

FROM "THE WHOLE BODY FERTILITY" SERIES:

*7 Dietary Changes You Need To
Make Now ...
(If You're Trying to Get Pregnant).*



Presented by

John Miley, Licensed Acupuncturist & Natural Fertility Expert.

About the Author



John P. Miley, (*L.Ac., NCCAOM, M.Ac., Herbalist*)

John P. Miley, Licensed Acupuncturist and medicinal herbalist, is considered to be a leading voice in the field of Traditional Chinese Medicine and Natural Fertility.

He is Licensed by the NCCAOM, and the Minnesota Board of Medical Practice.

Since 1999, John has been the owner and clinical director of Acupuncture & Natural Health Incorporated, a private clinic dedicated to whole-body health, women's health issues and optimal fertility methods.

John consolidated his years of clinical experience into his holistic **Whole Body Fertility Program**, which is designed to greatly improve fertility levels with easy-to-follow steps, that you will begin observing within eight to ten weeks—all from the comfort of your own home.

Countless couples have realized their goals of becoming parents, by following the detailed steps outlined in the Whole Body Fertility Program. Through his in-depth work with unexplained infertility, secondary infertility and structural infertility issues, John can guide you toward optimal fertility, greatly increasing your chances of getting pregnant and carrying a baby to term.

When he's not working or tinkering around the house, John can be found getting out into nature with his wife and kids.

Other Helpful Resources From John Miley:

www.MileyLabs.com

www.WholeBodyFertility.com

www.Yuuvuu.com

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In This Report

- Foods to add to your diet to promote fertility.
- **Seven steps to take today, to improve your fertility.**
- Common medications that can trip up your fertility.
- **Bonus: cleansing ideas.**

If you are serious about getting pregnant without drugs or expensive procedures, here's what you need to know:

Not getting pregnant is more than just a mechanical issue--it's more than just "sperm and ovaries" to be quite frank with you.

Without even knowing it, you may have fallen into a pattern that is undermining your best efforts to get pregnant, and without breaking this cycle, you may find yourself getting increasingly frustrated in your attempts to get pregnant.

Here's a quick check list to see if you are caught in a damaging fertility cycle:

- Do you find yourself worrying about not getting pregnant?
- When you learn of a friend or family member's pregnancy, are you jealous?
- Are you angry about not getting pregnant?
- Do you feel your husband or partner doesn't share your pregnancy worries?
- Do you get cold hands and feet--literally?
- Are you suffering from migraines or menstrual migraines?

If you answered **yes** to one or more of these questions, *you are very likely in a pattern that you need to fix in order to optimize your fertility*, and increase your chances of conceiving naturally.

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My **Whole Body Fertility Program** addresses the most common patterns of imbalance that lead to fertility complications, with clear-cut fixes to help you get out of (and stay out of) these fertility damaging patterns.

If you are ready to take charge of your health and boost your fertility once-and-for-all, I strongly suggest you go over to the Whole Body Fertility website right now, to read more about the Whole Body Fertility book.

It is a comprehensive guide to help you improve your fertility and get pregnant naturally.

Now...on to the report at hand!

Before we get started...a brief note of introduction.

Again, my name is John Miley, and I am a Board of Medical Practice Licensed Acupuncturist and Natural Fertility Specialist. Since 1999, I've been helping women and men improve fertility and increase their chances of conceiving naturally, through my Natural Health Clinic.

In this special report, I'll clearly show you the **top seven dietary changes** you *need* to make now, if you are trying to get pregnant. You'll also learn why you need to make these changes if you are **serious about conceiving** naturally.

If you are reading this, you are either *trying* to get pregnant now, or have been trying to conceive for a while, without success.

Wherever you are on your journey, **this report will help you improve your chances of conception**, just like it's helped many women in my clinic take charge of their fertility.

Please note: I applaud your interest in taking charge of your health and I admire your 'can-do' attitude! Believe me, it will serve you well.

It's not easy to face challenges head-on, and by reading this, you are taking a step toward empowering yourself with information that can help you make positive changes in your fertility levels.

Just by reading this, I know you are a take-charge kind of person, and you will ultimately reap the rewards for taking action--which ironically is *something most people are not willing to do*.

Okay. **Let's get started.**

Are You Eating Foods That Promote Pregnancy? You Are What You Eat.



It's not difficult to eat well. It just takes a little rethinking!

Think about this for a minute:

Your current bodily health and fertility is a direct result of the foods you eat, the drinks you drink, and the thoughts you use to direct your life.

