZM. (2012). Protective effect of *Lycium bar-barum* polysaccharides against heat stress-induced germ cell apoptosis in rats and its mechanism. *Zhonghua Nan Ke Xue*. 2012;18(1):88–92. Chinese. Retrieved from:
<http://www.ncbi.nlm.nih.gov/pubmed/22295856>
7. Lehtonen HM, Suomela JP, Tahvonen R, Vaarno J, Venojärvi M, Viikari J, Kallio H. (2010, March). Berry meals and risk factors associated with metabolic syndrome. *Eur J Clin Nutr*. 2010 Jun;64(6):614-21. Retrieved from: <http://www.ncbi.nlm.nih.gov/pubmed/20197789>
8. The Land of Twins. (2001, June). BBC World Service. Retrieved from:
http://www.bbc.co.uk/worldservice/people/highlights/010607_twins.shtml
9. Frequently Asked Questions: Basic Sea Vegetable Information. (2016). Retrieved from:
http://www.seaveg.com/shop/index.php?main_page=page&id=8&chapter=1