



VOLUME 1
SPECIAL EDIT
UPDATE

FRUITFUL MOTHER FERTILITY FOUNDATION

FOOD PLAN FOR GETTING PREGNANT EASILY

EAT RIGHT

AND GET YOUR HORMONES TOGETHER

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HEY, I'M CYNDY AMAEFULE

My fertility journey started in 2011 when I just got married. In this E-book, I am going to tell you a few life style changes I made during my time Trying to Conceive.

But this e-book is going to focus on the IVF Treatment and Diet Changes.

Cyndy Amaefule

LET'S DO IT!



WELCOME TO FRUITFUL MOTHERS' INT'L WELCOME TO FRUITFUL MOTHERS' INT'L WELCOME TO FRUITFUL MOTHERS' INT

Welcome **FRUITFUL MOTHERS INT'L**

Going through fertility treatment, you may wonder about the best path to self-care during IVF, especially as embryo transfer day approaches. You may be worried about what effect your actions can have on the process, and you want to make sure you do everything in your power to ensure success. The good news is that caring for yourself before and after your embryo transfer procedure isn't complicated.

WELCOME TO FRUITFUL MOTHERS' INT'L

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A healthy diet and lifestyle can improve your chances of getting pregnant. Here are some of the things you can do to improve your fertility: Consume a well-rounded diet rich in fruits, vegetables, and whole grains. These foods are packed with nutrients that are essential for fertility, such as folate, iron, and vitamin C. Maintain a healthy weight. Being overweight or obese can affect ovulation and sperm production. Exercise regularly. Exercise can help to improve your overall health and fertility. Try to get in at least 30 minutes of exercise at a moderate intensity on most days of the week. Get enough sleep.

When you're well-rested, your body is better able to produce hormones that are essential for fertility. Strive to get 7-8 hours of sleep every night. Reduce stress. Stress has the potential to impact your hormones and make it harder to conceive. Discover beneficial methods to cope with stress, like engaging in yoga, meditation, or enjoying time outdoors in nature.

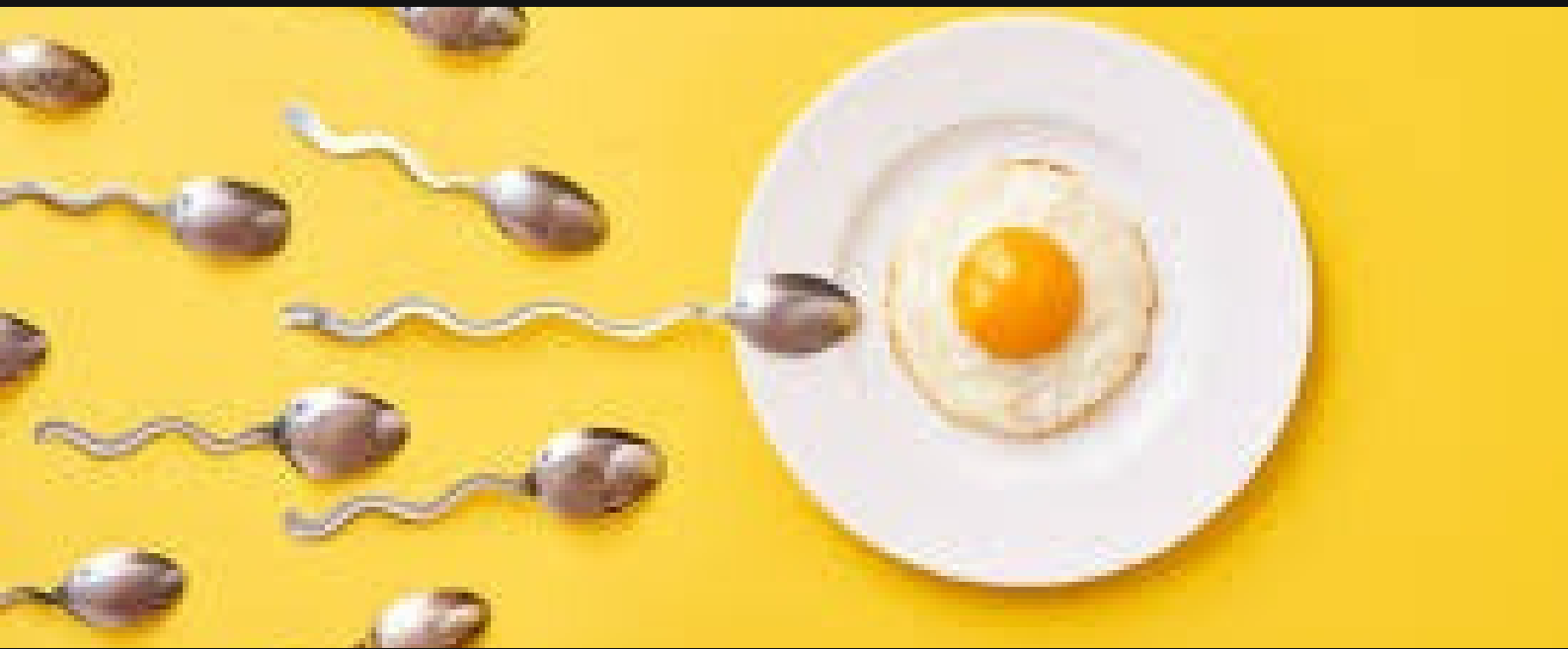


INSPIRATION

Drink plenty of water and low- or no sugar beverages. Staying hydrated is essential: Drink plenty of water, unsweetened coffee or tea. Instead of soda, try seltzer with a splash of fruit juice.

