

## Three Simple Fertility Boosting Tips You Can Do Today, To Jumpstart Your Fertility



*Sit down with your favorite beverage, relax and enjoy these quick tips to boost fertility!*

*Special Report*

*by*

*John Miley, Licensed Acupuncturist & Herbalist*

[WholeBodyFertility.com](http://WholeBodyFertility.com)

## Let's Get Started

I'd like to extend a warm welcome to you, and thank you for downloading this free report.

True to my word, I'll give you *three tips* that you can start using today to boost your fertility.

That may sound like a bold promise, but it's been proven to be true time and time again.

The goal here is to prove to you that you have the power to improve your fertility, and that you have the ability to start making improvements today. Just take it step by step.

### **Why would you want to do these steps?**

There's a good chance that you're getting more and more anxious about the idea of getting pregnant, if you have been trying, and nothing is happening.

That anxiety creeps into every part of your day. I'm sure you catch yourself worrying about this a lot, and you are not alone in that.

Would you like to have a "plan" in place to help you start working on improving your fertility, versus worrying about not getting pregnant?

I'd imagine you do, and these three simple steps will get you on the right track.

It is ultimately very important that you feel like you have some control over your fertility—and I'd like to help you recover that feeling. Sound good to you...yes? Then, let's continue.

### **A friendly reminder:**

These steps are easy to do, and they will begin to unravel some of that stress you're feeling. They will also help you re-claim some of your "power" around getting pregnant.

You still want to start out by adding just one of these tips into your routine every couple of days, or so. In a couple weeks, you'll be doing them almost by habit.

Build on them slowly and don't be in a rush. You have time to work on this.

These suggestions are not medical advice, they are tips I've seen work well to begin calming your body, and helping your body be ready to conceive.

If you are ready, let's get started with the first of three simple fertility boosting tips. Enjoy!

## ***Tip #1: Decrease Polyunsaturated Fatty Acid (PUFA) Intake***



*When it comes to having these oils in your food...turn around and head the other direction!*

### **Myth Busting Tip:**

You've been told that polyunsaturated fats—the kind of fats in cooking oils made from plant seeds—are good for you. That is unfortunately the wrong information. Let me show you why.

### **Some of the more common plant seed oils you'll find that are terrible for fertility:**

- Canola
- Sunflower
- Safflower
- Soy
- Peanut (a legume)
- Corn

All of these seed oils are high in polyunsaturated fatty acids (**PUFAs**) and these oils are in nearly all the packaged foods (especially snacks) you'll find on grocery store shelves.

Cookies, crackers, pretzels, bread, pizza crusts...the list goes on and on. **All loaded with PUFA.**

These oils are particularly used in restaurants, buffets and fast food places. Fair warning to you—these oils are everywhere.

### **What's bad about PUFA?**

There are a few things that make these oils particularly bad. You can Google health hazards of PUFA and come up with a long list of things that make them something to avoid. I won't do that here. Instead, I'll highlight one of the reasons these oils are bad for fertility.

### **PUFA Slows Digestion, Metabolism and Inhibits Thyroid Function**

PUFAs suppress the immune system, unbalances healthy hormonal levels and negatively impacts the thyroid gland.

These seed oils have this affect, largely because they contain protective chemicals in the outer coating of the seeds, that prevent them from being digested by animals and birds. These protective chemicals are toxic to humans and create health issues.

Remember, a seed's purpose is to be ingested by an animal, and then passed through the digestive tract undigested, until it is "deposited" into the soil to grow a new plant.

Because of the built in protection in the seed and its coating (including lectin, gliadin, glutenin and others) these seed oils are irritating to your digestive system. They slow digestion in the stomach, cause inflammation in the bowel, and slowly undermine your thyroid function.

### **More Thyroid Trouble**

PUFAs also block the secretion of thyroid hormone into your body, creating a thyroid deficiency. When thyroid hormones are deficient, the body will increase estrogen. Estrogen, in excess, can inhibit egg implantation and lead to higher risks of miscarriage.

This is known as "estrogen dominance" and is known to cause:

- PCOS
- Infertility
- Mood swings
- Depression
- Insomnia
- Variations of skipped menstrual cycles...and more!

*If your thyroid is not up to speed, it reduces your fertility.*

PUFA oils also slow metabolism, contributing to constipation, low body temperatures, poor digestion, bloating and more.

