***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.