



THE SEASONAL COMPASS

# Fertility Boosting Foods

Nourish Your Body From Within with Ayurveda





# Pomegranate

## *The Fruit of Immortality*

Pomegranates are esteemed for their divine ability to balance hormone levels, enhance libido, and support reproductive health. Rich in folate, a vital nutrient for conception and pregnancy, they also promote uterine health and improve blood flow.

Enjoy this sacred fruit as a refreshing juice (in moderation) or sprinkle its ruby-red seeds over your favorite dishes to imbue them with vibrant energy and Ayurvedic goodness.





# Ghee

## *The Golden Elixir of Life*

Cherished as the ultimate rejuvenative oil and the healthiest source of edible fat, ghee offers superior health benefits, promoting hormonal balance essential for fertility. Make the switch from other cooking oils and experience its benefits today.



# Dates

## *Nature's Sweet Nectar*

Prized for their role in conception and pregnancy, dates are packed with essential nutrients like iron and folate. As a nutrient-dense superfood, they provide vital support for reproductive health and overall wellness.





# Almonds

*A wonderful gift of wellness*

In Ayurveda, almonds are revered as a sattvic (pure) rejuvenative food known to nourish the reproductive system and enhance life force energy (ojas). They hold such significance that they are often exchanged as gifts during Indian weddings, owing to their beneficial properties for both the bride and groom.

For optimal consumption, it's recommended to soak raw almonds overnight. Once soaked, simply peel the skins off and enjoy them in your morning porridge or as a nutritious snack.

Almonds also pair wonderfully with dates, serving as a nutritious base for fertility energy balls.





# Spices

## *The Aromatic Healers*

Discover the power of spices to combat inflammation, a factor linked to infertility. We love cumin, turmeric, sesame seed and cinnamon. Are you missing out on these flavorful fertility-boosters?



# Whole Foods

## *Earth's Nourishing Gifts*

We love blueberries, legumes, spinach, beet, and avocados, but this list is not exhaustive. There are many other nutritious whole foods out there to explore!





# Food as Medicine

## *Modern evidence for Ayurvedic fertility foods*

### ALMONDS

- Omega-3 fats, vitamin E, and magnesium enhance libido
- Contains aphrodisiac properties
- Increases sperm count and quality in men
- Boosts fertility for both men and women with healthy fats
- Regulates sugar levels and improves insulin resistance, beneficial for conditions like PCOS"

### POMEGRANATE

- Balances hormone levels
- Boosts sex drive
- Rich in folate, which is vital for conception and pregnancy.
- Improves uterine health and blood flow


### GHEE

- Phospholipids, including phosphatidylinositol, support hormone mechanisms
- Promotes gut health and balanced insulin levels
- Enhances hormone quality crucial for fertility

### DATES

- Contains iron and folate crucial for conception and pregnancy
- Nutrient-dense superfood supporting conception and pregnancy



A person wearing a plaid shirt is holding a wooden crate filled with fresh produce. The crate contains several large carrots, a bunch of green beans, a small container of yellow cherry tomatoes, and some onions. The background is slightly blurred, showing more of the person and the crate.

Did you know that during transportation across the country, food loses nutrients through cellular respiration to sustain its freshness? Shockingly, broccoli tested after 7 days in a truck showed almost no presence of Vitamin C. Opting for locally sourced and seasonal produce from nearby farmers or farmers markets guarantees you're receiving the freshest and most nutrient-rich options available.

**Buy local, organic, and non-GMO, as much as possible.**



# “To eat is human, but to digest is divine”

- Ayurvedic proverb

It pains us to say it but,  
consuming these foods alone may  
not provide optimal benefits.

The true key lies in maintaining  
healthy digestion.

When digestion is in harmony, the  
body can effectively assimilate  
nutrients and properly nourish its  
tissues.

*Is your digestion balanced?*

*Book an Insight Call to find out.*





*Ready to embark on  
the next season of  
your life?*

Take the first step today and schedule  
your Fertility Insight Call! Let's empower  
your conception journey together.



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Conception Empowerment Group  
Health and Digestion Group



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