

## **Eat, Drink, Move, and Breathe Fertility!**

For more information please read “Fertility Wisdom” by Angela C. Wu, OMD.

### **Eat**

- “Eat food, not too much, mostly plants” - Michael Pollan. Replace junk foods with whole foods. Eat only foods your grandmother would recognize. Anything in a box or plastic wrap is suspect.
- Enjoy a big breakfast, a moderate lunch, a healthy snack, and a light dinner every day. Eat on a schedule and eat peacefully, not in front of a TV or cell phone. “When drinking tea, drink tea.”
- Nourishing foods include organic, local eggs; organic, local beef, chicken, or turkey; whole and non-glutenous grains such as rice, millet, corn/meal, and oats; nuts; seeds; tofu; tempeh; seaweed; and beans.
- Eat a serving of sauteed or steamed greens every day.
- No cold or frozen foods.
- No refined sugar.
- No dairy products - especially frozen dairy treats like ice cream.
- Avoid desserts, especially after a large meal.
- No processed foods, including bleached flour. Reduce gluten intake to one serving a day, if any.
- No old food - food cooked more than 24 hours ago or heated more than twice.
- Maximum of one serving of raw fruit or vegetables per day. Cook your vegetables lightly and eat abundantly. Have one serving of raw fruit on an empty stomach.

### **Drink**

- Drink plenty of filtered, room-temperature water.
- Avoid alcohol, soda, and coffee.
- Avoid any cold, iced, or frozen drinks.
- Avoid fresh juices, or drink no more than 6 oz. per day on an empty stomach.

### **Move**

- No vigorous, sweat-inducing and/or jostling exercise and activity from the ovulation to menstruation part of your cycle.
- Avoid exposure to extreme temperatures, getting chilled or overheated, or strong

winds.

- Wear a scarf to cover your neck when it's cold and/or windy outside. Don't go outside with wet hair.
- No swimming when you're menstruating.
- Walk outside every day, unless there is extreme weather. Spend 15-30 minutes taking a brisk walk quietly by yourself breathing or with a loved one enjoying their company.
- Create a morning routine which starts with gentle stretching followed by qigong practice. Choose a qigong form you like, learn it, and practice it for 100 days in a row. Find a class, a video on YouTube, or pick an exercise from Dr. Wu's book "Fertility Wisdom." The "Chi Revolution" by Bruce Frantzis is also a great book on qigong.

## **Breathe**

- Make sleep a priority! Get a minimum of eight hours of sleep every night. Change whatever needs changing in order to make this happen.
- Make rest a priority. Get more rest. We all work too hard.
- Minimize intense emotional experiences including negative people and situations, emergencies, protests, scary movies, harrowing work or volunteer service, etc.
- Learn what belly breathing is and how to do it. Practice. Take regular breathing breaks throughout your day.
- Every day sit or lie quietly for 15 to 30 minutes. Allow your mind to wander and focus on your breathing. Do this with no distraction - no music or background noise. Just breathe.
- Practice some version of an Inner Smile meditation. Give thanks for your body daily. Love it up.
- Do what you need to create a harmonious home environment, especially your bedroom and places where you rest. Clean, organize, make beautiful. Limit your time sitting in front of a screen.