

Help Getting Pregnant with PCOS and Endometriosis - Try this Secret Recipe

by Iva Keene MRMed. ND. - Qualified Naturopathic Physician - Thursday, October 28, 2010

<https://natural-fertility-prescription.com/getting-pregnant-with-pcos-and-endometriosis/>

Do you need help getting pregnant? What is the one thing you can do today to help you in getting pregnant with PCOS and endometriosis?

Answer: Stop consuming dairy!

Dairy is loaded with hormones even if it's organic. Dairy cows on organic farms still produce their own hormones which are reflected in the milk. Getting pregnant with [PCOS](#) and endometriosis is tricky because of their conditions in which excess estrogen plays a key role. So it's in your interest to minimize your intake of estrogens in the form of animal estrogens and xenoestrogens from the environment and processed foods.

Dairy is also one of the most beloved foods. It's so versatile and it's used in so many recipes from creamy pasta sauces to desserts.

There are many dairy alternatives such as organic rice milk, nut milk such as almond and soy milk. But soy should be avoided if you are struggling with [getting pregnant with endometriosis](#) and PCOS.

So what's a girl to do?

To help you out on getting pregnant with PCOS and endometriosis I'm going to share my secret dairy replacement recipe which is absolutely delicious and you can't even tell that there's no dairy or cream in the dish! You can make it into savory or sweet sauce!

Raw Cashew Creamy Sauce

Ingredients:

- 100g of raw cashews
- 1/2 inch fresh ginger
- 1 clove of garlic
- Shake of ground paprika
- Squirt of Tamari soy sauce
- Squirt of olive oil
- Pinch of cayenne
- 1 tsp of organic vegetable stock in powder
- Pinch of organic fresh parsley
- Filtered water for consistency

Help Getting Pregnant with PCOS and Endometriosis - Try this Secret Recipe - 10-28-2010

by Iva Keene MRMed. ND. - Qualified Naturopathic Physician - Natural Fertility Prescription - <https://natural-fertility-prescription.com>

Preparation:

- Add all ingredients into your blender. Start with enough water for the blender to be able to blend and keep adding more water until you get the desired creamy consistency.
- Add sea salt to taste and heat on very low heat for one minute so the sauce is not cold if you're using it for creamy mushroom sauce or for pasta.

Tip: If you're making mushroom or chicken or any other creamy sauce, cook the vegetables or the main ingredient separately in a pan with some onions and olive oil, then add the raw sauce and just heat it up together for a minute to blend the flavors. For a sweet variation of this sauce swap the savory ingredients with vanilla essence, agave or maple syrup, cinnamon and any other fruit or spice you like. Be creative.

You don't want to be cooking the raw cashew sauce for longer than one minute as the good essential fatty acids will go rancid.

Cashews are a great source of copper needed for energy production, magnesium for progesterone production, tryptophane for sound sleep and hormone production, essential fatty acids for egg and sperm health and phosphorus for making smart babies and improving your memory.

Bon Appétit!

What are your thoughts on getting pregnant with PCOS and endometriosis? Do you have any secret, yummy dairy alternatives? Do share, I love recipes!