Seriously. Read that sentence again and let it sink in.

Your body's present condition is a **cumulative result** of the choices you make about food, drink, physical activity and mental-emotional well being.

That statement holds a great deal of personal power for you, if you decide to take control of these choices. That sentence alone, if applied correctly, can alter the course of your life, for the better, starting right now.

Let me explain.

Making wise choices about the food you eat, and the drinks you drink can immediately affect your fertility levels.

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I see it happen all the time, when women come to see me in the clinic hoping I can "fix" their fertility "problem".

In truth, what you need to do first, is remove the obstacles they've (unknowingly) created between you and your goal of getting pregnant.

One of the first adjustments you may need to improve is your nutritional picture, because improper nutrition can virtually shut down the fertility process. I am going to help you understand how to take control of your nutritional choices in the following pages of this report.

Here's how nutrition and fertility can go hand-in-hand: A Case Study.

Dietary changes cause successful pregnancy.

A patient I'll call "Julie" came to see me because she had Polycystic Ovarian Syndrome (PCOS).

PCOS is an imbalance that causes multiple cysts to form on the ovaries, frequently preventing ovulation, it causes a number of physiological and hormonal imbalances to take place.

While the "cause" of PCOS is unknown, there is strong evidence that women with PCOS have abnormal blood sugar and insulin interactions.

Diets high in refined sugars and carbohydrates (think white flour, pastas, bread, etc) spike glucose levels and disrupt the insulin sensitivity, over time.

Therefore, in many (not all), PCOS cases, modifications in diet and exercise can balance blood sugar levels, reduce insulin resistance and reduce PCOS--without the need for pharmaceutical drugs.

Eliminating refined sugars and carbohydrates can have an immediate benefit for women with PCOS--and literally, within days, their bodies can begin rebalancing and recovering.

Granted, the entire process of recovery may take months, but the changes made in your diet today, begin affecting your body immediately.

In Julie's case, she greatly reduced (and ultimately eliminated) white flour, sugar, corn syrup and other refined foods from her diet.

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She also added a few, select **nutritional supplements** that have a proven track-record of moderating blood glucose levels, while providing micro-nutrients your body needs for optimal health.

Julie added whole foods into her diet (many of which I'll give you in this report), and within 90 days, her PCOS was greatly improved.

Julie's body weight dropped to a healthier level for her body type, and within 7 months, she conceived her first child.

--End of Case Study

Note: In my **Whole Body Fertility Program**, I address some of these dietary supplements in great detail, as well as outlining dietary supplements I feel help boost fertility.

Why Nutrition Matters.

Do you want to know what medicine was the first to ever be used by humans?

It's so simple, that the answer may surprise you.

The answer is **food**. Good old fashioned whole foods.

Historically, access to quality food and basic nutrients was the primary means of maintaining good health, promoting healing and speeding recovery from injury or illness.

Through trial and error, over thousands of years, people began using specific foods for specific health imbalances--and so began the long-standing tradition of healing with whole foods.

While times have changed, your body's nutritional needs have remained the same since the dawn of human existence. Which is to say, **you can benefit from using food as medicine**...and I'm going to show you how to do just that, right now.

Dietary Changes For Increased Fertility (Hint: Your “Seven Steps” Begin Here...)

1. **Eat organic, hormone-free meat and poultry.**

Eating meat and poultry raised in the modern system of “factory farming” may do your body much more harm than good.

It is a well documented fact that large food suppliers rely heavily on chemicals, synthetic hormones and genetically modified feed to produce livestock and poultry.

The synthetic estrogenic-like substances found in factory-farmed meat products disrupt your natural estrogenic balance, and have an unwanted effect on your hormones, endocrine system and nervous system functions.

And while it may cost you more to incorporate organic meat into your diet, this is a small investment to make for the health benefits you will observe by making this change.

Tip: If you live in a rural area, or have access to farmer’s markets, you can often find local farmers who sell hormone-free meat and poultry. The advantage to finding such sources are many--you get to know where your meat comes from, you can ask questions about their humane farming practices, and you support your local community-economy.

If you want to find organic meat in your area, you can find out more on that topic here:

[Organic grass fed food resources](http://www.yuuvuu.com/gff) = = > <http://www.yuuvuu.com/gff>

• **Essential Fatty Acids (EFA's) Boost Fertility**

Essential fatty acids that are critical to the health of every cell in your body. They are important because your body cannot produce these fats in quantity on its own. Therefore, you have to get these EFA's from foods.

