

Natural Fertility Enhancers in Your Fridge

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Did you know that you may have natural fertility enhancers in your fridge? Many couples experiencing fertility problems need only to look as far as the kitchen for help. These superfoods will not only make conception easier, but improve overall health.

Why Aren't You Pregnant Yet?

With as many as one in ten American couples experiencing trouble getting pregnant, it is increasingly obvious that we are doing something wrong. The standard American lifestyle is sedentary with a diet full of processed foods and mysterious chemicals. According to research, these factors may directly affect fertility. Polycystic ovarian syndrome (PCOS) is directly related to insulin resistance, a diet-related pre-diabetic condition. Countless other causes of infertility are directly related to diet. Three common examples are celiac disease, excess soy consumption and obesity.

What Can You Do?

The question is, what can you do about it? Of course, increasing exercise is a good way to start. Cutting packaged foods out and eating whole foods will help, also. In the past few years, we have rediscovered some foods with near-miraculous properties.

3 Natural Fertility Enhancers To Try

1. Pomegranates

The most delicious natural fertility enhancers will be **Pomegranates** and pomegranate juices. This ruby red fruit is rich in antioxidants^[1]. *One glass of pomegranate juice contains an entire day's supply of folic acid, perfect for helping conceive healthy babies.* Studies show that pure pomegranate juice may **help stabilize blood sugar**^[2] (another cause of infertility). Pomegranate has recently become a trendy food, making finding it in supermarkets simple. Whole fruit in the produce section is available during the autumn, but the rest of the year requires purchasing bottled juice. There are several 100% juice brands available, but be sure to read the label to make sure it does not contain corn syrup or other unwanted ingredients. Fresh pomegranate seeds are delightful when tossed into salads and served with pastured meat dishes and in desserts. You can juice pomegranates, make it into a smoothie or use it for cooking. However, if you are unable to locate fresh pomegranates or pure pomegranate juice, don't give up hope. Health food and vitamin shops on the Internet carry pomegranate juice capsules. These concentrated supplements offer the same benefits as fresh pomegranates or pomegranate juice.

2. Chia Seeds

These seeds are packed with omega 3 fatty acids^[3], protein and fiber. This seed is another tool for stabilizing blood sugar to use against PCOS. *Chia seeds are also very high in zinc^[4], a mineral critical for men's fertility.* Chia seeds are high in protein and fiber, making them very filling. Chia seeds are traditionally rehydrated in liquid and served as a drink called agua fresca. Blended into a smoothie, their mild flavor vanishes. They can be soaked in sweetened milk to make a pudding similar to tapioca pudding. Chia seeds are tasteless cooked with hot cereal. Chia seeds can be blended into moist foods without being noticed, once they are rehydrated before cooking.

3. Maca

This root vegetable is native to Peru. Dried roots are ground into flour, then used as a food or a supplement. Maca are made into capsules or the powder mixed into food. *These natural fertility enhancers do not contain hormones, but directly support the body's production of hormones^[5], especially luteinizing hormone (LH).* LH is responsible for triggering ovulation in women. It helps to regulate the menstrual cycle and increases energy. Maca also increases libido in men. Studies show that maca counteracts sexual dysfunction that some men experience when taking SSRI antidepressants. The easiest way to take maca flour is mixed into a beverage. Hot cocoa or a smoothie will work well to mask the flavor. It can be mixed with freshly ground nut butter and some honey to make "energy balls". In addition, you can add maca flour to baked goods. These natural fertility enhancers are real foods, not chemically engineered substances. They contain no preservatives, so keep them in your refrigerator for freshness or purchase in small quantities. They will help you in many ways, not the least of which may be getting pregnant.

References

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