**In short:** avoid these oils like the plague.

*Note:* Male fertility is also negatively affected by PUFA. Read about it [here](#).

## Now What?

### **What to do instead of eating PUFA—Eat Saturated Fats**

Eat the “saturated fats” that you’ve been told to avoid. Eat them as part of your diet daily and enjoy them with your foods. Replace your PUFAs with healthier saturated fats, including:

- Butter
- Cream
- Sour cream
- Eggs (particularly the yolks and better poached than scrambled)
- Organic Coconut oil (non-hydrogenated)

Saturated fats are tolerated better by the body, and they do not have the anti-nutrient qualities that seed oils do. Particularly, these saturated fats support thyroid function.

From this list, one of the best oils to boost metabolism is organic coconut oil. It has Medium-Chain Triglycerides (MCT) that get quickly digested to provide energy, and boost your metabolism.

*As you metabolism improves, so does your fertility.*

### **How do you add these fats into your diet?**

Start by adding one Tablespoon of Coconut Oil per day into your diet. You can add it to your vegetables, stir fry with it. Add it to sauces. It’s mild tasting with food, and melts quickly.

Increase this to 3 T. spread out over the course of the day.

Consume the other fats as you normally would in your diet.

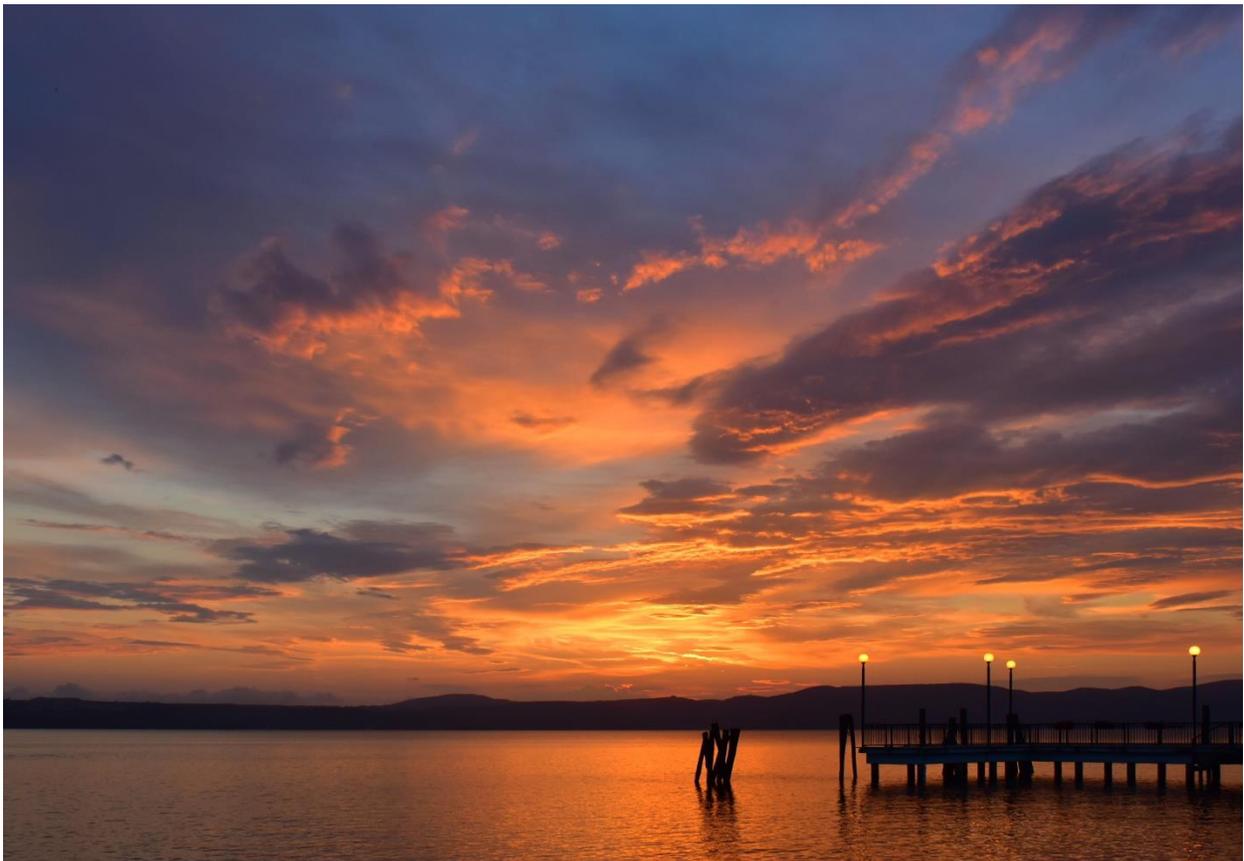
Buy organic or locally farmed versions of these saturated fats whenever possible. When it comes to dairy, get organic, grass fed products whenever possible. Many of the chemical used

