

# Natural remedies to boost fertility!



1) Try to improve your diet!

- **Eat at regular times** and chew food thoroughly!



- **Increase Warming and nourishing food!!**

Such food are:

plant that grow slowly (root vegetables-carrots, parsnip, cabbage, pumpkin, ginseng);  
cooked food, red-orange-yellow colour plants (except tomatoes);  
wholegrain and seafood;

- **Reduce "Chilling" food** (especially in cold months) - as they create cold in the uterus and ovaries, making the blood sluggish

Such food are: plant that grow quickly (cucumber, lettuce, tomato, avocado); tropical fruit; chemically fertilised; raw food; food eaten too cold; dairy (hard-affect internal organ as womb/ ovaries/fall tube - soft cheese affect external organ as vagina); sugar(cause initial heat, then coldness); excess salt; Blue-green-purple color plants

- **Never drink COLD liquids** during meals as it may inhibit the fire of digestion - warm liquid can be consumed in moderation

- Add food to dissolve congestion in order to improve blood and lymph flow and expel waste in pelvic viscera

Such food are: daikon, ginger, shiitake mushroom, horseradish, mustard, pickles, garlic

- *Avoid excess hot spicy* as it may injure the reproductive balance

- Use only 100% organic **Supplements** (i.e DoTerra Women Health Kit or Daily Vitality) to balance the lack of nutrients in the food we eat nowadays and improve hormonal balance (get in touch if you would like a free consultation and I will give some suggestions)



2) Introduce **Regular Exercise to FEEL GOOD!** not out of frustration:



- Avoid strenuous exercise (especially during the cycle). Excessive exercising can interfere with ovulation and can even stop periods for a while.
- Try exercises such as Qi Kong, Tai Chi, Pelvic floor tilts, Core stability, Hip rotation, Do-IN, Squatting

- Moderate exercise can help regulate oestrogen levels and help with oestrogen dominant conditions such as Endometriosis, PCOS

*Squats* are particularly great to bring energy into the pelvic region and move any stagnation (constipation/cystitis/thrush/menstrual disorder)



3) Use **Body Scrubs** to invigorate the blood! You can also make your own so you will be sure there are no chemicals in it! Click [here](#) for the recipe :)



4) Try to have a regular sleep pattern (to restore and nurture your vital energy) and **sleep in Darkness** (as light can affect the hormonal balance)



5) Don't have intercourse when fatigued or during cycle

6) Try **Affirmations** and **Meditation** to dissolve anxiety and stress

7) Have **ME Time!!** (spiritual and physical)



8) **Wear natural fibres** and loose clothing (to avoid static electricity)

9) **Sit on a stool** rather than a sofa - to improve the energy flow in the pelvic region while avoiding to rest in a collapsed position

10) **Expose to sunlight** as it encourages regular ovulation by increasing oestrogen levels

11) **Know your medication** (\*check the “Medication and Fertility” article I posted on my fertility-natural solutions page for more info about)  
- some medication affect your cycle and may reduce your chances of getting pregnant

12) **Take care of you LIVER** (\*check the “Liver Health and Fertility” article I posted on my fertility-natural solutions page for more info about)

13) **Boost your metabolism naturally** (\*check my fertility-natural solutions page for more info about)

14) **BE AWARE** that:

- **Smoking** can decrease your ovulation chances by 10% and may bring menopause earlier.

- Tobacco and **coffee** deplete your body of essential minerals and make it harder for the body to nurture the embryo, increasing the risk of miscarriage.

- One drink of **alcohol** per day may reduce the chances of conceiving by 50% and may delay ovulation! It affects Blood sugars levels and the elimination of toxins and old hormones. Alcohol is like a super toxin as it blocks the absorption of vitamins, nutrients and fatty acids, all so necessary for your reproductive health!

- **Recreational drugs** such as marijuana may disrupt ovulation and make the sperm hanging around, rather than swimming towards the egg.



15) **Switch off your phones at night!**

Try to limit EMF (electro magnetic frequency)!!! Nowadays it's harder and harder to avoid these as we are literally surrounded by EMF, but it is important to be aware of their effect on our health.

EMF affect DNA/RNA and may turn cells into cancer cells.

Research found that electromagnetic radiation from phones being kept in a man's trouser pocket or on a belt as well as working with a laptop resting directly on their legs can *lead to up to a 30% reduction in sperm* being produced as well as causing many sperm to swim abnormally.

