

# EATING FOR FERTILITY!

CREATING A FERTILE BODY  
THROUGH THE RIGHT NUTRITION!



**MUMMY'S FERTILITY**  
HELPING WOMEN BECOME MOTHERS

# TABLE OF CONTENT

Content	1
Introduction	2-3
<b>MACRONUTRIENTS</b>	4-5
Protien, Fiber Rich Sources	4
Fats	5
<b>MICRONUTRIENTS</b>	6-12
Vitamin D, E	6
C <sub>o</sub> Q <sub>10</sub> , Vitamin C	7
Lipoic Acid, Vitamin B6	8
Vitamin B12	9
Folic Acid	10
Iron, Selenium	11
Zinc	12
<b>THE LOGIC OF NUTRITIONAL PRACTICE &amp; NATURAL HEALING</b>	13
<b>RECOMMENDED DIET</b>	14-18
Nuts and Seeds	14
Eggs, Grass Fed Meat	15
Fruits, Dark Leafy Vegetables, Colorful Veggies	16
Raw or Cultured Dairy, Liver	17
Fish & Shell fish, Lentils and all Beans	18
<b>CHECKLIST FOR FOOD TO CONSUME DAILY</b>	19
<b>CHECKLIST FOR FOOD TO CONSUME WEEKLY</b>	19
<b>FOOD TO AVOID</b>	20-24
Flavoured Bottled or Canned Drink	20
Fat- Free Food, Caffine	21
Genetically Modified Food	22
Trans Fat	23
Soy Food	24

# CONTENT

Welcome to Eating for Fertility, a nutritional guide to help you improve your fertility. As part of the Fertile Body Model™, this guidebook will help you have a better understanding of your nutritional intake so you can modify your daily food choices to create a more fertile environment in your body. Proper nutrition is a major contributing factor for ovulation in women, and so the knowledge of choosing the right fertility diet acts as an important trigger in your fertility process.

This properly tailored nutritional education on getting fertile not only help in ovulation but also towards having a positive fertilization. What you will learn in this guide is a valuable lesson in modifying one aspect in your life towards a more fertile body. I hope this nutritional guidebook will give you a good head start to improving fertility, in conjunction with all the other information and services we have offered you to help you achieve your dream of motherhood.!

WITH LOVE & LIGHT, !

SALWA SALIM!

Women's Reproductive Health Expert

# INTRODUCTION

## What Exactly is a Fertility Diet? ! How is it Different From A Normal Diet?

A normal healthy diet does not necessarily mean it is adequate for all women to have all the exact components to make it a fertility diet. A healthy diet to improve fertility, in reality, is much more specific than just a healthy diet. A fertility diet is a diet plan designed to prepare your body to be in a state to conceive, and also support your body once you start to conceive.

This diet prepares your body to build up nutrients store with the provision of all necessary building blocks for pregnancy. By having an optimal fertility diet, your body will then be able to rule out the possible existing fertility issues that is related to nutrition and ensure regular hormonal functions, the health of eggs, organ functions and any blood-related issue. This diet utilizes foods which are dense in specific nutrients needed to fulfill all the purposes mentioned above. Let's start by understanding the basics of food sciences.!



# INTRODCUTION

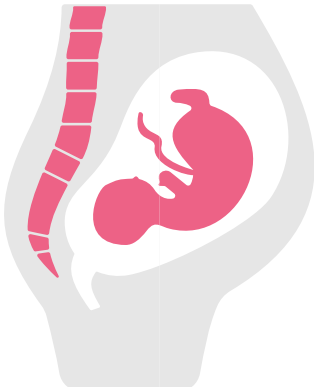
## THE SCIENCE BEHIND THE DIET!

All nutritional data present in this guidebook is based on the collection of scientific research, nutritional data and recommendations from nutritionists as taken from the dietary practice of successful fertile people in history.

Harvard Study by Professor Willett!