in commercial farming operations get stored in fat, so this is a time when organic (or at least finding a source that is “chemical free”) is better.

**Health Check You Can Do Now:** One sign you have a slower metabolism and “sluggish liver” would be to see if you have cold hands and feet, and/or frequent urination. If you do have either one, try adding coconut oil to your diet, and see if your hands/feet warm up.

**More:** I address slow metabolism issues (and tell you what to do about them) in the Whole Body Fertility e-book. This can have a big impact on helping your fertility, since a slower metabolism is a strong marker that your fertility is low.

## **Tip # 2: Eliminate Blue Light After Dark**



*Turn off your phone, enjoy the sunset and let your body relax into a calm evening.*

Your body is tied to the natural rhythms of the day. Your hormone levels follow the light cycles, and light stimulates hormones that tell you when to be active, and when to rest.

Before we had artificial lights, you would wake up with the sun and start moving. When the sun went down, you would settle in for the night.

Before electricity, the only light you would have had at night would have been firelight, lamplight or candles—all of which have low levels of blue light.

Sunlight gives off a high level of blue light, and that tells your body it's time to get active. Firelight, on the other hand, is rich in yellow and red light wavelengths, and this light calms the body, preparing it for rest.

So, the pattern is:

- Sunshine gives you blue light. It stimulates you and makes you alert
- Yellow and red light relaxes you and lets you get to sleep—think sunsets and firelight.

### **How Blue Light Impacts Your Hormones:**

There's something else going on with these light frequencies that you'll want to know about when it comes to improving fertility.

Blue light has many health benefits and it's important to get some exposure to blue light (sunshine) regularly during the day. Sunlight helps you synthesize vitamin D, and also reduces stress throughout your body. This is important and beneficial to fertility.

While blue light is fine during the day, it should be avoided (or greatly reduced) at night.

This is where the problem comes in.

Blue light is now everywhere (from computer screens, smartphones, hand-held devices—and even from your standard light bulbs) and it interferes with your body's hormones.

Blue light disrupts melatonin production (a hormone that makes you ready to rest), and interrupt sleep cycles.

Here are a few ideas to help you reduce blue light at night, and help your natural hormones balance (to improve fertility).

**To reduce blue light exposure at night:**

- Turn off all electronic devices after sunset (not likely, I know, so see suggestions below!)
- Use a blue light filter on your electronics after sunset (such as the free download of [F.lux](#)) or use the blue light blocking option that many of the smart phones and Kindle-type devices now offer. These are often labelled as “night mode” on your screen setting options.
- You can wear amber lenses around the house after sunset—kind of dorky, but they work.(For example, these [UNEX](#) brand safety glasses block blue light)
- Even a regular lightbulb gives off enough blue light to interrupt your hormone levels, so wearing the orange/amber lenses can let you function without totally changing your home life routine.

**Remember:** Poor sleep leads to increased inflammation in the body, disrupted hormonal levels, and higher stress levels due to higher stress hormones (like cortisol and adrenaline).

High stress is the last thing you want to have when trying to get pregnant, as you’ll see in the next tip.

**Tip # 2: Learn How to Reduce Your Perceived Stresses**



*Take a nap, stretch, lounge around from time to time. This cat has the right idea!*

Stress is a major contributor to fertility issues in nearly all of the women I've seen in my natural health clinic. WebMD's website happens to agree with me on this one: [Stress Lowers Infertility](#)

There are many simple and effective ways to reduce your stress. In fact, when you read the [Whole Body Fertility ebook](#) you'll get very clear instructions on how manage stress, and why it's so important to your health (and fertility).

Keep in mind, much stress today is based on perception only. We project a negative outcome to a future event, and start stressing out about it.

Case in point, do you ever say to yourself: "I'll never get pregnant!"

