

Fertility smoothies are a great way to boost your fertility naturally... They are easy to make.

Having an early morning smoothie daily, guarantees that you are going to be getting the most important components into your body to boost your Natural Fertility. Below are list of important components, which should be in your smoothies

1. Fiber- has many actions in the human body, but specifically for fertility, fiber helps the body to get rid of excess hormones. Fiber is also important for helping to move foods through the digestive

process and keeping blood sugar levels balanced.

Balanced blood sugar levels are extremely important for everyone's fertility, not just women with PCOS. When the blood sugar levels spike repeatedly on a daily basis the body reacts to this like an emergency and goes into fight or flight.

This pattern occurring repeatedly can cause hormonal imbalance due to the stress hormones being released constantly. This in turn can create issues with ovulation, the uterine lining, menstruation and sperm health in men.

2. Antioxidants - help to protect the body from free radicals by "deactivating" Free radicals in our bodies. Free radicals are created from toxins, stress, pesticides, illness, over-exercising, too much sun... and the list goes on. The important thing to know is that free radicals can damage cells and the DNA within cells and this has an impact on fertility. It may impact the health and integrity of the egg (ova), the sperm, the cells of the uterus, ovaries, thyroid, pituitary, etc. In turn this may cause the reproductive system to not function properly completely. Antioxidants are extremely important for couples that are trying to conceive.

It is important to understand is that there are many different types of antioxidants that protect different areas of the cells in our bodies. So a wide variety of antioxidants are needed on a daily basis. Through eating a diverse array of whole foods the body is able to receive an abundance of antioxidants. Drinking a smoothie a day makes this even easier to do.

3. Minerals and Vitamins -are necessary for healthy fertility and a balanced cycle. Zinc, calcium, selenium, vitamin E, A, C and D, folic acid, iron and many more nutrients play a vital role in supporting your monthly menstrual cycle and ovulation. A deficiency of these nutrients can impact your fertility. A diet rich in a wide range of whole foods can help to supply you with all of these vital nutrients. Smoothies make it easy to get a wide range of whole foods in a convenient and tasty form. In addition, since smoothies are liquid, the nutrients are easier to absorb during digestion.

4. Fertility Superfoods- are foods that are nutrient dense, supplying a ton of nutrition in a small package. Some fertility superfoods can also specifically nourish the endocrine system or promote egg health etc. By adding superfoods to your smoothies you are able to take your nutrition intake and health up a grade. Adding the Superfoods to your daily smoothie, makes it super easy to get a large amount of nutrients and fertility tonics all-in-one. (Read the article of super food and choose the ones that you need to boost your body or alternate to give good diversity)

Easy Fertility Smoothie Recipe

- Frozen mixed organic berries. ...
- Almond, rice milk, or hemp milk. ...
- Protein powder. ...
- 2 shots of wheat grass (You can use powder, but tastes better when using fresh shots or I use a frozen one by Evergreen.)
- Maca root powder.
- Acai or goji berries.
- Mixed powered greens.
- Royal Jelly (* If you're allergic to bees do not use!)

Reference: [Hethir Rodriguez C.H., C.M.T.](#)

Vogel health smoothie booklet 2016