



Dietary & Lifestyle Recommendations for a Healthy Reproductive System

Things to Avoid:

- Water out of plastic bottles, including small carry bottles and large home water bottles like Arrowhead and Sparkletts. It is better to use some sort of home filter system for your tap water, and then fill glass bottles to carry with you.
- Sugar, dairy products, alcohol, coffee (regular and decaf), herbal teas (may conflict with Chinese Herbal Medicine), recreational drugs, NSAIDs (i.e. Tylenol, Motrin, Aleve, etc.), too many raw foods (i.e. salad as a meal), fish high in mercury (i.e. swordfish and tuna), processed foods, and ice in drinks.
- Over-exertion in terms of work and/or exercise. Exercise is important to maintain healthy circulation and relieve stress – just don't over do it. Rest is essential for restoring balance and fertility, so try to keep your work hours to a reasonable amount.
- Stress from any or all of the following - work, toxic relationships and emotional states, obsession on the goal of having a baby rather than the journey, and toxic environments (including electromagnetic influences such as cell phones, laptop computers, and PDA's).

Things to Emphasize:

- A diet composed of organic (from health-food stores or farmers markets) fruits, vegetables and meats, such as red meats, chicken, and fish.
- A green-foods supplement such as Berry Greens by New Chapter or Amazing Grass. Take at least 1-2 tablespoons in juice or water per day.
- Meditation, stillness, and gratitude. Remember that the event of conception is an energetic and spiritual event as much as it is a physiological one.
- Adequate rest and sleep. Rest means quieting the mind, so when you are resting try to turn off the cell-phone, television, stereo, and put down reading materials. Try to get a minimum of 8 hours of sleep per night.