INSPIRATION

CHAPTER



NUMBER 1

**HOW HEALTHY DIET AND LIFESTYLE
AFFECTS YOUR FERTILITY**

**LET'S
DO IT**

What you will learn

You'll learn how to set meaningful goals that align with your passion and define your own version of success in the digital landscape.

HOW HEALTHY DIET AND LIFESTYLE AFFECTS YOUR FERTILITY

A healthy diet and lifestyle can improve your chances of getting pregnant. Here are some of the things you can do to improve your fertility:

Consume a well-rounded diet rich in fruits, vegetables, and whole grains. These foods are packed with nutrients that are essential for fertility, such as folate, iron, and vitamin C.

Maintain a healthy weight. Being overweight or obese can affect ovulation and sperm production.

Exercise regularly. Exercise can help to improve your overall health and fertility. Try to get in at least 30 minutes of exercise at a moderate intensity on most days of the week.

Get enough sleep. When you're well-rested, your body is better able to produce hormones that are essential for fertility.

Strive to get 7-8 hours of sleep every night.

Reduce stress. Stress has the potential to impact your hormones and make it harder to conceive. Discover beneficial methods to cope with stress, like engaging in yoga, meditation, or enjoying time outdoors in nature.



How **HEALTHY DIET AND LIFESTYLE AFFECTS YOUR FERTILITY**

01

ZINC-RICH

Zinc is a pivotal player in hormone regulation, a cornerstone of a smooth reproductive process. Strive to meet your daily quota of approximately 15 mg of zinc to maintain hormonal balance. Enrich your diet with zinc-rich fare like grains, nuts, dairy products, meats, and potatoes.

02

FOLIC ACID

Folic acid is a bona fide pregnancy superhero, championing the healthy development of your baby's brain and spinal cord.

03

IRON-RICH

Iron deficiency or anemia can elevate the risk of preterm birth or low birth weight. It's crucial to replenish your iron reserves, especially if you experience monthly iron loss during menstruation. Embrace iron-rich victuals such as pumpkin seeds, oysters, and spinach. If you follow a vegetarian diet, don't hesitate to consult your doctor regarding iron supplements.

04

HEALTHY FATS

Fats, when consumed in moderation, can be a boon for your body. However, steer clear of trans-saturated fats commonly found in junk foods. Instead, embrace healthy fats derived from walnuts, olive oil, corn, chia seeds, and flaxseed oil. These unsaturated fats serve as energy reservoirs during your IVF journey and beyond.

05

PROTEIN

Adequate protein intake is the key to robust egg development in the ovaries. Strive for a daily protein intake from different sources like eggs, meat, and dairy products.

How **HEALTHY DIET AND LIFESTYLE AFFECTS YOUR FERTILITY**

06

HYDRATION

Proper hydration is often underestimated but plays a starring role in overall health. Water not only balances the body's various elements but also supports circulation. Cultivate the habit of drinking the right amount of water your body craves

07

MAKE GREEN LEAFY VEGETABLES YOUR BEST FRIEND

They're brimming with antioxidants, folic acid, and iron, making them ideal for nurturing fertility.

08

CABBAGE WORKS WONDERS

Cabbage is no ordinary vegetable; it's a treasure trove of essential vitamins and minerals. Di-indole methane, found in cabbage, works wonders in regulating estrogen metabolism.

09

BROCCOLI BRILLIANCE

Packed with Vitamin C, broccoli plays a pivotal role in egg maturation. It also boasts iron, antioxidants, and folic acid for overall well-being.

10

POTATO POWER

Potatoes foster cell division and provide essential vitamins such as B and E to nourish your body.

How HEALTHY DIET AND LIFESTYLE AFFECTS YOUR FERTILITY

11

BANANA BLISS:

Laden with vitamin B6, bananas are the guardians of menstruation cycle regulation. They also offer versatility as a healthy snack option.

12

PINEAPPLE PLEASURE

Pineapple harbors a generous dose of manganese, renowned for its role in boosting reproductive hormones.

13

SALMON SENSATION

Salmon, properly cooked and rich in Omega-3 fatty acids, serves as a linchpin for estrogen balance and improved blood flow.

14

COMPLEX CARB CARNIVAL

Complex carbohydrates are the guardians of stable blood sugar levels and a healthy weight.