*Walter Willett., and Patrick Skerrett. Fertility Diet, The. 1st ed. McGraw-Hill Publishing, 2008.*

Summary: With a simple lifestyle change by modifying diet to a fertility diet, a recent study showed that there is a successful rate of reducing infertility for up to 80% in women. Data showing that women with highest fertility score take less sugar from carbohydrates and trans fats, consume more vegetable protein as opposed to protein rom animals source, and have a high intake of fiber-rich food, iron, and multivitamins. They have a more active lifestyle by spending more hours exercising a day, and despite consuming a highfat dairy food compared to low fat or non- dairy food, they have a surprisingly lower Body Mass Index (BMI). The results of fertility diet scores high as increasing fertility were obvious in all ages, past pregnancy history and different subgroups of women around the world.



# MACRONUTRIENTS

## What Are They & How They Affect Your Fertility Diet

### Protein!

The basic building blocks for your cells and growth of fetus is amino acid. Proteins are made up of a long chain of amino acids. This means that while preparing for conception, it is important that you are getting adequate amounts of protein in order to provide sufficient amounts for your fetus to grow. It is best to consume proteins from different sources of plants and animals in your daily diet.



### Fiber Rich Sources

Although the main function known for high fiber diet is to the digestive tract, it also aids in removing excess amounts of xenohormones. Xenohormones are also called xeno-estrogen, they are a chemical class of compounds that mimic the estrogen in the body. They are also found in plastics.



# MACRONUTRIENTS

## Fats

It is essential to have a sufficient amount of saturated cholesterol such as EFAs in your daily diet intake. The suggested fats you should consume daily should account for 20% of your total daily required calories. The correct proportion of fatty food is important as it serves as a precursor for your hormones and controls the amounts of progesterone. It is best to choose the good fatty food such as coconut oil, grass-fed meats, fish, nuts and seeds instead of hydrogenated oils and vegetable oils cooked at high heat.



# MICRONUTRIENTS

## Vitamin D:

It is an antioxidant that works like a shield against free radicals, saves you from miscarriages, birth defects of babies and chromosomal damage.

**Sources:** Eggs, fatty fish, dairy, cod liver oil and vitamin D from exposure to the sun, etc.



## Vitamin E:

The scientific name of this vitamin is “Tocopherol” means bearing young. Egg DNA integrity protection is done through vitamin E.

**Sources:** Sunflower seeds, almonds, olives, spinach, papaya, dark leafy greens, etc.!





## MICRONUTRIENTS

### C<sub>o</sub>Q<sub>10</sub>:

This particular nutrient in the body naturally declines with aging, and it affects the egg's health, cells functioning, and energy. It acts as antioxidants to save cells from free radicals damage.

**Sources:** Seafood and organ meat.



### Vitamin C:

According to research on fertility and sterility, Vitamin C can increase the fertility in women by improving hormone levels which affect luteal phase defect and reduce the chances of miscarriages.

**Sources:** Plants and fruits such as red peppers, broccoli, cranberries, cabbage, potatoes, tomatoes, citrus fruits, etc.!



## MICRONUTRIENTS

### Lipoic acid:

Lipoic acid is found in traces in some food. This acid as an antioxidant helps to protect female reproductive organs !

**Sources:** Potatoes, spinach, red meat, etc.!



### Vitamin B6:

It relieves signs of morning sickness and luteal phase defect, regulates hormones, blood sugar levels and eliminates PMS.

**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, etc!



## MICRONUTRIENTS

### Vitamin B12:

This Vitamin is essential for women in boosting of the endometrium lining during egg fertilization, lower risk of miscarriages. It is also beneficial in decreasing irregular ovulation where studies showed that the lack of this Vitamin might not only cause an irregular ovulation cycle but in severe cases may stop ovulation totally.

**Sources:** Clams, oysters, muscles, liver, caviar (fish eggs), fish, crab, lobster, beef, lamb, cheese, egg, etc.!



# MICRONUTRIENTS

## Folic Acid:

Folic acid is a crucial supplement during pregnancy phase requiring a daily dose. Neural tube defects, congenital heart defects, cleft lips, limb defects, and urinary tract anomalies are amongst the diseases that folic acid can prevent. The deficiency in this supplement is most commonly seen in women in developing countries. Developing fetuses need them before, during and after reproduction. It is the most important ingredient of diet and supplement lists required for fertility. Folic deficient women are most prone to preterm delivery, infant low birth weight, fetal growth retardation, and increase in the homocysteine level in the blood, which can lead to a sudden abortion or other pregnancy complications, such as placental abruption and preeclampsia.

