

The fertility plan

NOW YOU KNOW YOUR TYPE, SIMPLE DIET AND LIFESTYLE AND DR SAMI DAVID IN THIS BOOST YOUR CHANCES WITH CHANGES, SAY JILL BLAKEWAY EXCLUSIVE BOOK EXTRACT

Tired

FOOD

Choose:

Simple foods with few components at each meal. Emphasise complex carbohydrates (50%), with the addition of vegetables and fruits (30%) and high-quality protein (20%).

Easy-to-digest, warming, slow-cooked foods such as soups and stews.

Lots of pulses, especially kidney beans, adzuki beans and lentils.

Small amounts of lean organic meat and poultry, preferably hormone-free, and fish, such as salmon.

Whole grains, including brown rice, quinoa, barley and oats.

These are good for everyone, but are particularly important for tired types who crave energy from carbs and tend to binge on cookies.

You may feel particularly in need of a sugar fix



during phase one of your cycle (menstruation), but that makes it even more important for you to get what you need from whole grains.

Avoid:

Dairy products.

Wheat.

Fruit juice, since it concentrates the sugar and loses most of the fibre. Try vegetable juice, water or tea.

Raw foods and cold or frozen foods. Don't put ice in your drinks and avoid ice cream. Steering clear

of cold foods and drinks is especially important during phase three of your cycle (ovulation).

When you do have, say, a salad, accompany it with something warm, such as a cup of soup.

Fried foods. Tired types don't metabolise fat well and it may compound digestive issues.

Stimulants such as caffeine, coffee or energy drinks, even when you feel sluggish.

EXERCISE

Get regular, moderate exercise that leaves you energised. Avoid short, intense bursts or a high-energy programme. Don't overexercise: 30 minutes three times a week is fine.

LIFESTYLE

Limit stress. Use stress-reduction techniques that work for you.

Write down your goals and devise a plan for how you will achieve them.

Make space in your life for fun and laughter.

Consciously set limits with the people around you. Practise saying no.

SUPPLEMENTS

Royal Jelly.

Wheatgrass.

Chromium.

L-arginine.

For women only: chaste tree berry works to restore hormone balance.

FERTILITY STRATEGIES

Women: warm your lower abdomen (and/or lower back) with a hot-water bottle or heating pad each evening during the first half of your cycle.

Men: don't masturbate; go for sexual experiences that reinforce connection.

Pale

FOOD

Choose:

A diet that averages 30% protein (animal protein is especially beneficial), 30% complex carbohydrates (grains and starchy vegetables) and 40% vegetables and fruits.

At least one serving a day of meat (especially if marinated or slow-cooked, and hormone-free if possible), poultry, fish, eggs (specifically the yolk) or pulses. If you are a committed vegetarian, make sure you eat a broad range of protein from different sources (nuts, seeds, beans, high-

protein sprouts and grains such as quinoa) in order to get the essential amino acids you need.

Foods with phytoestrogens, such as flax seeds (linseeds) and soya.

Iron-rich foods, including blackstrap molasses, eggs, lentils, watercress, lean meat, liver and kidneys, and blackcurrants. Vitamin C helps with the absorption of iron, so be sure to get plenty of that from sources such as leafy dark-green vegetables, broccoli, oranges and kiwi fruit.

Soups with stock made from bones, such as chicken stock. This is

particularly beneficial during phase two of your cycle (pre-ovulation).

Avoid:

Caffeine, which inhibits the absorption of iron.

Eating dairy products to excess. Having milk with your cereal and in your tea, and a daily yogurt, is fine — just don't overdo it.

EXERCISE

Limit aerobic exercise to 30 minutes three times a week.

Engage in regular exercise with a meditative component, such as yoga or t'ai chi, and add in whatever you like in

terms of stretching or flexibility work.

LIFESTYLE

Be sure to get enough rest. This is particularly important during phase one of your cycle (menstruation).

Develop your time-management skills and work or study habits. Try not to worry about things you can't do anything about.

SUPPLEMENTS

Floradix (iron with herbs) is especially useful during phase one of your cycle (menstruation), when you are losing blood and iron.



Stuck

FOOD

Choose:

A diet that won't stress your liver with synthetics. The wholefoods we recommend to everyone are even more important for this type. Aim for 60% veg and fruits, 30% carbohydrates and 10% protein.

Cruciferous vegetables such as broccoli, which will help metabolise and eliminate excessive oestrogen efficiently, thus taming PMS.

Essential fatty acids (EFAs) found in plants.

Calcium-rich foods, to offset the way calcium drops in times of stress.

A daily glass of fruit or vegetable juice to make sure you get vitamins A and C.

Small amounts of foods that are naturally sour, such as citrus, vinegar and pickles, to support liver function.

Avoid:

Overeating or eating too frequently.

Large or frequent servings of red meat.

Animal products treated with hormones, especially red meat. Synthetic oestrogens can worsen endometriosis.

Coffee (regular and decaf). PMS symptoms will subside.

Salty foods and hard cheeses, if you bloat.

Flax seeds (linseeds) and soya products, including tofu and edamame. Their phytoestrogens can make endometriosis and fibroids worse.

Alcohol. Drinking may be tempting as a way to relieve tension, but it is a stimulant and will worsen hormone imbalances and the symptoms that go with them.