15

VIVID FRUITS AND VEGGIES

Embrace the rainbow by indulging in fruits and vegetables of various colors, each loaded with essential nutrients.

Join our

**SPECIAL
MEMBERSHIP**

Welcome To Fruitful Mother Fertility Foundation

Fruitful Mother Fertility Foundation (FMFF) is a compassionate and dedicated non-profit organization committed to supporting individuals and families on their journey to parenthood. Founded with the mission of restoring hope and spreading love, FMFF provides resources, education, emotional support, and financial assistance to couples facing infertility challenges.

**Supporting Your Journey to
Parenthood**

SIGN UP NOW

**LET'S
DO IT**

SIGN UP TO OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP

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SIGN UP TO OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP SIGN UP TO OUR



FOODS TO AVOID DURING IVF TREATMENT

1.) Raw Eggs

The raw form of eggs, commonly found in products like mayonnaise and salad dressings, may harbor the salmonella virus, a potential cause of food poisoning. Always ensure eggs are thoroughly cooked before consumption.

2.) Artificial Sweeteners

Steer clear of foods containing artificial sweeteners, particularly those based on saccharin, as they might reduce IVF success rates. Opt for sucralose-based sweeteners or natural sweetening syrups as alternatives.

3.) Refined Sugar

Foods laden with refined sugar might offer temporary happiness but exert pressure on the liver to swiftly produce insulin, disrupting the fertility process.

Seafood

4.) Raw or undercooked seafood

can trigger infections and may contain elevated levels of mercury, potentially harming fetal development.

5.) Abstinence of Alcohol

Alcohol consumption can lead to erratic ovulation and negatively affect egg health, as well as fetal development.

6.) Caffeine

Exercise restraint when it comes to caffeine, especially in the form of coffee and tea, during your IVF treatment.

7.) Cheese

Not all cheeses are foes, but certain varieties may contain bacteria that can cause infections. Be discerning about the types of cheese you indulge in.



EATING THE RIGHT FOODS WITH ALL THE GOOD STUFF CAN BOOST YOUR CHANCES OF SUCCESS. JUST LIKE PEOPLE ARE UNIQUE, YOUR DIET SHOULD BE TOO. TALK TO YOUR DOCTOR OR A NUTRITION EXPERT TO CREATE A SPECIAL FOOD PLAN JUST FOR YOU DURING IVF. WHEN YOU MAKE SMART FOOD CHOICES AND FOCUS ON STAYING HEALTHY, YOU CAN START IVF FEELING CONFIDENT AND HOPEFUL ABOUT A GOOD OUTCOME. IN SIMPLE TERMS, WHILE IVF CAN'T PROMISE SPECIFIC RESULTS, WHAT YOU EAT CAN MAKE A BIG DIFFERENCE.



PCOS: WHY DIET MATTERS?

WHAT IS PCOS?



Polycystic ovary syndrome, or PCOS, is an endocrine (hormonal) condition that can cause multiple ovarian cysts, abnormal hair growth, inflammation and other symptoms. Amanda Stathos, a clinical dietitian at Johns Hopkins' Sibley Memorial Hospital, says people diagnosed with the disorder can improve their health, starting with nutritious foods.

People with polycystic ovary syndrome are more likely to also have obesity, systemic inflammation, metabolic syndrome, insulin resistance or a combination of these chronic conditions. All of them raise the risk of diabetes, cardiovascular disease and other illnesses.

Stathos says that insulin resistance affects 50% to 75% of people with PCOS. She explains, "Insulin is like a key that opens cells and lets glucose in. Glucose is fuel for energy. The body is very good at making insulin, but in people with insulin resistance, the insulin does not convey glucose into the cells properly. The result is glucose building up in the bloodstream and the fat cells, which raises the risk of diabetes.



Once you have a list of potential names, put yourself in the shoes of your target audience. Evaluate each name's appeal and consider how it aligns with their preferences, interests, and expectations. Think about the impression each name will make and whether it effectively communicates the essence of your content.

"Not everyone with polycystic ovary disease has these complications, but for those who do, reaching and maintaining a healthy weight is our first concern," Stathos says, "and that starts with diet and exercise." What's the best diet for PCOS sufferers? While Stathos approaches each patient as an individual, she points out that the Mediterranean diet is commonly recommended by dietitians, and for good reason. It offers a wide variety of foods from all categories, so it is easy to follow as a lifestyle approach rather than a temporary fix.



[illegible]

Enjoy the process

CHAPTER



NUMBER 2

DIET FOR PCOS: WHAT TO AVOID

**LET'S
DO IT**

What you will learn

“Research shows that people with PCOS show evidence of all-over inflammation, which is associated with heart disease and other illness. The Mediterranean diet eliminates saturated fats, processed meats and refined sugar, which makes it a powerful tool to address inflammation,” Stathos says.

