

Basic Dietary Food Guidelines

Many of you have asked what can you eat to provide the proper nutrition to support your efforts concerning fertility issues. It's extremely important that you do your homework and read from these resources I've written out. If you understand WHY raw milk, coconut milk and oil and saturated fats are important and the politics involved in our society's move away from them, you are much more likely to comply with a whole foods, fermented foods, organic, raw, good fats approach.

Remember, organically grown food are *many* times higher in nutritional value than conventionally grown. Also remember that Micro-waving your food destroys the nutrients.

A basic list of foods to include in your daily life style are:

- **All vegies** – make sure there is plenty of variety – three colors of veges with each meal. Try to include veges with your breakfast 3 – 4 mornings a week. Explore the wonderful world of **fermented foods** like Kim-che and sauerkraut. They have these organic at Wholefoods. Broccoli, Brussel Sprouts, Cauliflower, asparagus, parsnips, beets, squashes, zucchini, mushrooms, dark leafy greens, turnips, bok choy, etc.
- **All fruits** – eating moderate amounts (one or two cups/day) of fresh organic fruits/day – very important and helps deal with our sweet cravings.
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- **Meat and Fish** – eat a variety – cook your organic meats as rare as you can eat them – *much more nutritional value if you don't kill the enzymes and other nutrients in the meat. Cook at low temps.*
- **Sprouts, nuts, seeds, eggs** – all good sources of protein, esp. for vegetarians
- **Drinking the Organic Raw Milk/Coconut Milk Shake** will bring you enormous support to those hormones desperate to do their job and get you pregnant. Organic Pasteurized milk is a dead food, the same as conventional pasteurized milk and brings with it a host of health issues.. Organic Raw Dairy is the only dairy that will support your hormones, Pasteurized organic will not. Please read *The Untold Story of Milk*, Schmid to completely comprehend this history of how pasteurized milk became so prevalent. **Raw Cheese, Raw Butter and Raw Cream are highly recommended.**
- **Coconut Oil and Milk** – please read the books I've listed here and begin to add these two products to your diet. It will benefit your hormones enormously, your skin, your hair, your memory... etc., etc. It's a VERY important food group. Read Eat Fat, Loose Fat to really understand the various fats and to glean fantastic recipes using these two products.

- **Sprouted Bread** – found in the fridge. Section of whole foods. These are living, sprouted grain breads with No Flour and they are delicious. There are sprouted tortillas and English Muffins and a whole array of sprouted breads. You must keep them in the fridge to keep the enzymes fresh and alive. Use crackers sparingly and try to buy organic made from whole flour.
- **Condiments like olives, hearts of palm, fermented foods like Kim-che and sauerkraut, are especially important to include into daily meal plans.**

Avoid These Foods

- **All Flour and Pasta products.**
- **Anything that says it is pasteurized is a dead food. Even if it says it is “enriched”, it’s with synthetic vitamins and please remember the difference between partial vitamins and whole food vitamins**
- **All fruit juices (if you want a fruit juice eat a piece of fruit, don’t drink it), sodas, distilled and carbonated water, alcohol**
- **Gluten (wheat which includes flour, crackers and pasta)**
- **Sugars, maltose, fructose, corn syrup, etc. Stevia is a good choice for a sweetener (especially if weight is an issue) as is maple syrup, molasses, raw honey (Raw is the operative word here)**
- **Farmed fish**
- **All junk food (and you all know what this is!)**
- **All fast food restaurants**
- **All soy products except fermented tempe or organic miso soup**
- **All vegetable oils, use only raw butter or olive oil or good old fashion bacon oil saved from the mornings bacon fry**

Never Use a Microwave for ANYTHING (click to see article)

The Three Day Nutritional Face-lift

The following menu is one that I found on line by a N.V. Perricone, M.D. who specializes in weight loss and anti-aging. It's rich in EFA's from all the wild salmon.

Breakfast

- egg omelet and/or 4-6 oz. grilled salmon (I do not recommend smoked salmon or lox on the three-day diet because of the salt intake)
- ½ cup cooked oatmeal (not instant) (Cooked oatmeal is a great source of fiber, low glycemic carbohydrates)
- 2" wedge of cantaloupe or 1/3 cup fresh berries (Cantaloupe is very hydrating to the skin and contains important antioxidants – blueberries, blackberries, raspberries, strawberries are high in antioxidants)
- **No Juice, No Coffee or Toast** (If you normally drink large amounts of coffee, drink black or green tea to prevent caffeine withdrawal)
- 8-12 oz. spring water (Per meal)

Lunch

- 4 – 6 oz. grilled salmon (Option: you can also use canned salmon and mix a little mayo and fresh squeezed lemon)
- 2 cups green salad made with romaine lettuce garnish or other dark leafy greens
- Dressing: extra virgin olive oil and fresh squeezed lemon to taste
- 1 kiwi fruit or cantaloupe and berries as above
- 8 – 12 oz. spring water

Snack

- Apple
- 2 oz. slice of turkey breast or 6 oz. plain yogurt
- Small handful of hazelnuts, walnuts or almonds (Great source of fatty acids and folic acid)

Dinner

- 4- 6oz. fresh grilled salmon
- Green salad (as described above)
- ½ cup steamed veggies (Especially asparagus, broccoli, spinach, etc. NO root vegetables, such as potatoes, carrots, beets, parsnips, etc)
- Cantaloupe and berries
- 8 –12 oz. spring water

Before Bedtime Snack

- pear or apple
- 2 oz. chicken/turkey breast or 6 oz. plain raw milk yogurt
- Small handful of hazelnuts, walnuts or almonds