If so, you are projecting a negative outcome to a future event. The thought of never getting pregnant is terribly stressful.

The reality is, you are not pregnant right now—but that doesn't mean you will "never" conceive.

Take action today and know that these actions are moving you forward. Know that this is enough. If you catch yourself projecting negative outcomes in your imagination, just stop.

Regroup. Refocus and then try this simple exercise.

**Here's the tip:** Slow your breathing down.

**Here's how to do this:** Breathing in a slower, steady pace can help improve circulation in the body, and signals your body to relax. To do this exercise, breathe in through your nose if you can (if you are congested inhale through your mouth). Inhale evenly and steadily for the count of "four".

Then hold your breath for the count of four.

Now exhale through your mouth like you blowing on a spoonful of hot soup to cool it. Lightly exhaling, and fully exhaling to the count of four.

Pause after you have completely exhaled, and hold your breath for the count of four.

Now, inhale to the count of four and repeat the cycle.

This is called "**Square Breathing**" because there are four parts to the entire cycle.

1. Inhale through the nose (or mouth if you are congested)...1,2,3,4
2. Hold your breath...1,2,3,4

3. Exhale through the mouth, slowly...1,2,3,4
4. Hold your breath....1,2,3,4

Repeat this for 1-10 minutes at a time.

Start out doing square breathing for one or two minutes at a time. Work your way up to 10 minutes at a time. You can repeat this throughout the day (for two to five total sessions per day)

You can do this at your desk, sitting in a chair, on a walk—anywhere really.

**Common sense caution:** Stop this exercise if you feel lightheaded or dizzy. If you get way out of breath doing this, stop and breathe normally. Keep practicing. You will get better at this daily.

**Why this works:** By slowing your breathing, you calm your stress hormones, send positive metabolic signals to your thyroid, and improve your circulation. All of these factors work toward improving your fertility levels.

## Wrapping This Up:

Thank you for reading through this report. I hope you found it useful and valuable.

Start doing these tips today. Start right now, and see how these simple tips can help you feel better, and more relaxed about getting pregnant.

When it comes to getting pregnant, I want to give you one final thought:

***You are not infertile, you are just having challenges conceiving.***

That is a big truth that you need to wrap your mind around. You are not infertile, you are just having challenges conceiving.

Conventional western medicine often makes you feel like “they” have the answers for you, and that you should accept whatever they tell you. So you sit there feeling helpless and confused. Your doctor runs tests and makes suggestions, and you sit there wondering what is going on.

This takes power away from you.

If you are ready to feel more secure, confident and “in charge” of a natural fertility plan you can do (at home) to improve your chance of getting pregnant, then the *Whole Body Fertility e-book* is for you.

In the [Whole Body Fertility e-book](#), you are given a plan that helps you get your mind-body-and spirit working together to help you get to your peak fertility levels (and stay there).

This is a book I wrote for women going through what you are experiencing.

After working to help women improve fertility for over 15 years in my natural health clinic, I just knew that there was a need for getting this information out to women, so they could “take charge” of their fertility at home.

I want to help you get create an easy to follow plan to help you get pregnant, and finally make your dream of being a mom (or expanding your family) come true.

**Here’s my suggestion to you, if you are serious about getting pregnant:**

Get the [Whole Body Fertility e-book](#) right now.

Read it, try the exercises in the book, and see what you think.

Your purchase is covered by my **100% risk free “Smiley Guarantee”**. You can get 100% refund on the e-book, at any time, and for any reason—no questions asked. No kidding.

The book will give you 10 times more value than you paid for it. And probably more like 100 times more value.

If you don’t agree that the book was worth every penny, then email [support@wholebodyfertility.com](mailto:support@wholebodyfertility.com) and you’ll get all your money back immediately--with a smile!

The e-book is a quick read.

Yes, it is 350 pages, but it’s full of graphics, charts and easy to read text—and bullet points to help you take action. Most people read it in a couple sittings—then refer to it again and often.

I guarantee the e-book will give you (and your partner) a whole new outlook on what it takes to make a healthy, happy baby.

Get a copy—with absolutely no risk to you—and see how much better you feel, knowing you have a plan in place to improve your fertility. Start now, while it’s fresh in your mind.

Keep moving forward!

Click here to get the [Whole Body Fertility e-book](#) before you go 😊