

ESTD



2005

**WISDOM**  
OF THE WOMB

FERTILE MAMA  
METHOD

**3 FOODS**  
**THAT MAY**  
**SABOTAGE**  
**FERTILITY**

Fertility Food Guide

## **3 FOODS THAT MIGHT BE SABOTAGING YOUR FERTILITY**

- **GLUTEN**

Most wheat (and corn & soy) are sprayed with glyphosate, which significantly impacts health and fertility. In humans, it is a chelator of magnesium, iodine, zinc, iron and cobalt. It lowers B12, glutathione and biotin, which are important to the liver's ability to detoxify. Liver health is essential to hormone balance, reproductive health and fertility.

I encourage all of my fertility patients to immediately remove all gluten & wheat products from their diets. I also encourage them to choose only organic corn and soy products as well.

Using a liver detoxifying product like my Detox tea can help to improve decreased liver function due to glyphosate damage, and because glyphosate also acts as an antibiotic, damaging important gut microflora, I also recommend a probiotic.

- **DAIRY**

There are tons of articles out there about why dairy is damaging to your health, so instead, I want to encourage you to think about dairy energetically. Think about the difference between milk and water. Whereas water is clear and fast-flowing, milk is thick and cloying. It's sticky. Think about the mucousy film you get on the back of your throat when you drink milk. Dairy does that to your whole body. It slows things down, energetically. It can contribute to the formation of cysts and fibroids and can impede ovulation.

I view dairy as the number 1 inhibitor of fertility and have actually chosen not to work with women who have inflammatory issues and won't remove dairy from their diets.

I've included a list of foods that are rich in calcium, so you don't have to worry that you're not getting sufficient amounts (although in reality, dairy may leach calcium from your bones, but that's a whole other topic.)

- **"ICED," COLD AND RAW FOODS**

Many women come into my office, expecting me to praise them for their juice diets, their raw food diets, their big salad lunch and dinners. I almost feel badly breaking the news to them that all of this cold, raw food can actually be detrimental to fertility.

We want to think of our digestive systems, which sit closely to our wombs, as a furnace, and we definitely want to keep those digestive fires burning. If we are constantly dampening the fires with our iced coffees and smoothies, our raw foods and huge salads, eventually our digestive fires will become weak. We need to keep that fire burning to not only break down and absorb the nutrients from our food, but also to keep our reproductive organs warm.

Warming foods, both in temperature (bone broth, stews, hot tea) and energy (cinnamon, ginger, fennel) are essential for re-kindling our digestive fires to also stoke the warmth of our wombs.

For more tips and info, check out my blog:  
[wisdomofthewombonline.com/blog/thinking-of-having-a-baby](http://wisdomofthewombonline.com/blog/thinking-of-having-a-baby)

# **FERTILE DIET RECS**

- No Dairy
- No Gluten/ Limit Grains
- Limit Alcohol (no more than 1 drink per day)
- Avoid Sugar
- Avoid Artificial Sweeteners

"Artificial sweeteners are potent nerve toxins and never should have been approved as safe for human consumption. They have the potential to freak out and damage your nervous system -- your brain and nerves -- leading to a variety of symptoms from migraine headaches to unexplained seizures, dizziness, depression and vision problems. They are even linked to cancer, obesity and diabetes."

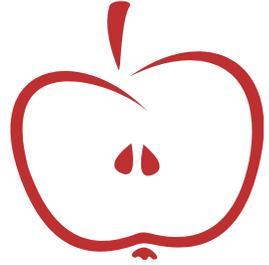
-Dr. Ginger Southall of the Hippocrates Health Institute

## **SNACK IDEAS**

- Eggs cooked in butter/ olive oil/ avocado oil
- Matcha Tea Powder mixed with full fat coconut milk & Stevia
- "Bulletproof" coffee: mixed with butter or MCT oil & collagen
- Bone Broth or vegetable broth
- Turkey lettuce wraps with avocado oil mayo
- Unsweetened almond milk (no carageenan) + Chai Tea
- Unsweetened Organic nut butter on a piece of dark chocolate
- Nuts (about 2 TBSP per serving)