She notes that other well-balanced plans emphasizing non-starchy vegetables and fruits, lean protein, healthy carbs and low-fat dairy can help people with PCOS get healthier and prevent complications.

FOODS TO AVOID WITH PCOS

People with PCOS should avoid these foods that can ramp up inflammation:

- 1.) Fried foods (French fries, potato chips, corn chips and fried chicken or fish)
- 2.) Saturated fats such as butter or margarine
- 3.) Red meat, including hamburgers, roast beef and steaks, processed luncheon meat and hot dogs
- 4.) Processed snacks: cakes, cookies, candy and pies
- 5.) Prepared cereal high in sugar, including instant oatmeal, granola
- 6.) Sugary beverages such as sodas, teas and sports drinks
- 7.) Alcoholic beverages
- 8.) Refined flour, white bread, rolls, pizza crust and pasta
White rice

BEST FOODS FOR PCOS

Substituting whole, unprocessed options for inflammatory items can set the stage for better long-term health,” Stathos says. Choices such as these from the Mediterranean diet can help you get to a healthy weight and manage PCOS symptoms with plenty of nutrition and great taste:

- 1.) Omega-3 rich fish, such as salmon, baked or broiled
- 2.) Olive oil instead of butter or margarine
- 3.) Beans and other protein-rich legumes instead of meat
- 4.) Non-starchy vegetables such as leafy greens (spinach, kale, escarole, endive, lettuce, etc.), tomatoes, mushrooms, peppers, broccoli, cauliflower, snow peas, celery and fennel
- 5.) Whole grains, such as brown rice, barley, sorghum and others. Breads and pastas made with whole grains can help people with PCOS avoid spikes in blood sugar.
- 6.) Whole fruit for dessert. The fiber content in whole fruit helps you feel full, helps your digestion and slows down the absorption of its sugars into the bloodstream.

LIFESTYLE CHANGES, FIBROIDS, AND DIET

As hinted above, several changes you can make may reduce your risk of developing these uterine growths.

Drinking Less Alcohol

Any type of alcohol consumption may increase your risk of developing fibroids. This is because alcohol will hamper your hormone levels and raise the levels of those compounds that are essential for fibroid growth. Furthermore, alcohol may also trigger inflammation.

According to a study, even drinking more than one beer a day can increase fibroid risk in women by around 50%.

FOLLOW A MEDITERRANEAN DIET

Cooked vegetables, fish, legumes, and fresh fruit on your plate is never a bad idea. Research suggests that a Mediterranean diet may help you lower your fibroid risk. On the other hand, consuming larger amounts of fatty red meat can actually increase your risk of developing uterine growths. Get In Vitamin D According to research, Vitamin D can help reduce the risk of fibroid development by around 32%. While the body can produce this compound on its own when exposed to sunlight, if you live in cooler climates or have darker skin, you may experience vitamin D deficiency. Fortunately, there are some supplements that are able to raise your vitamin D levels, such as: Fortified cereals Egg yolks Fortified dairy, milk, and cheese Fortified orange juice Cod liver oil Tuna, mackerel, and salmon

KEEP YOUR BLOOD PRESSURE IN CHECK

Data shows that a concerning high number of women with fibroids also have hypertension. And while more research is required to establish a concrete link between high blood pressure and fibroid development, you are always doing yourself a favor if you are actively looking for ways to lower your blood pressure.

On that note, the following strategies may help:

Monitor your blood pressure daily

Avoid added salt and limit processed foods high in sodium

Limit or avoid alcohol

Keep your weight in check

Partake in regular exercise

Increase your potassium intake

Quit tobacco and avoid secondhand smoke

Take your prescribed blood pressure medication as instructed

Visit your doctor for checkups regularly.

BALANCE OUT ESTROGEN

While estrogen is a crucial hormone in female reproductive health, too much of it may increase your fibroid risks.

Apart from following a fibroid diet, experts may also recommend ways to lower your estrogen levels as a part of treatment.

Still, you may lower estrogen in the following ways as well:

Losing weight

Avoiding chemicals that disrupt your hormones (like plastics, dyes, paints, pesticides, fertilizers, and more)

FOODS TO EAT WHEN DEALING WITH FIBROIDS

Even though you can't literally eat foods to shrink fibroids, a balanced diet may help you ease your symptoms. A good fibroids diet, on the other hand, may even help you slow down the growth of fibroids in some cases. Fiber Foods rich in fiber can help with losing weight and balancing your hormones. They can also keep blood sugar in check, and as such, they may help slow down or may help prevent the growth of fibroids. To get the most out of fiber, consider eating the following foods: Oats Raw and cooked vegetables Raw, dried, and cooked fruit Whole grain pasta and bread Lentils Beans Barley Cruciferous vegetables

On that note, the following strategies may help:

- Monitor your blood pressure daily
- Avoid added salt and limit processed foods high in sodium
- Limit or avoid alcohol
- Keep your weight in check
- Partake in regular exercise
- Increase your potassium intake
- Quit tobacco and avoid secondhand smoke
- Take your prescribed blood pressure medication as instructed
- Visit your doctor for checkups regularly.

