

Natural Fertility Nutrients - What You Need to Know

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Before you get pregnant, it is important you take notice of your intake of natural fertility drugs. Getting sufficient amounts of fertility supplements can help make your body become fit for pregnancy. Also, natural fertility nutrients not only aid fertility but also help your body function to the best of its ability.

Natural Fertility Nutrients For Infertility

Below are a list of some of the main natural fertility nutrients used to treat infertility.

1. Zinc

You should take about 15 mg to 30 mg of Zinc every day. Zinc boosts testosterone production in men since low levels of Zinc in men can affect sperm count and sperm motility. Zinc is also known to help the woman's body utilize estrogen and progesterone more effectively.

The best natural sources for Zinc are pumpkin seeds, meat and oysters. However, you can find Zinc in wheat germ and whole grains as well. Zinc at regulated amounts can be beneficial to our body, too much of this mineral in our body can be toxic and can actually reverse its beneficial effects. Instead of aiding fertility as natural fertility nutrients, it can counter your efforts to conceive. Usually, a balanced diet is already enough to provide you with your daily correct requirements of Zinc. If you plan to take a Zinc supplement, ask your naturopath first to be sure you are not receiving too high a dosage.

2. DHA Fatty Acids

Contrary to popular belief, there are actually some forms of fat that are beneficial to our health and to our fertility. To optimize fertility and general health, it is recommended we consume essential fatty acids every day.

Essential fatty acids come in three types - Omega 3, Omega 6 and Omega 9. Intake of Omega 9, although not harmful to the body, is not actually required because Omega 9 occurs naturally in our systems. The other two essential fatty acids, Omega 3 and Omega 6, are good for our health and are required by our body because these natural fertility nutrients do not naturally occur in our own systems and we need to get them from other sources. Fish oils and flax oil are great sources of Omega 3 fatty acids. Borage oil is a great source of Omega 6 fatty acids.

Omega 3 is known to help regulate hormonal levels in the body so that healthy cervical mucus production is obtained, blood flow to the womb is improved, regular ovulation is promoted and overall uterine health is ensured. Omega 6, on the other hand, is known to improve reproductive cell structure, lessen inflammation risks and strengthen organs in the body.

3. Selenium

You should take about 55 mcg to 100 mcg of Selenium every day. Selenium is an antioxidant which rids your body of free radicals and lowers the risk of birth defects in the newborn. In men, Selenium acts to increase sperm count. Food such as Brazil nuts, red meat, chicken, tuna, whole grains and enriched breads and pasta are great natural fertility nutrients and are rich in Selenium.

4. Folic Acid

The recommended dosage of Folic acid is about 400 mcg every day. There is a very good reason why doctors encourage women to take Folic acid supplements daily, especially when pregnant. Folic acid is known to prevent birth defects. Spina bifida is a serious birth defect that Folic acid is known to prevent. Folic acid is more effective in preventing newborn defects when it is taken months before the actual conception of the child. Women are not the only ones with Folic acid requirements. Men also need to take this natural fertility drug as well. In men, folic acid can help improve sperm quality as well as increase sperm count. Good sources of folic acid are green leafy vegetables such as spinach and broccoli.