# THE DIRTY DOZEN

**PRODUCE TO AVOID  
UNLESS IT IS ORGANIC**

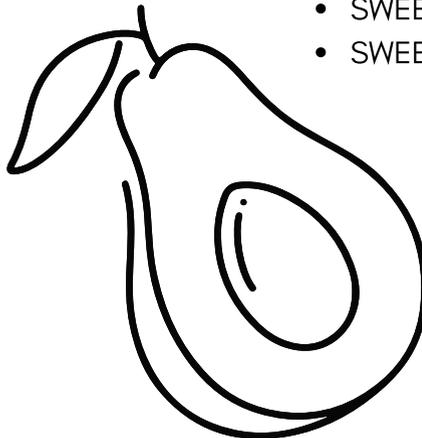


- CELERY
- PEACHES
- STRAWBERRIES
- APPLES
- BLUEBERRIES
- NECTARINES
- SWEET BELL PEPPERS
- SPINACH, KALE, COLLARD GREENS
- CHERRIES
- POTATOES
- IMPORTED GRAPED
- LETTUCE

# THE CLEAN FIFTEEN

**PRODUCE SAFE TO CONSUME  
IN NON-ORGANIC FORM**

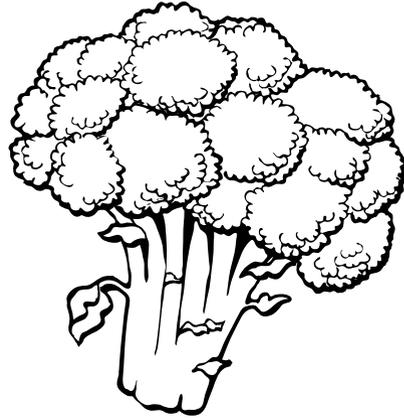
- ONIONS
- AVOCADOS
- SWEET CORN
- PINEAPPLES
- MANGO
- SWEET PEAS
- ASPARAGUS
- KIWI FRUIT
- CABBAGE
- EGGPLANT
- CANTALOUPE
- WATERMELON
- GRAPEFRUIT
- SWEET POTATO
- SWEET ONION



# CALCIUM SOURCES

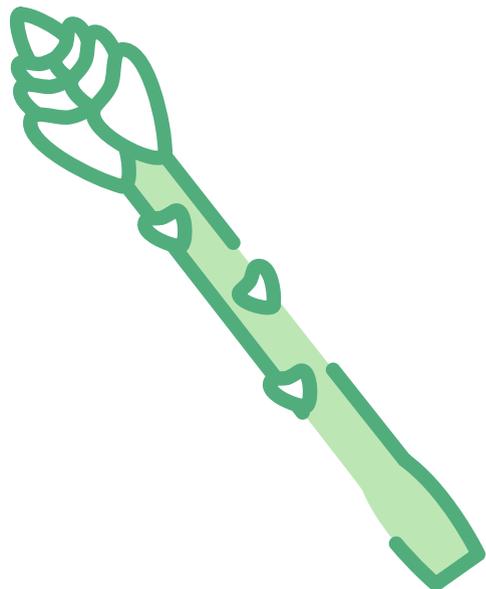
**PRODUCE TO AVOID  
UNLESS IT IS ORGANIC**

- WHITE BEANS
- BOK CHOY
- BROCCOLI
- ORANGES
- ALMONDS
- DRIED FIGS
- KALE
- BLACK EYED PEAS



# FOLLICLE SUPPORTING FOODS

- BONE BROTH
- GOOD FATS:  
AVOCADO, BUTTER,  
OLIVE OIL
- DARK MEAT CHICKEN
- DUCK
- EGGS
- ASPARAGUS
- SEAWEED, KELP
- SWEET POTATO
- BLACK SESAME SEEDS



# RECOMMENDED SUPPLEMENTS

FIND A COMPLETE LIST OF RECOMMENDED PRODUCTS,  
AND TO RECEIVE A DISCOUNT, VISIT  
[WELLEVATE.ME/WISDOMOFTHEWOMB](http://WELLEVATE.ME/WISDOMOFTHEWOMB)

- Prenatal Vitamin
    - Thorne Basic Prenatal
  - Vitamin C 1000 mg
    - Douglas Laboratories
  - Vitamin E 400 IU
    - Douglas Laboratories
  - Vitamin D3 5000 IU
    - Pure Encapsulations
  - L. Arginine 1000 mg twice a day
    - Protocol for Life Balance
  - Ubiquinol 100 mg twice a day
    - Pure Encapsulations
  - MyCommunity My Health 2 tablets twice a day
  - Magnesium Glycinate, 120 mg 3x daily
    - Pure Encapsulations
  - Broad Spectrum Probiotic
    - Klaire Labs
- If cervical mucus is not fertile (determined in post-coital semen analysis), recommended dosage of Mucinex, days 10-16