FOODS TO EAT WHEN DEALING WITH FIBROIDS

Dairy Include dairy items like yogurt and full-fat cheese in your eating regimen. Dairy is abundant in calcium, phosphorus, and magnesium, which are minerals that can potentially prevent fibroids and impede their growth. Additionally, fortified milk is a good source of vitamin D.

Potassium Potassium is crucial for counteracting the impact of salt and maintaining balanced blood pressure. Incorporate these potassium-rich foods into your daily diet:

Bananas
Cantaloupe
Dates
Lentils
Tomatoes
Avocado
Collard greens
Oat bran
Potatoes
Citrus fruits

Green Tea

Green tea is rich in antioxidants. The results of a study have found that one antioxidant in particular (epigallocatechin gallate) may help slow down fibroid growth, as they can reduce estrogen and inflammation levels. Green tea may also help with easing the symptoms of heavy menstrual bleeding.

FIBROID DIET: FOODS TO AVOID

Foods That Increase Estrogen Certain food items contain natural compounds known as phytoestrogens that mimic the effects of estrogen in the body. On the other hand, some foods either contain added hormones or stimulate the body to produce more estrogen. While consuming small to moderate amounts of these foods may offer protective benefits, consuming them in excessive quantities can have adverse effects. It is advisable to restrict or avoid the following foods:

Tofu
Soy milk
Soybeans
Red meat that includes added hormones
Flax seed

Sugar Foods filled with sugar and simple carbs may worsen or trigger fibroids. These foods typically spike blood sugar levels, causing the body to produce insulin. Too much insulin in the body can lead to weight gain and may also affect fibroid growth. As such, make an effort to avoid added sugars and refined carbs such as: Maltose Dextrose Table sugar Corn syrup High fructose corn syrup Flour, pasta, rice, and white bread, Sugary drinks and soda Fruit juice Crackers Potato chips Packaged energy bars

