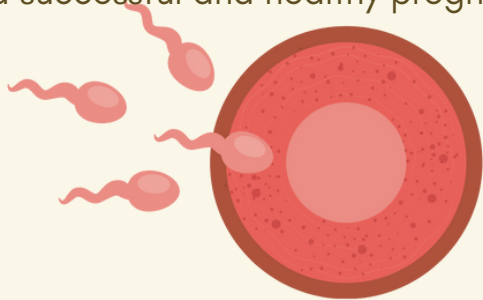


# Female Fertility

## THE INVESTMENT OF PREGNANCY

In nature, females have to be more selective about when (and with whom) they become pregnant. They have a limited number of eggs and are only fertile during a small window of their monthly cycle. Pregnancy requires a significant biological investment for a woman, so her body is designed to support a child only when there is a high chance of success. Through diet & lifestyle, women can support the conditions for a successful and healthy pregnancy.



*The first moment of a child's life is when the father's sperm penetrates the mother's ovum (or egg). Those eggs have been present in the woman's ovaries since she was in her own mother's womb!*



## FOOD IS INFORMATION

Fertility is intricately connected to nutritional status. Food is information, so if your body senses a nutrient deficiency or potential famine, it will not invest in a pregnancy at that time. The same is true with stress: in nature, pregnancy makes a woman vulnerable. So if the body senses that it is not safe, it will wait to get pregnant until the threat has passed. In our modern world, those threats often look like everyday stress, toxins, poor diet, or a hyper-focus on conceiving in the first place.

*Avocados, greens, and seafood are particularly nourishing for female fertility.*



## SUPPORT FERTILITY

- **PRIORITIZE NUTRITIONAL WEALTH**  
*start storing up nutrients and sending signals that it is a good time to conceive*
- **BALANCE HORMONES**  
*increase healthy fats, support liver detox, and identify what is driving the imbalance*
- **SUPPLEMENT HERBS & NUTRIENTS**  
*B vitamins, minerals, selenium, maca root, dong quai, chasteberry*