

BA BETA KRISTIYAN HAILE SELASSIE I
SIS MATTANIAH

April 16, 2010

PREPARING FOR CONCEPTION

You are what you eat and what you eat plays a large role in the quality of your reproductive system. The cells in your body are constantly dying off and new cells are being created to replace old cells. The building blocks of these new cells are provided from the food you are consuming.

Prepare your body for conception at least 6 months to 1 year in advance:

Preparing in advance helps your body function at its best, supports egg and sperm health, supports the body towards hormonal balance, provides an abundance of nutrients, decreases the chances of miscarriage, builds nutrient storage for pregnancy, promotes energy and vitality.

Eating for conception:

Increase organic vegetables and fruits, decrease the amount of conventional meat (no more than 4oz/serving), Eat cold water wild fish (Alaskan Salmon/cod), cage free /free range organic chicken, whole grains in natural unprocessed form (sprouted breads, quinoa, brown rice- no white flour products), High Fiber foods (dark green vegetables, leafy greens, beans), drink at least one green juice daily, use white sugar alternatives (stevia, maple syrup), Woman's/Man's Multivitamin

Superfoods- Maca, Noni, Royal Jelly, Coconut milk and oil/ EFA's- flax oil, hemp seeds/oil, Cocoa, Goji Berries, and Bee Pollen.

Herbs - Alfalfa, Milk Thistle, Burdock, Hyssop, Horny Goat weed, Sarsaparilla, Red Raspberry, PauD'arco, Ginger, Yohimbe, Damiana.

HEALTHY FATS Olive oil, avocado, nut seeds, Sesame oil, hemp oil, fish oils

AVOID Excess red meat intake, non organic meat/poultry/produce, processed soy (estrogen mimicking properties), refined carbohydrates and white sugar, soda, caffeine, pasteurized bottle juice

In addition to foods, environmental factors also play a role in the quality of our organs. : Toxins, pesticides, and pollutants in our environment are having an effect on both woman's and men's fertility. When preparing for fertility, it is a good idea for both the man and the woman to cleanse the body of excess toxins, chemicals and pesticides. Common toxins can cause hormonal imbalance, ADHD, learning disability, dyslexia, cerebral palsy as well as a decline in sperm count and quality and abnormal sperm.

TO CLEANSE eat organic, use Superfoods, green foods (barley grass, alfalfa, spirulina, chlorella, E3 Live) and whole foods, colonics rid the body of impacted waste. AVOID exposure to solvents (found in plastics, mineral oils, common cleaning/beauty products)

INCREASE CIRCULATION with movement and exercise

Females thoroughly moisturize belly/abdominal area, lower back and thighs twice daily throughout pregnancy with cocoa/shear butter to limit or avoid stretch marks.