INSPIRATION



**STAY FOCUSED
ON YOUR OWN**

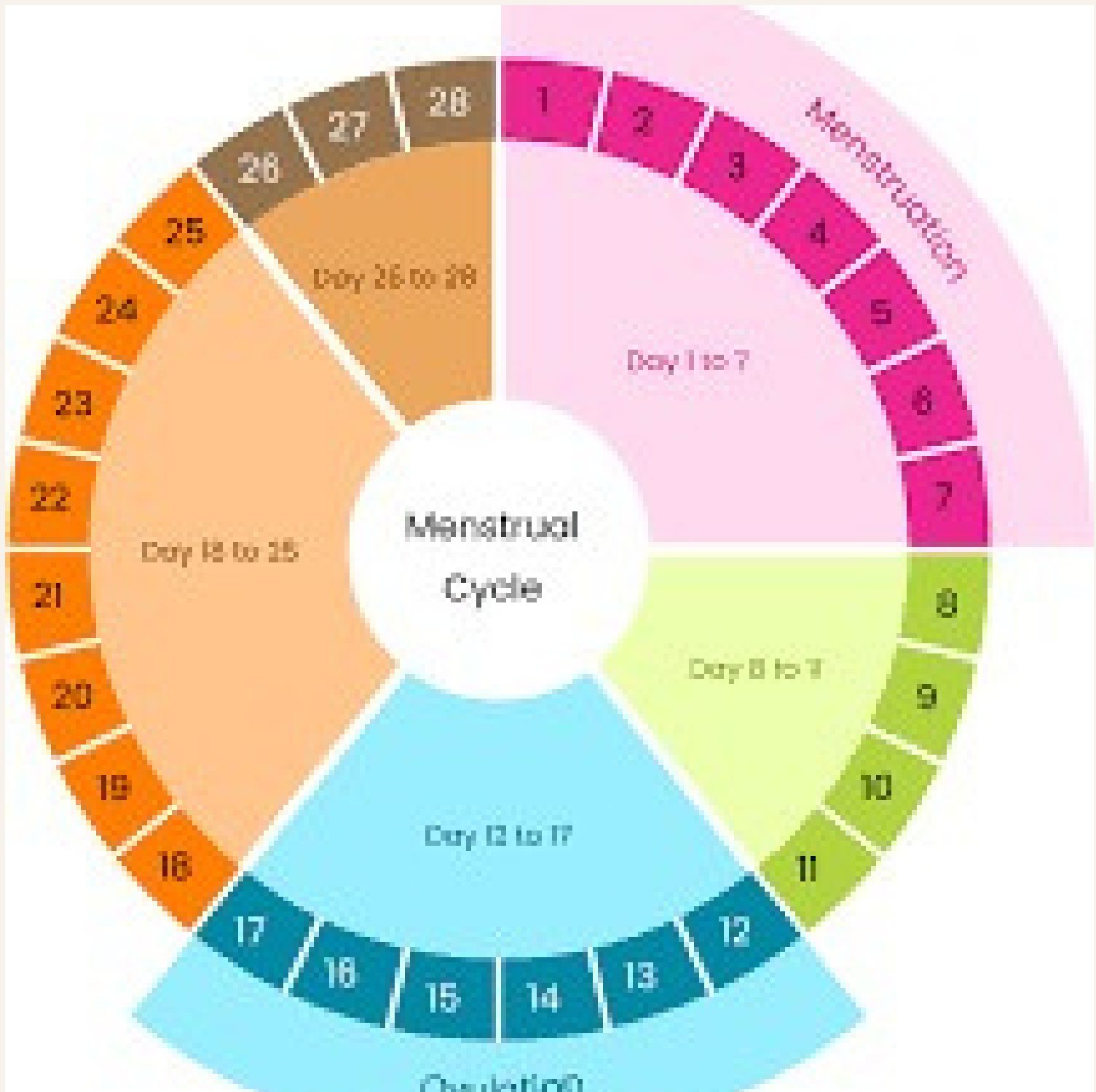


U n i q u e JOURNEY

**AND CELEBRATE
YOUR p r o g r e s s.**

INSPIRATION

OVULATION CALCULATOR





YOU ARE A STRONG WOMAN

“I believe in being strong when everything seems to be going wrong. I believe that happy girls are the prettiest girls. I believe that tomorrow is another day, and I believe in miracles.”

FOCUS ON YOUR DESTINY

“Ignore the glass ceiling and do your work. If you’re focusing on the glass ceiling, focusing on what you don’t have, focusing on the limitations, then you will be limited.”



Join our **SPECIAL MEMBERSHIP**

Hi everyone, welcome to the group!!!
Here we follow up on women who are
trying to conceive with prayers and
medical assistance that they'll need!!
We shall also render help to women
who can't afford this kinds of medical
interventions.

Supporting Your Journey to
Parenthood

SIGN UP NOW



**LET'S
DO IT**

SIGN UP TO OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP

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SIGN UP TO OUR NEW MEMBERSHIP

SIGN UP TO OUR NEW MEMBERSHIP



M5 QUINTUPLET

SHRINKING FIBROIDS WITH DIET: IS IT POSSIBLE?

About Fibroids

Before getting into the fibroids diet, we should talk about fibroids first. These are abnormal growths developing in the uterus, also called leiomyomas and myomas. They aren't life-threatening but may lead to uncomfortable health problems and complications.

These growths usually form on the uterus wall and may be as tiny as a seed, but in rare cases, they may reach the size of a tennis ball. There may only be one fibroid in some cases, while in others, there can be several.

Currently, experts don't really know what causes them, but being obese or overweight can increase the associated risk, as does not get enough nutrients. Expert sources state that around 80% of women will have fibroids in their lifetime.

They may cause the following complications and symptoms:

- Anemia
- Constipation
- Pain
- Heavy menstrual bleeding
- Fertility problems
- Miscarriages

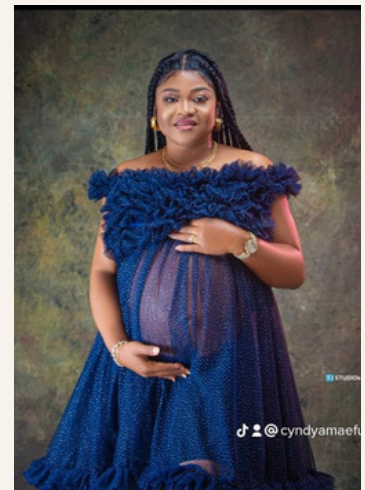
Still, it's important to note that not all women with fibroids have symptoms, and in most cases, there's no treatment required for them. On the other hand, doctors might recommend waiting and watching the growths to see whether they go away or start growing.

Now, about the diet for fibroids. While foods can't directly prevent or treat the formation of these growths, eating the right foods and exercising can significantly reduce your risk. A good diet can help balance the hormones that induce the growth of fibroids. There are specific foods that may also help ease some of your symptoms

TRACK OVULATION

MONTH 1	NO.
DAY 01	
DAY 02	
DAY 03	
DAY 04	
DAY 05	

Inspirational **PHOTO GALLERY**




NUMBER 3



10 Things to Know Before and After Your Embryo Transfer

CYNDY AMAEFULE

1. EAT A HEALTHY DIET AND STAY HYDRATED

You must include folic acid in your diet after embryo transfer. Folic acid is required for a baby's normal brain and spinal cord development. When not included in the diet, it can lead to neural tube birth defects in a baby. So, include green leafy vegetables, rice, beans, legumes, eggs, asparagus, and citrus fruits. Make sure you take lots of water 

Foods and Dietary Recommendations for IVF Success

Fruits and Vegetables

Rich in antioxidants, vitamins, and minerals, promoting overall reproductive health.

