

# Taking Charge Of Your Fertility III: What To Eat

Perhaps you are considering starting a family soon or even a bit down the road. Have you considered that what you eat today plays an important role in supporting or reducing your fertility? Read on and learn how.

Because fertility is a key indicator of health and vitality, it is my mission to make reliable, practical methods accessible to all. Fertility and vitality go hand in hand and to create a viable strong baby, parents must first have a high vitality. This can be seen in the state(s) of one's skin, eyes, hair, teeth, quality of sleep, and family health history.

There are specific symptoms in these areas that indicate if inflammation is present and if it has been for long enough to reduce vitality, creating (as it is known among holistic practitioners) a state of acidosis. Individuals with low vitality tend to have an acidic pH and their symptoms can not improve until that state is shifted.

Easily identifiable examples of acidosis include acne, dry dull hair or hair that sheds easily, receding hairlines or balding in men before the age of 40, dental issues or tendency for cold/ canker sores in the mouth, and more. While allopathic medicine offers a path to fertility that ignores these symptoms and achieves pregnancy, with the 50% success rate of IVF, the new developing life is dependent on a physical body that has less than optimal vitality. What occurs next can be a pregnancy riddled with unpleasant symptoms, early delivery, c-section births, and infants with lowered immune systems leading to early infections and poor health from the start of life. This entire cycle can be broken by addressing the vitality of parents BEFORE conception, thus

improving fertility and the quality of life they are creating.

Eating an alkalizing diet is simple, attainable, and won't cost a bit more money than what you are eating already.

### **Morning Meal**

It all begins in the morning with a breakfast of raw fruits and/or veggies on an empty stomach. This meal promotes an alkaline state from the start of the day, lymphatic cleaning, quick digestion, and optimal morning elimination. Continue eating raw fruit and/or veggies as far into the morning as you can.

### **Mid-Morning & Mid-Afternoon Snacks**

These snacks can include such foods as whole raw fruits and veggies, fresh pressed juices/ smoothies, dried fruits, raw bars, guacamole or hummus with raw vegetables, almond or cashew butter with apples, and nuts or seeds.

### **Mid-Day Meal**

Your lunch time meal will be any combination of vegetables and gluten free grains. This can be a salad, stir fry, curry, or Buddha bowl. Gluten free grain includes rice, quinoa, millet, buckwheat, and corn. These two foods digest well together and more quickly than protein, preventing that afternoon dip in energy.

### **Evening Meal**

The evening meal is any combination of vegetables and protein (plant or animal). Always begin the meal with a raw vegetable or fruit salad to aid digestion and increase your daily intake of plants. Watch your proportion ratios on veggies-to-protein keeping the protein to 30% or less of your meal. Note that proteins are placed at the end of the day as the digestion rate is the slowest of all foods, causing a drop in energy which is already natural in the evening. An alkalizing diet in combination with Gemmotherapy extracts is the perfect formula to improve vitality and fertility by restoring a healthy pH

level!

Important to note is that Gemmotherapy protocols will clean, fortify, and restore rather than pushing weak organ systems to perform. Due to this unique action, fertility is addressed at its root. In this series, I will go into further detail on these protocols and how they benefit all wishing to improve their fertility.

New to Gemmotherapy? Check out my Beginners Guide. If you would like to learn how to begin Restoring your own Immunity with Gemmotherapy, consider ordering my latest book. Would you like a more personalized approach? Contact one of my advanced interns for a consultation.