These essential fatty acids (EFA's) are:

- A.) Alpha-linolenic acid (ALA) -- an Omega-3 fatty
- B.) Linoleic-acid (LA) -- an Omega-6 fatty acid

Why are these so important?

They are important because these essential fatty acids cannot be manufactured by the body and must be obtained from food sources that contain them.

By combining and synthesizing these two EFA's, your body can produce various forms of these fatty acids, known as Long-Chain Polyunsaturated Fatty Acids (LC-PUFA).

Examples of the **LC-PUFA's** include the beneficial fatty acids EPA and DHA found in cold water fish (such as salmon), and Gamma-Linolenic Acid (GLA).

Because they fatty acids are essential to human health, it is critical that you find rich food sources of EFA and commit to including them into your daily nutrition program.

What role do EFA's play in health?

EFA's are needed offer the following benefits:

- Healthy hormone regulation
- Proper metabolism
- Timely release of the egg during ovulation (i.e. "follicular rupture")
- Development of the "corpus luteum"
- Regulate critical aspects of a successful conception

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These two fatty acids are abundant in **plant sources** such as:

- Evening primrose oil
- Borage oil
- Flaxseed and flaxseed oil
- Raw nuts (particularly walnuts)
- Dark-green vegetables like kale, collards, brussels sprouts and broccoli.

To ensure that you get a sufficient amount of these fatty acids into your daily diet, supplementing your nutritional program with **Evening Primrose oil soft gels** or **Borage oil soft gel** capsules is encouraged.

A daily intake of **250-300 mg of GLA** (Gamma Linoleic Acid) is a good baseline for your dietary supplements, which generally is accomplished with three to four Evening Primrose soft gels, for example.

Note: these fatty acids are not tolerant of exposure to high heat or light. You should not cook with these oils. Store them in a cool, dark place.

[Evening Primrose Oil Supplement](http://www.yuuvuu.com/epo) = = > <http://www.yuuvuu.com/epo>

3. **Fertility Support from Omega-3 Fish Oil softgels**

One of the all-time best food sources you can find, is a clean source of Omega-3 rich fish oil.

Because our oceans and waterways have become so laden with toxins, heavy metals and other unwanted contaminants, it is virtually impossible to eat enough fish to gain health benefits, without running the risk of slowly poisoning yourself in the process.

One exception to this is eating wild caught Alaskan salmon. I have a source of fresh wild caught salmon that is sustainably managed and caught following strict regulations to keep the eco-system in balance.

You may want to take a look at this resource if you interested in ordering a sustainable, clean source of wild caught salmon (not farm raised fish):

[Wild Caught Alaskan Salmon](http://www.yuuvuu.com/vcs) = = > <http://www.yuuvuu.com/vcs>

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There is another option to getting purified, toxin-free fish oil. While not perfect (for solving the long-term environmental problems), this is one way for you to get the benefit of fish oil, while removing the risk of toxins from the nutritional equation.

Find a **clean source of Omega-3 fish oil**, that has been molecularly distilled to remove all measurable levels of environmental contaminants.

The process of *molecular distillation* yields a final product that is certified free from unwanted pollutants, yet rich in beneficial fatty acids that make Omega-3 fish oil such a nutritional powerhouse.

Look for the terms "molecularly distilled" on your fish oil labels.

Why is fish oil so good for you?

Certain fish (such as salmon and herring, to name a couple), develop a layer of fat that insulates them from cold water environments. This fatty-layer is rich in omega-3 fatty acids, and in particular, it contains two key fatty acids--eicosapentaenoic acid (EPA) and docohexaenoic acid (DHA)--which are necessary for fetal brain and nerve development.

Omega-3 fatty acids been found to improve blood flow throughout the body, and when it comes to fertility, they **promote blood flow to the ovaries and uterus**.

Fish oil also offers the added fertility-boosting benefit of reducing certain immune cells (NK cells) that can inhibit the implantation of an embryo in the uterus.

Omega-3 fish oil that tests free from measurable heavy metals and other toxins can be a reliable source of Omega-3 for women trying to conceive, as well as for pregnant and nursing mothers (but again, only use molecularly distilled, certified pure fish oils).

The recommended intake for Omega-3 fish oil varies. Generally, you want to take between 1,000-3,000 mg of combined DHA and EPA per day.