Whole Grains

Provide complex carbohydrates and fibre, helping regulate blood sugar levels.

Lean Proteins

Essential for cell growth and repair; sources include poultry, fish, tofu, beans, and lentils.

Healthy Fats

Sources like avocados, nuts, seeds, and olive oil can support hormonal balance.

Dairy or Dairy Alternatives

Choose low-fat options or fortified dairy alternatives for calcium and **vitamin D**.

Folate-Rich Foods

Crucial for early pregnancy; found in leafy greens, fortified cereals, and legumes.

Omega-3 Fatty Acids

Foods like fatty fish, chia seeds, and flaxseeds may reduce inflammation and support fertility.

Iron-Rich Foods

Maintain healthy blood levels with lean meats, fortified cereals, and dark leafy greens.

Vitamin D

Adequate intake through sunlight, fortified dairy, and supplements if recommended by a healthcare provider.

2. TAKE A PRENATAL VITAMIN (AND MAKE SURE YOU GET ENOUGH FOLIC ACID)

Now is a good time to start taking a prenatal vitamin — following your doctor's instructions. If you're taking an over-the-counter prenatal rather than a prescription brand, ensure that it includes DHA omega 3, vitamin D, calcium, and folic acid. While most prenatal vitamins contain adequate amounts of folic acid, your doctor may recommend an additional supplement. Folic acid helps prevent neural tube defects in your baby and may also reduce the risk of heart defects.

3. AVOID CHEMICAL EXPOSURE FROM EVERYDAY SOURCES

Modern life is full of products containing endocrine-disrupting chemicals or EDCs. These chemicals may interfere with your hormones, and some can cross the placenta and build up in your unborn baby's bloodstream, causing developmental issues. Become a label reader and avoid products that contain the following: Bisphenol A (BPA, common in plastics) Phthalates Parabens (common in cleaning and personal care products such as shampoo) Triclosan (found in anti-bacterial products). Avoid EDCs both before and after embryo transfer or, better yet, cut them out of your life entirely

4. TAKE IT EASY ON TRANSFER DAY AND IMMEDIATELY AFTER

Personally, I was in bed for 2 weeks. I did take a shower for the entire 2 weeks wait. While there's certainly no need for bed rest (the embryo isn't going to fall out, after all), relaxing and pampering yourself on embryo transfer day and for a couple of days after is a good idea. This is as much for psychological and emotional reasons as for physical ones; post-transfer days can be an emotional rollercoaster, and rest, relaxation, and pampering can go a long way toward reducing stress. I recommend you try my method. And do not visit Dr Google just keep praying your mercy prayer and listen to a nice gospel song.

5. RELAX – BUT NOT IN THE HOT TUB

While pampering yourself in the days after an embryo transfer can be good for your mental and physical health, avoid the sauna or jacuzzi, and pass on a long soak in a hot bath for a few days. Some research suggests that activities that elevate your core temperature might interfere with implantation. Just to be safe, stick to showers (if you must) but just ask hubby to clean you up before he goes to work. or warm baths rather than turning up the heat.

CHAPTER



NUMBER 4

**HOW TO INCREASE YOUR
CHANCES UP TO 70%**

**LET'S
DO IT**

DOS

1. The older you are the lower your chances of success, so I advice you take the program seriously (from your juice, smoothie, diet, exercises, supplements...)
2. Choose a clinic for your IVF procedure that is closer to you
3. Follow this plan religiously as we will be working to address the root cause of your fertility challenge and you may fall pregnant before the IVF date so look out for changes in your body in the cause of the program.
4. Drink warm lemon water every morning before breakfast for the first 1 month then continue 3 times a week (a must do).
5. Drink at least 8 glasses of clean water in non-plastic containers everyday even if it means keeping count (get alkaline water bottles, any clean water poured in it automatically makes it safe for drinking).
6. Drink fertility (green) juice everyday (recipe will be sent in the next lesson)
7. Eat fertility salad regularly (recipe will be sent in the next lesson)
8. Drink fertility smoothies at least 3 times a week (recipe will be sent in the next lesson)
9. Drink organic yoghurt once in 2 weeks (habib, shagalinku or 'nono')
10. Eat seeds and nuts (flax seeds, chia seeds, walnut, groundnut, hemp seeds, pecans, brazil nuts, pumpkin seeds,