EXERCISE

Get regular aerobic exercise. Half an hour of jogging every day would be a good choice.

Besides the direct physical benefits, it's a healthy way to let off steam. Regular moderate exercise is particularly



beneficial to stuck women during phase four (potential implantation), supporting a good blood supply to the uterus.

Stop jogging and all high-impact exercise during phase one (menstruation), as it will worsen heavy periods.

Engage in regular exercise with a meditative component. Exercise that is repetitive by nature, such as swimming or jogging, quiets the mind.

LIFESTYLE

Reduce stress. Develop relaxation techniques and put them into regular practice. This is especially important during phases three and four (ovulation and implantation).

SUPPLEMENTS

Zinc.

Vitamin B complex.

Magnesium.

Calcium.

Evening primrose oil can improve the quality of cervical mucus.

Red raspberry leaf can improve blood flow and tone the uterus.

Dry

FOOD

Choose:

A diet that prioritises vegetables and fruits.

Combine with complex carbohydrates and a small amount of protein and healthy fats, to nourish tissue and increase moisture levels.

Small portions of protein throughout the day, including meat, dairy products, beans and pulses. Protein is especially important during phase two of your cycle (pre-ovulation).

Flax (linseed) and soya products for their phytoestrogens, protein and healthy fats. Try

ground flax seeds on your breakfast cereal, or flax oil in your salad dressing.

Seaweed and concentrated green juice, such as spirulina.

Foods rich in vitamins B and E, such as eggs and wheat germ, especially during phases two and three of your cycle (pre-ovulation and ovulation).

Hydrate with at least eight 250ml glasses of water. Proper hydration is important for everyone.

Avoid:

Alcohol: it dehydrates and makes symptoms worse.

Rich or fatty food.

Coffee, black tea,

caffeine, energy drinks (including herbal ones) and weight-loss formulas.

EXERCISE

Choose energising, revitalising exercise that is replenishing and meditative — activities that will help quiet the mind as well as work the body, such as yoga, t'ai chi, swimming or walking.

Balance exercise that builds bulk, such as weightlifting, with exercise that encourages movement and flexibility.

Avoid saunas and bikram (hot) yoga.

LIFESTYLE

Get enough quality sleep.



Avoid smoking and recreational drugs. This is especially important for dry types, as cigarettes and drugs are yin-depleting and likely to throw you severely out of balance. This can have harmful effects on fertility.

Limit your time in the stale air of sealed, climate-controlled buildings. Spend time in natural environments to balance yourself out.

Limit the time you spend near electrical machinery — this includes being at your computer.

Avoid overstimulation. Stay away from loud environments (big parties and rock concerts) and scary movies.

Be patient, especially if you are over 35. You have become out of balance and it's going to take time to restore equilibrium.

SUPPLEMENTS

Essential fatty acids (EFAs).

L-carnitine.

Royal Jelly.

Floradix (herbal iron supplement).

Be patient, especially if you are over 35. You have become out of balance and it's going to take time to restore equilibrium.

SUPPLEMENTS

Essential fatty acids (EFAs).

L-carnitine.

Royal Jelly.

Floradix (herbal iron supplement).



Waterlogged

FOOD

Choose:

A diet relatively high in protein (30%) and low in carbs (20%), with lots of vegetables and fruits (50%).

Nutrient-rich foods, especially "living" foods such as green vegetables.

Whole grains and other slow-releasing carbs to avoid fluctuations in blood-sugar levels as much as possible. Replace refined sugars with natural versions such as agave nectar.

Barley, which is a natural diuretic.

Green tea, which, in addition to all its other

beneficial properties, is a natural diuretic.

Yogurt, although you should otherwise avoid dairy products. In our experience, bodies react differently to yogurt than to other dairy.

Sheep's and goat's milk, and their products. Many people tolerate them better than dairy products made from cow's milk.

Probiotics boost the population of beneficial bacteria in the digestive tract. They also combat candida (yeast infections)



or overgrowth), to which waterlogged people are particularly prone.

Water. Ironically, a lot of waterlogged people are actually dehydrated and drinking water helps flush out retained fluids.

Avoid:

Dairy products (with the exception of yogurt), which can lead to excess mucus.

Processed foods.

Waterlogged types are especially likely to react badly to them.

Sugars and artificial sweeteners, especially high-fructose corn syrup.

An overabundance of refined-wheat products.

Yeast, fungi, moulds and anything fermented, as waterlogged types are prone to candida (yeast infections). Beer, bread, soy sauce, wine, vinegar, mushrooms and blue cheeses are out.

Soya, flax seeds (linseeds) and other sources of phytoestrogens, especially if you suffer from endometriosis or fibroids.

EXERCISE

Keep moving. Keeping yourself in motion helps get the fluids in your body moving as they should.

Get regular aerobic exercise; about 30 minutes a day is fine. Avoid

exercise that is too intense. Get your blood pumping, but don't exhaust yourself.

LIFESTYLE

Keep your environment mould-free. Be vigilant about damp areas in your home where mould might appear (especially basements and bathrooms). Autumn leaves are another common source of mould. Make sure they are cleaned up promptly and properly.

Try a herbal digestive after a rich meal, such as hawthorn flakes or fennel seeds.

SUPPLEMENTS

Chromium.

Probiotics.