**Sources:** Liver, lentils, pinto beans, garbanzo beans, black beans, navy beans, asparagus, spinach, kidney beans, collard greens, etc.



## MICRONUTRIENTS

### Iron:

According to research studies, lack of ovulation called anovulation, poor egg health and 60% reduction in pregnancy is due to low storage of iron in the body.

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



### Selenium:

It is an antioxidant that works like a shield against free radicals to eggs and prevents miscarriages, birth defects of babies and chromosomal damage.

**Sources:** Liver, snapper, cod, halibut, tuna, salmon, sardines, shrimp, crimini, mushrooms, turkey, etc



# MICRONUTRIENTS

## Zinc:

Zinc is responsible for 300 types of different enzymes to work efficiently within your body. Without it, your body cells will not divide, and levels of estrogens and progesterone in the reproductive system will be affected.

The Centers for Disease Control's Assisted Reproductive Technology Report verified that early pregnancy miscarriages are due to low levels of zinc in blood.

**Sources:** Calf liver, oysters, beef, lamb, venison, sesame seeds, pumpkin seeds, yogurt, turkey, green peas, shrimp, etc.



# THE LOGIC OF NUTRITIONAL PRACTICE & NATURAL HEALING

A human body is able to repair and rebuild itself if it has the complete daily nourishment and does not contain any harmful artificial foods. New cells are essential building blocks which come directly from your food. As a rule, the cells in the body are constantly replacing old cells all over your body in organs, tissues, muscles, etc. Therefore for this degeneration-regeneration process to work properly, you require a healthy nutritional content in your food choices.

A fertility diet is designed to heal your reproductive cells and overall systems in order to create a healthy naturally fertile body. You are recommended to choose food that is least processed, organic, no artificial coloring, flavoring, preservatives, etc. as quality wholesome has a high nutritional content and is directly related to fertility. And now that you understood all the different components of macronutrients and macronutrients, why you need it and where you can find it, the next section will give you an example of a how a fertile diet looks like.



# RECOMMENDED DIET

## 10 Best Fertility Diet Food

### Nuts and Seeds

Omega 3, Zinc, Vitamin E, Protein

They are best to chew in their raw form because heat and roasting may destroy their nutritive values. Below is a summary of the amounts of packed nutritional density in those nuts.!

#### 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 vitamin E are:

Sunflower Seeds-1/4cup = 18.10mg  
Almonds - 1/4cup = 8.97mg

#### The best seeds and nuts for zinc are:

Pumpkin - 1/4cup = 2.7mg  
Sesame - 1/4cup = 2.8mg

#### The best seeds and nuts for iron are:

Pumpkin seeds -1/4cup=5.16mg  
Sesame seeds -1/4cup= 5.24mg





## RECOMMENDED DIET

### Eggs:

Vitamin D, B12, Protein

Eggs from farmer's markets or health food store with deep orange-yellow yolks are the best to eat. Quality expensive eggs are worth buying because they are much cleaner than general factory and stores egg.



### Grass Fed Meat:

Omega 3, Iron, B12, and Protein

Grass fed meat has lower fats content as these animals feed on fresh grass pasture and not corn. Grass fed animals packs a much higher nutrition in their meat as compared to animals that feed on genetically modified corn. It is important for the meat to contain a high level of Omega - 3 and essential fatty acid as they are easily lost in the process of cooking. Grass fed animals has fewer growth hormones and antibiotics injected into them, as these items found in their meat and can be harmful to your fertility when consumed.



## RECOMMENDED DIET

### **Fruits:**

Vitamin C, Flavanoids, Variety of antioxidants.

It is best especially to have a serving of these fruits: prunes, pomegranates, raisins, blueberries and strawberries in your daily diet plan. These fruits are heat sensitive so to get the most benefits out of it; it is best to eat it fresh and ripe and raw.