[Enteric Coated Omega 3 Fish Oil](http://www.yuuvuu.com/fo) = = > <http://www.yuuvuu.com/fo>

4. **Avoid unnecessary medications and over-the-counter drugs.**

Not much is discussed about this topic, because we're conditioned to accept over-the-counter (OTC) medicine as virtually harmless, since it is so widely available and so commonly used.

Even so, there are good reasons to be cautious about your use of some OTC's such as decongestants, antihistamines and **NSAIDS** (non-steroidal-anti-inflammatories) which include ibuprofen and other pain relievers.

Example A: Some of the NSAIDs, such as **ibuprofen**, can disrupt your body's ability to synthesize prostaglandins that promote healthy ovulation. Taking regular ibuprofen, for example, could inhibit your natural ability to ovulate, which in turn can contribute to "unexplained" infertility. No ovulation=no pregnancy.

Example B: promoting healthy cervical mucus means **avoiding decongestants and antihistamines**. If you think about it, it makes perfect sense. Decongestants and antihistamines thin and dry-out mucus. If you have sparse cervical mucus, taking these drugs will further jeopardize your efforts to conceive. **Avoid them if you can.** Use them *only if absolutely necessary*.

5. **Increase "cruciferous" vegetables in your diet.**

Cruciferous vegetables include broccoli, cauliflower, cabbage and Brussels sprouts. While the idea of eating these vegetables may not have you jumping for joy, their positive affect on your fertility may be one of the best things you can do for your body, and your future conception.

Here's why cruciferous vegetables matter.

Cruciferous vegetables contain something called "di-indolymethane" or DIM.

DIM has a positive affect on estrogen levels in the body, and in particular, it increases the metabolism of estradiol--a form of estrogen associated with breast and uterine cancers, moodiness, decreased fertility and weight gain.

Increasing your cruciferous vegetables protects your body from estradiol's negative effects, and helps your body break estradiol down into a form of estrogen (2-hydroxy estrogen) that is friendlier for your body.

Note: Organic vegetables are recommended, and worth the extra cost, especially during this time when you are trying to get pregnant. Invest in them and eat of them freely--now is not the time for extra chemicals in your body!

6. Increase “alkaline” foods, while decreasing “acidic” foods.

Maintaining a healthy pH balance in your body is critical for conception.

On the pH scale (0-14) 7 is considered “neutral”, and the lower you go (6.9-1.0) the stronger the acids become, and the higher you go from (7.1-10) the stronger the alkaline environment.

Your body is designed to keep a pH balance of 7.0-7.5, with an ideal pH number being 7.4--this is considered a slightly alkaline number.

Acidic environments (below 7 pH) are strongly associated with oxidative stress in the body, weakened immune system, a host of disease processes (such as cancer and Chronic Fatigue Syndrome) and contribute to reproductive difficulties.

How does an acidic pH contribute to infertility?

Cervical mucus needs to be neutral to slightly alkaline, since sperm thrive in a slightly alkaline environment. Acidic cervical mucus is detrimental to sperm health, and creates a hostile environment for their survival.

Acidic foods include commercially raised meat, dairy, eggs, refined foods (such as white flour, sugar, most baked goods, etc.), condiments, soda drinks, fast foods and so on--many of these foods range from 3.0-5.5 pH, which is very acidic.

Eating grass fed animal products, including meat and dairy, can greatly reduce the acid-load on your system, as compared to their industrially farmed counterparts. Again, organic animal products are the only ones recommended.

The [Whole Body Fertility book](#) addresses exactly what you need to do to improve the quality of your fertile cervical mucus, as well how you can tell when you are producing fertile cervical mucus.

Healthy Secret:

Increasing your cruciferous vegetables, decreasing your acidity and increasing your alkalinity can be done all at the same time, in just 30 seconds per day!

It's true. By adding a scoop of [this recommended superfood](#) into your diet, you can conveniently drink your daily requirement of vegetables, and get a handful of super charged nutrients to help balance your pH levels.

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By drinking this highly concentrated green superfood each day, you give your body much needed nutrients to help you prepare for pregnancy, support conception and provide a healthy body capable of carrying a pregnancy to term.

I recommend this product to all my infertility patients.

It works! When you want to get pregnant, you need your greens!

Note: To view all recommended supplements from this report on one page, click on this link or type this web address into your browser:

[Fertility Supplements Summary Page](http://www.yuuvuu.com/sop) == > <http://www.yuuvuu.com/sop>

7. **Avoid Common Toxins!**

Toxins play a major role in our modern lives. It's an unfortunate reality, but it is something you have to deal with if you want to increase your chances of getting pregnant.

