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Basic Guidelines for Fertility Nutrition

- Foods to cleanse and strengthen the Liver system are important – dark leafy greens such as kale, collards, and mustard greens. Also, broccoli, cabbage, arugula, romaine lettuce, celery, (all green veggies), blue-green algae, and radicchio. Fresh vegetable juices which include these foods are great.
- Decrease (if not eliminate) dairy intake.
- No refined sugar. Stick with fresh and dried fruits, and sweeteners like agave nectar, brown rice syrup, and stevia. Eating sweet vegetables (sweet potatoes, carrots, beets) will also help to reduce sugar cravings.
- Do not eat anything with hormones in it. This means make sure that all meats and dairy products are organic, and specify that the animals are not hormone fed.
- The less processed foods, the better.
- Decrease (if not eliminate) coffee and alcohol consumption.
- Good fats are essential. These include nuts, seeds, avocado, coconut, and olives. Olive and sesame are the best oils for consumption. Coconut oil (pure, organic) may be used in moderation, and is the best for heating/cooking with. ELIMINATE trans fats, and lessen saturated fat.