

Fertility Naturally ~ Nutrition

Daily Recommended Dietary Intake

- 1 Serving (2oz or 60 grams) of protein at each meal
 - This can include dairy
- 2 Servings (1 cup) of fruit a day
- 8 Servings (1 cup) of vegetables a day
- 1-2 Servings (1 cup) of whole grains a day
- 8 – 10 Glasses of water

Example Day

- Breakfast: 2 eggs, 1 sliced tomato, 1 cup strawberries, 8 oz milk or water
 - Lunch: 30 grams of diced chicken, 2 cups romaine lettuce, ¼ cup chopped bell peppers, ½ avocado, ¼ cup cucumber, water
 - Snack: 50 grams (15) almonds, 1 cup berries, water
- Dinner: 60 grams meat of your choice, ½ cup sautéed onions, ½ cup sautéed mushrooms, 1 cup creamed broccoli soup, 1 cup brown rice, water

Nutrition and Female Fertility - Supplementation

- For at least four months prior to conception, it is recommended to begin prenatal supplementation of essential vitamins and minerals.
- Supplementation should continue throughout pregnancy and breast-feeding.
- Nutrition and Female Fertility – Recommended Book: *Healthy Parents, Better Babies* by Naish and Roberts.

Basic Supplementation Protocol for Pre-conception through nursing

- High quality multivitamin/mineral
 - Purchase from Naturopathic Doctor or Health food store
 - Prescription prenatals have artificial colors along with other artificial ingredients that are harmful
- 2 grams Cod Liver Oil Capsules
- Probiotics (prevent miscarriages)
- 1000 mcg folic acid above what is in prenatal vitamin
- 1000 mg Calcium / 500 mg Magnesium
- Consider a whole food supplement such as powdered greens to provide concentrated antioxidants and phyto-nutrients.



Fertility Naturally ~ Maya Abdominal Massage

“If a woman’s uterus is out of balance, so is she.” - Don Elijo Panti, the great Maya Shaman of Belize

Normally the uterus leans slightly over the bladder in the center of the pelvis, about one and a half inches above the pubic bone. However, many women today have a displaced uterus which can cause fertility problems as well as painful periods, PMS, varicose veins in the legs, frequent vaginal or urinary tract infections, chronic miscarriages, painful intercourse and a variety of other physical and emotional symptoms. The causes for uterine displacement are numerous and include injury to the sacrum or tailbone, high impact exercise, heavy lifting, overstretched pelvic ligaments, abdominal surgery, and chronic muscle spasms in the low back.

Modern medicine has little to offer women with this problem, but these symptoms can be addressed and relieved by the simple and non-invasive massage techniques of Maya Abdominal Massage. When reproductive organs (or any organs in the pelvis or abdomen) mildly shift, they can constrict normal blood flow, reduce natural detoxification, and disrupt nerve connections throughout the area. Just a few extra ounces sitting on blood and lymph vessels can cause major imbalances in the nervous, hormonal and circulatory systems throughout the body! When the organs are extremely out of place, they can decrease ovarian function, block fallopian tubes, cause fibroids and make the journey of sperm to the egg impassable.

By using massage to shift the uterus and other pelvic and abdominal organs back into place, it increases the flow of blood and lymph to the area, flushes toxins and natural wastes that accumulate in the body, and delivers fresh oxygen and nutrients to tone the tissues and balance the hormones. Maya Abdominal Massage restores homeostasis to the reproductive and digestive systems and promotes health throughout the entire body!



Maya Moons Massage
Honoring the Healing Cycles of Nature

Fertility Naturally ~ Homeopathy

Two Components of Homeopathy

- Disease of lifestyle
- Dynamic disease

Dynamic Disease

- Symptoms that remain despite healthy lifestyle
- This is what “medicines” should target and this is where they excel
- This is where we use a homeopathic medicine

What is Homeopathy?

Homeopathy is a system of medicine that is based on the Law of Similars.

The truth of this law has been verified experimentally and clinically for the last 200 years.

Law of Nature

- Based off a physics law of nature
- Positively charged particles repel positively charged particles
- Like charges repel

Like charges repel

It is this principle, law of nature, that provides explanation to how and why a homeopathic medicine is effective.

What are Homeopathic Medicines?

Homeopathic Medicines

- Diluted down into very small amounts
- This makes homeopathic medicines very safe to take

Safety of Homeopathic Medicines

- When properly administered they are safe for everyone including pregnant woman, infants, children, adults and elderly.
- There are no known or suspected drug interactions between homeopathic medicines and conventional medicines.

Fertility Naturally ~ Stress

We know that stress can affect our health negatively in many ways. Stress has been linked to heart disease, ulcers, frequent coughs and colds, insomnia, asthma, menstrual difficulties and even cancer, to name a few. 8 of the top 10 prescriptions and 75% of all doctor visits in the United States are for stress related conditions. Because of this the medical community has begun researching the connection between stress and fertility problems.

Researchers have found that chronic stress can decrease the blood flow to the uterus and ovaries, decreasing their health and overall functioning. Stress hormones, called catecholamines, interfere with the communication between the ovaries and the hypothalamus which can lead to failure to ovulate and disrupt the maturation cycle of eggs. Stress can also decrease the proteins in the uterine lining that aid in implantation and cause spasms in the fallopian tubes that can prevent fertilization and implantation.

Some of the top ways to end the cycle of chronic stress in your life are to get adequate amounts of sleep whenever possible, avoid caffeine and other stimulants in your diet, get support from your social network, talk to your friends and your partner about your feelings, get regular massage, pay attention to your breath, practice compassion towards yourself, meditate regularly, and laugh! Although laughter is the last thing that you want to do when you are stressed, it is the physiologic opposite of stress in every way and even forced laughter opens up the pathways for joy to sneak into your life. And lastly, don't stress because you are stressed! Implementing even just a few of these suggestions can help you head towards greater health and fertility.