Your body is constantly exposed to a variety of environmental toxins that have a negative affect on its ability to function at its best. Even though most of these toxins are invisible and undetected, many make their way into your life in surprisingly frequent ways.

I'll give you an example of an environmental toxin that you come across everyday, yet have likely never considered hazardous to your health. This is just one example of the many toxins that you can avoid, with some simple precautions.

Toxic example: Fluoride.

If you live in a city or even a mid-sized town, chances are good that your water supply comes from a water treatment facility. If so, your water contains fluoride, or a form of it known as sodium fluoride.

You've been told for years now that fluoride is necessary for preventing cavities, and that adding it to your water supply helps your health, by preserving your pearly-white smile.

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It may surprise you to learn that **fluoride is actually a toxic by-product of aluminum manufacturing?**

It's true. Fluoride was historically used as a rat and insect poison, and was eventually added to municipal water systems after the aluminum industry funded a trial showing that fluoride prevents dental cavities.

Further studies were not conducted to gauge the health risks of fluoride, it was added to municipal water facilities based on this small study, and we've all been drinking it ever since!

If you are trying to get pregnant, fluoride is just one of the many environmental toxins you may ingest on a daily basis.

The net result of all these toxic accumulations in our bodies?

Infertility. Difficulty conceiving. Lowered immune systems. Low sperm counts, irregular ovulation, PCOS. Unexplained infertility. Disease.

Not to paint a grim picture here, but knowing which toxins to avoid (and where to find them), is over half the battle.

Avoiding the top, most-commonly-encountered environmental toxins can help you improve your health, increase your fertility levels and cut down your risk of various diseases that are highly avoidable.

If you would like to read more about the **most commonly encountered toxins to avoid**, you will want to read my Special Report on Environmental Toxins (Everyday Chemicals That Decrease Fertility) available as a bonus when you purchase the [Whole Body Fertility Premium Version](#).

BONUS SECTION: Cleansing.

It would be irresponsible of me to mention environmental toxins and their cumulative tendencies in our bodies, without telling you about ways to cleanse and purify your system, ridding yourself of these toxins.

To the degree that it is possible to shed these environmental toxins (such as heavy metals, pesticides, herbicides, fluoride, chlorine, and such) from your body, embarking on a "cleanse" of some sort can help you shed toxins and improve your health.

Not all cleanses are created equal, and there are many ways to do a cleanse.

I am going to share with you an approach I use successfully with women I see in my clinic, who are trying to conceive, and want to use a cleanse as a

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way clearing the slate, as it were. Starting out with a purified, detoxified body before they head into a nutritional or supplemental program.

My cleanse approach is simple and is designed for women trying to get pregnant, and can be done from two to four weeks, as you prefer.

1. Complete an internal cleanse using herbal products formulated for the specific task of helping your liver, lungs, skin, colon, and kidneys gently eliminate accumulated toxins. My preferred product for this is one I developed specifically for clinical use, but is also something that I am making available to you (via this link), as my valued customer.
2. Eat one to two organic, whole food meals per day. Ideally, you will include one meal of leafy greens (steamed or room temperature) into your diet, using Kale, mixed-green salads or similar greens as stir-fry or salads. Eat 3-5 times per day, taking in smaller, whole food meals.
3. Dry brush daily. Using a shower brush with a long handle (and dry bristles), gently brush your skin from your finger tips toward your shoulder, on both sides of your arms. Repeat this for your legs, going from toes to hips, all around your legs. Brush your abdomen moving toward your chest, being careful not to brush over your nipples. When finished brushing, rinse off in the shower, or take a bath (or Epsom salt bath), soaking for 15-20 minutes. This stimulates lymphatic flow and assists with detoxification.
4. Exercise daily for 15-20 minutes. This can be gentle exercise, including walking, yoga, tai chi, strength training or anything that you enjoy doing.
5. Drink pure, chlorine and fluoride free water each day. Enough to satisfy your thirst (this may be five to eight cups per day for you depending upon your body size and activity level).

Report Summary:

- Food is medicine that can support peak fertility, or undermine your efforts.
- Knowing what to avoid in your diet is as important as knowing what to add.
- The [Whole Body Fertility](#) book shows you how to optimize your fertility.
- Carefully chosen [nutritional supplements](#) can also support peak fertility.