***Women’s Fertility***

**1. Eat more alkaline then acidic foods.**
Acidic foods can contribute to an acidic cervical mucous, which becomes less attractive to sperm searching for a home. This means chew your food well, and eat more of a plant based diet which will help those blood vessels become strong helping your uterus prepare for implantation.

**2. Eat lots of essential fatty acids.**
Try unprocessed plant sources and fish, non-hydrogenated oils, flax, eggs, soy, nuts and seeds, dark green veggies, beets, carrots cabbage and turnips to name a few.

**3. Eat organic and food free of hormones.**
Processed food has less nutrient value. Try lightly cooked veggies with rice and a small amount of hormone free meat.

**4. Eat cruciferous veggies.**
Broccoli and cabbage contain compounds that use estrogen more efficiently

**5. Use a natural high potency multi-vitamin.**
Vitamins A, C, E, B complex, zinc and selenium – These are all important for reproductive health. Plus iron, folic acid and E vitamin.

**6. Eliminate Caffeine, nicotine and alcohol.**

**7. Avoid over the counter medication.**

**8. Avoid too much stress, junk food, too little sleep or too much exercise.**
Dr. Lewis says to give your body a chance to become as strong and healthy as possible so that you have the proper nourishment to conceive and maintain a healthy pregnancy.