### **Dark leafy vegetables**

Iron, Folic acid, B6, Vitamin E

### **Colorful veggies**

B6, Vitamin C

Vegetable groups that are red or green in color have high levels of vitamin C in them; oranges are good for the higher amount of vitamin A which improves vision also. White colored veggies is a good source of sulfur, and many of the dark colored leafy vegetables contain high levels folic acid, B6, Vitamin E. To prevent loss of these nutrients from cooking, it is best to eat them raw in salads or made into shakes or beverages.



## RECOMMENDED DIET

### Raw or cultured dairy:

Vitamin D, B12, Zinc

Unpasteurized organic dairy products that come from grass-fed animals are the best option for consumption. This is because they are free from direct hormones and antibiotics that may be harmful to your fertility.



### Liver:

Vitamin D, Zinc, Selenium, Iron, Folic acid, B12, C<sub>o</sub>Q<sub>10</sub>

The liver is the main ingredient you need to get ready for conception. A fertility diet is complete with this as it makes up your daily folic acid need up to 200% more than when taking in more amount of just 100gm. Best to pick free- range chicken or grass fed source.!



## RECOMMENDED DIET

### **Fish & Shell fish:**

Vitamin D, Omega 3, Zinc, Selenium, B12, C<sub>o</sub>Q<sub>10</sub>

The best of fertility diet is consuming fish, shellfish like clams and mussels. Fish is dense with nutrients required for improving fertility. Like many food sources, fishes are no doubt heat sensitive and should not be cooked for long. Skip farmed fed fishes as they are low in EFA and contains antibiotics.!



### **Lentils and all beans:**

Iron, Folic Acid:

Lentils and beans have the highest content of folic acid, as much as in a calf's liver where 90% of the necessary folic acid intake can be met with only 1 cup serving of any lentils and beans.



## CHECKLIST FOR FOOD TO CONSUME DAILY

- 1 portion dark green leafy vegetable!
- 2 portions of colorful vegetables!
- 1- 3 portions of fruits!
- 1 portion of food rich in essential fatty acid (EFA)!
- 1 - 2 eggs!
- 1 portion of nuts!
- 1 portion of whole grains!
- 1 portion of fertility super food such as coconut oil

## CHECKLIST FOR FOOD TO CONSUME WEEKLY

- 2-3 portion of high Omega-3 wild caught fish!
- 1 portion of liver or caviar!
- 3 portion of grass-fed red Meat!
- 2-3 cups of beans or lentils



# FOOD TO AVOID

## 6 Food Groups To Avoid

### Flavoured Bottled or Canned Drink!

Carbonated drinks like colas and sodas, flavored non-carbonated drinks, and even the supposed healthier choice of juices have such a high content of concentrated sugar which are artificially processed, or refined sugar must be avoided at all cost. Drinks that have no artificial coloring/ flavoring and sugar are the best choice of drinks to choose from. If you need a sweetener in your drink, opt for the healthier alternative choice of maple syrup or honey. You can see a marked improvement in your immunity level, hormonal balance and blood sugar that directly affect your fertility just by avoiding such drinks.!



# FOOD TO AVOID

## 6 Food Groups To Avoid

### Fat - Free Foods:

Our body needs a healthy amount of fat to produce hormones. It is better to go for full-fat dairy products than fat reduced foods. Natural fat foods should be part your daily requirements of diet and having a controlled amount of its intake daily is recommended instead of having a fully fat reduced yet with a high sugar food in large amounts. Though the bad ones are easy to eat and palatable, but it has a negative response to the body. It is best to choose food from natural sources.

### Caffine:

A study has found that the risk of infertility was 55% higher for women drinking just 1 cup of coffee per day, 100% higher for women drinking 1.5-3 cups per day and 176% higher for more than 3 cups per day. Another study found that caffeine intake slowed the rate of conception in women and there is evidence that coffee drinking in women increases miscarriage rates and has a negative effect on fetus growth during pregnancy. Miscarriages, ovulation and hormonal issues are the results of high caffeine foods intake.!

