

myFertility Specialist

WE'RE CELEBRATING

1 YEAR OLD

TWO WEEK WAIT

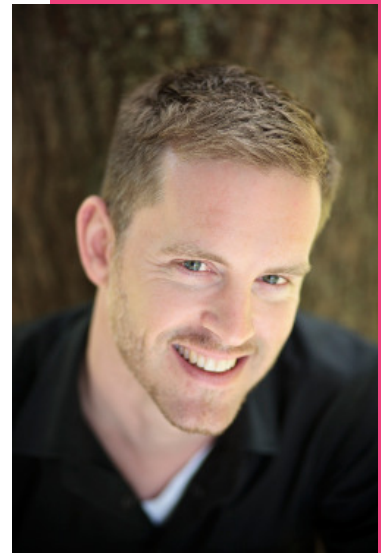
How to survive and stay sane

A DAY IN THE LIFE OF.....

A FERTILITY NURSE

EFT

All you need to know



How to enhance your fertility at this time of year.



A very warm welcome to Andrew Loosely, world leading Chinese Medicine Fertility Expert, Author and Public Speaker, who is writing a column about Traditional Chinese Medicine in this and future issues. I'm so pleased and excited that he will be sharing his vast knowledge and experience with all the My Fertility Specialist readers! Here he lists his top 6 tips to help you transform your fertility health as we head towards spring..

Winter is nearly over and it's a great time to start working on your fertility health transformation for the rest of the year.

1. Eat Healthily and Avoid Processed Foods.

Focus on fresh foods: meat, fish, eggs, grains, lots of root veggies, and lots of green leafy foods too. Keep your sugar consumption low and try to avoid indulging in processed foods.

2. Make Homemade Bone Stocks

I'm a big advocate of homemade bone stocks, and I recommend eating or drinking stock daily throughout winter. You can make chicken, beef, lamb, fish or venison stocks easily.

Here's a recipe on my website, for a simple yummy stock: www.NaturalFertilityExpert.com/bone-stock-recipe

3. Avoid Alcohol

Alcohol depletes your nutrient reserves and also compromises your immune system, which may have an impact on implantation and pregnancy. Trials have shown that alcohol is counter-productive for anyone trying to conceive.

4. Protect from the Cold

When your body gets cold it requires energy to warm itself up, and in the process it uses more nutrients. This depletes your nutrient reserves and takes away from the deeper nourishment of your body and fertility.

For better blood flow to your womb: keep your feet, legs and lower back warm and avoid cold drinks and uncooked foods.

5. Hibernate and Recharge

We're soon coming to the end of winter but it's technically still a time of hibernation. If you can continue to rest and recharge your energy for the next month or two, it will positively impact your fertility health throughout 2016.

Go to bed earlier, sleep long hours and try to get up after the sun rises wherever possible.

Building up energy and nutrient reserves through rest and sleep will help to nourish egg and sperm quality.

6. Exercise Gently

Keep it simple and light at this time of year. Use Yoga, Tai Chi, Qi Gong, Pilates, gentle workouts and interval training to gently move and stretch your body.

Try to get some fresh air too, but keep warm.

Movement helps to circulate your blood more efficiently, helping to avoid stagnation issues such as painful periods.

Through Andrew's programme, 'The Baby Creating Plan', Andrew and his team successfully support couples in more than 70 countries. He says: "The Baby Creating Plan is an integrated approach that allows us to look at your health from a Western and Chinese medicine combined viewpoint. The end result for you is better health, improved fertility, and a greater chance of having your baby".

Claim your free copy of 'The Ultimate Fertility Guide' now at <http://www.naturalfertilityexpert.com/claim-your-free-guide/>

To find out more about Andrew, please see <http://www.naturalfertilityexpert.com> or contact him and his team on +44(0)203 623 1893. Twitter @AndrewLoosely & Natural Fertility Expert on Facebook for fertility tips and event updates.