DOS

11. Eat eggs mostly boiled

12. Eat oats flour (blended Quaker oat) and plantain flour

13. Eat roasted unripe plantain with groundnut

14. Boiled unripe plantain with vegetables

15. Eat fruits daily [apple, oranges, water melon, pears, berries etc.]

16. Eat cooked vegetables at least 3 times a week

17. Eat more of plant protein instead of animal protein. Examples of plant proteins are written in No 7 above.

18. Eat draw soups at least twice a week

19. Eat fish (both fresh and dry but not frozen fish)

20. Eat only organic chicken (local chicken)

21. Drink brown rice, coconut, tiger nut (kunu aya), hemp and almond milk

22. Use extra virgin oil (olive oil and coconut oil for cooking) in non-plastic containers

23. Eat brown rice

24. Avocados

25. Eat beans any type and form

26. Take pap; [with millet especially]

DON'TS

1. No white rice
2. No noodles (spaghetti, indomie and macaroni)
3. No fried foods e.g. fried yam, chips, chichin, sausages, bones, doughnut, pancakes etc (if you must use extra virgin oil/olive oil or coconut oil once in a while)
4. No agric chickens (layers and broilers)
5. No beef, pork and mutton (sheep meat)
6. No groundnut oil
7. No yam (both boiled and fried)
8. No coffee and ice cream
9. No sugar 10. No alcohol
11. No soda (coke, sprite etc.)
12. No cigarettes
13. No soy foods (not even vegetable oil for cooking or soya milk)
14. No cow's milk (peak, dano, milksi etc.)
15. No beverages
16. No canned items/foods (sardines, carton juice, corned beef etc.)
17. Do not warm your food in the microwave
18. No baked/processed foods (cakes, meat pie, burger, hotdog, pizza, chinchin etc)
19. Avoid exposure to herbicides, pesticides, insecticides, food preservatives and dyes
20. Reduce the use of plastics (use more stainless, aluminum, Alkaline bottles for drinking water, wooden materials etc)
21. No nail polish, relaxer, mineral creams
22. Use organic creams

CHAPTER



NUMBER 5

**DETOX JUICE & SMOOTHIE
RECIPES**

LET'S
DO IT

MY FAVORITE INGREDIENTS FOR DETOX SMOOTHIES (AND WHY) FRUIT FOR SMOOTHIES

- Apples: Pectin is a soluble fiber in apples that helps sweep the colon for digestive health. Apple pectin lowers the body's demand for insulin, keeping apples' glycemic index low. Many of the nutrients and fiber in apples are concentrated in the skin, so include the peels!
- Strawberries: Strawberries are relatively low in sugar, while still providing tons of flavor. Rich in phytonutrients, vitamin C, mineral buffers, and omega-3s, these righteous red berries are bursting with antioxidants ammo to combat inflammation in the eyes, muscles, and blood. Full of fiber, strawberries are great for digestion and detox. Strawberries add sweetness to smoothies; throw them in fresh or frozen.
- Pineapple: Bromelain, the protein-digesting enzyme in pineapple, bolsters the power of its vitamin C content to help clear respiratory congestion, suppress coughs, loosen mucus, flush out toxins, reduce swelling and bloating, and stimulate circulation for a deep-dive detox. Use pineapple fresh or frozen.

Lemon juice and zest: Low in sugar and full of nutrients, lemons are detox divas. Lemons are amped up with antioxidant vitamin C, antibiotic phytonutrients, and B vitamins. The citric acid in lemons aids digestion while ascorbic acid fights free radicals. Lemon peels are particularly rich in antioxidants, so throw some zest into your shakes for an additional "booster" of nutrition and flavor.

ASH GOURD DETOX SMOOTHIE

DISHA S K @itsdishagowda Bengaluru

1. Packed with essential vitamins, minerals, and antioxidants for overall health and well-being. 2. Boosts the immune system, aids digestion, and promotes healthy skin. 3. Provides a refreshing and hydrating drink, perfect for any time of the day. 4. Offers a delicious blend of natural ingredients, including honey, protein powder, and lemon juice, for added energy and vitality. **Read more**

Ingredients 20 minutes 1 person

Cooking Instructions

1. Wash all the vegetables thoroughly to remove any pesticides sprayed on them.
2. Peel the skin off all the vegetables and chop them roughly.
3. Put the vegetables in a blender along with ice cubes, honey, protein powder, and lemon juice.
4. Blend the ingredients until smooth.
5. Serve the drink fresh and enjoy!

1. 100 grams Ash gourd

2. 100 grams Carrot

3. 100 grams Beetroot

4. 100 grams Cucumber

5. Honey - as required

6. 1 teaspoon Lemon juice

7. 2 tablespoons Protein powder

DETOX VEGAN RED VELVET SMOOTHIE

Ingredients 15 minutes 2 servings

1.1 banana 2.5-6 soaked cashew
nuts 3.3 tbsp soaked oats 4.1 tsp
cocoa powder 5.1/2 boiled beetroot
6.2-3 seedless dates 7.1 banana
slice 8.1 tbsp pumpkin seeds 9.1
tbsp melon seeds

Cooking Instructions

- 1.Wash all the vegetables thoroughly to remove any pesticides sprayed on them.
- 2.Peel the skin off all the vegetables and chop them roughly.
- 3.Put the vegetables in a blender along with ice cubes, honey, protein powder, and lemon juice.
- 4.Blend the ingredients until smooth.
- 5.Serve the drink fresh and enjoy!

Thank you
FOR READING



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