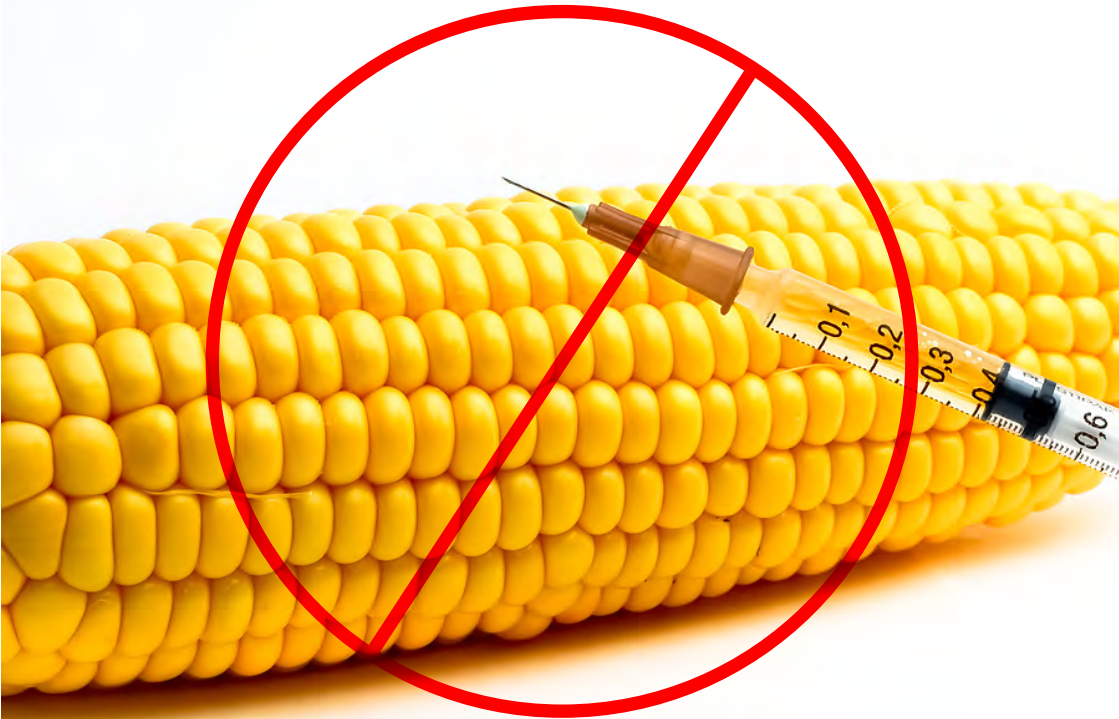


# FOOD TO AVOID

## 6 Food Groups To Avoid

### Genetically Modified Foods:

Besides all the known facts of the negative implications of genetically modified food has on our body, it is also said to be the main cause for increased infertility rate around the world. Many research done around the world has shown how GMO products have adverse effects on health. With regards to fertility, it was speculated that there had been a reduction of up to 40% of the sperm count in male in the past 30 years, due to GMO product. The effect is so drastic that EU has even banned the use of all GMO products all over Europe and other countries are slowly following through.





# FOOD TO AVOID

## 6 Food Groups To Avoid

### Trans Fat:

Trans fats are either monounsaturated or polyunsaturated fats that have been altered by partial hydrogenation to become solid. It is an unnatural food source that acts as natural fats but takes a longer time to breakdown and clogs up the body which interferes with normal cellular function in the body. It is widely used because of the lower cost of production, longer shelf life, tasty, and because it has a high melting point (good for baking).!

It is commonly found in these food products: Breakfast cereals, Corn chips, Potato chips, frozen pizzas, frozen burritos, low-fat ice creams, cup noodles, bread and pasta mixes, sauce mixes, cake mixes, biscuits, pancakes, frostings and microwave popcorn amongst some.!



# FOOD TO AVOID

## 6 Food Groups To Avoid

### Soy Food:

Excessively processed soy food may have an adverse effect on your estrogen level. It should not be a protein substitute or milk substitute. Substituting your food to soy milk, soy burgers, soy protein powder, soy chips, soy meats, and soy cheese, etc. have a negative impact on your normal body hormone levels.

