Natural Fertility Enhancers in Your Fridge

by Iva Keene MRMed. ND. - Tuesday, August 02, 2011


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. These factors are known to 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. The most delicious natural fertility enhancers will be Pomegranates and pomegranate juices. This ruby red fruit is rich in antioxidants. One glass of pomegranate juice contains an entire day’s supply of folic acid, perfect for helping conceive healthy babies. Drinking pure pomegranate juice has been shown to help stabilize blood sugar, 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 tossed into salads, served with pastured meat dishes and in desserts. The juice can be used to drink, made into smoothies or for cooking. 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 are South American natural fertility enhancers. These tiny seeds are packed with omega 3 fatty acids, protein and fiber. This seed is another tool for stabilizing blood sugar to use against PCOS. Chia seeds are also very high in zinc, 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. If they are rehydrated before cooking, they can be blended into moist foods without being noticed.

3. **Maca** is a root vegetable from Peru. Flour is ground from the dried roots, then used as a food or a supplement. It can be 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, 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 and has been shown to counteract the sexual dysfunction that some men experience when taking SSRI anti depressants.

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 a freshly ground nut butter and some honey to make “energy balls”. Maca flour can also be added to recipes for 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.