

Trying To Get Pregnant

The guaranteed way to conceive...

with *Marisa Peer* x



Action Sheet Number Four - Creating the Right Environment for Your Baby

I designed this action sheet to help you to eat the right foods to create the best environment for your baby's first home - your body.

I've helped thousands of women to get pregnant, have wonderful pregnancies and to give birth to perfect babies and I know that if you trust in my process, it will work for you too.

Food Advice

There are some foods to avoid if you want to conceive, and others that you should eat regularly. The preservatives and additives in most processed and refined foods today can upset blood sugar levels and disrupt the body's hormone balance, leading to an increase of oestrogen, which affects your chances of conceiving.

Starch, sugar and refined carbohydrates can affect fertility, because the pesticides and chemicals in bread, pasta, cereals, and pastries can be disruptive to your body.

Trans-fats used in baked goods and convenience foods can also disrupt the body, because when we eat too many toxins our body has to store those toxins in fat cells, and this increase in both fat and toxins can lower your fertility.

Sugar can interfere with your hormone levels. Researchers believe the high level of glucose released by eating a lot of corn flakes, white bread, white rice, or chocolate biscuits, quickly giving a massive sugar rush followed by a rapid lowering of sugar levels, may overwhelm the baby in the womb, interfering with key development stages.

More recent studies have linked milk with infertility, as it can upset a woman's hormone balance. Milk is a growth hormone, which encourages high cell growth, enabling a calf to grow rapidly so it becomes the size of its own parents faster than most other animals. If you eat too much dairy produce, it may lead to hormone imbalances. Milk was not designed for human consumption. It is breast milk for a calf, so if you have problems conceiving, eliminate cow's milk, and use rice, oat, or almond milk instead. You will only really miss milk in tea and coffee, and you should cut down on that too and have herbal teas instead. Just two cups of coffee daily can reduce fertility by 50 per cent. Caffeine is a stimulant that upsets the body's blood sugar levels and has been linked to miscarriage.

Good quality protein is essential for conception, and you need to eat enough protein in the form of organic eggs, chicken, fish, lean meat, lentils, nuts, and seeds. The body can't store protein; it is a required building food, so eat it regularly during conception, pregnancy, and whilst breast-feeding. Pay attention to the type and amount of protein in your diet. You don't need a lot, but you do need it regularly.

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If you are a vegan and having problems conceiving, you may need to rethink your diet, at least until you have had your baby. A vegan diet can be low in, or fully lack, B vitamins, which decrease the risk of birth defects. B vitamins are very important for conception and during pregnancy, but as their greatest source is found in animal products, most vegans miss out on them.

Farm-raised salmon contain higher levels of toxins (called polychlorinated biphenyls, or PCBs) which are proven to have a negative effect on fertility. Replace these with oily fish, like mackerel, wild salmon, and sardines. You should eat these at least twice a week as part of your pre-conception diet as well as when you are pregnant. You can also take selenium, which prevents the body from absorbing mercury, so it is advisable if you eat a diet high in all types of fish.

Many of the foods you eat daily, and assume are harmless, could be affecting and limiting your ability to conceive. For instance a breakfast of coffee with milk, cereal with milk and white toast with jam can disrupt your fertility.

Don't see avoiding dairy and refined carbohydrates as a hardship. You will need to limit these foods in your pregnancy, so see it as practice, doing it in advance so you get pregnant and have a healthy baby.

Try to abstain from alcohol while planning to conceive, as even one glass of wine a week can disrupt fertility. Just two units of alcohol a week can increase levels of the sex hormone prolactin, which can adversely affect hormone balance. Fizzy drinks are full of caffeine and diet drinks contain artificial sweeteners, which are also detrimental to conception.

Evidence shows that smoking impairs conception. Smokers have a 28 per cent lower success rate with IVF than non-smokers. Stopping smoking will improve your ability to get pregnant, decrease the chance of miscarriage, and help ensure you have a healthy baby.



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What to do

As a rule, eat only what Mother Nature provides for you and;

Take these essential supplements for pre-conception;

1. 400 mg of folic acid, as it is essential for the formation and function of female sex hormones.
2. You also need 15mg of zinc daily, as it regulates female hormonal imbalances and is vital for the growth and correct cell division of a growing foetus. Zinc deficiency slows down the production of good eggs for conception. Foods rich in zinc include almonds, pumpkin seeds, and prawns.

Here is a simple menu to help you get and stay pregnant:

Breakfast

Have eggs for breakfast (a three egg omelette with spinach or other vegetables is ideal) Eggs are the purest and most complete food in the world, after breast milk, they contain everything to create life and you can safely eat several every day. Oats or plain yogurt with added nuts and seeds to increase good protein is a good alternative if you don't like eggs.

Lunch and Dinner

Lunch and dinner should be based around chicken, fish, meat or lentils with vegetables and salad.

Snacks

Snacks should be nuts, seeds, olives, hummus with crudités, ryvita with humus, tapenade or any type of nut butter and fruit.

Marisa Peer x

