

one - fertility

Asia's leading community empowering your journey having a baby



“Rainbow Diet and fresh food” for a fertile body by Blueberry Spirit, Franzi

Everybody is different. Taste differs. Listen to your own body.

Woman – that’s good for you

Dark green leafy vegetable (best organic)
Whole grain products
Pulses, nuts and seeds
Fish with low level of mercury like salmon
Fruits

Seeds –available Super nature or online such as iherb.com

Chia seeds – mix in daily drink, muesli
Camu camu
Hemp
Maca – mix in fruit juice or muesli
Buy good quality (organic) products and small portions to try if you like it.

Vitamins – best fresh not as supplements

Vitamin C- fruits, vegetable, berries
Selenium – sesame seeds, brazil nuts (2 per day)
Vitamin D – 20 min sunlight daily
Folic acid/ B-vitamins – beetroot, tomatoes, whole grains, ocean fish,
Calcium – rice, collard greens, brussels sprouts, bok choy, kale, meat
Omega 3 – chia seeds, flax oil
Protein – algae, hemp, quinoa, amaranth
Iron – beetroot, black sesame seeds, red meat

Simply try your best,

Men – that’s good for you

Whole grain products
Nuts – rich in amino acid arginine positive effect on sperm activity
Pulses, banana, apple, goji berry = rich in zinc, makes sperm more resistant

AVOID (applies for males and females)

Alcohol, coffee, black tea, sugar, white flour, rice, pasta
fast food, soft drinks, energy drinks, liver pate
processed food which contain “E”- food additives

Eat as fresh as possible. Try to go for a rainbow diet- a bit of everything.

If you can’t resist your habit immediately, try to improve by 1 small step each day:

- Leave one zip of coffee in your cup
- Add ¼ quarter spoon of sugar instead of 1 full spoon
- Add 1 more fruit a day
- Start cooking at home 2x weekly
- Eat organic once per week

Small steps are better than no steps!

ABOUT FRANZI & BLUEBERRY SPIRIT

I am a holistic nutritionist by long-term passion and experience. This passion was ignited already at young age, when my mother inspired me with her “experimental” approach to cooking which included five years of macrobiotic food, extra-terrestrial at that time. Since then 30 years have passed by (am I really that young?) which I spent researching and studying healthy food, super food, raw food, ayurveda... and I love experimenting.

- ❖ Workshops & Cooking Classes individual or in a group
- ❖ Raw Food/ Superfoods
- ❖ Hands-on style

PRINCIPLES

Fun – no force – easy recipes – ingredients interchangeable – step by step – inspired by nature – yummy food- come hungry – leave satisfied – no need to buy a new kitchen!

FURTHER INFO

Please visit
<https://www.facebook.com/BlueberrySpirit> or
www.one-fertility.com

Franzi

One-Fertility is an online community that empowers couples along their journey to parenthood. One-fertility provides options, alternatives and is no replacement for a medical treatment. Maika is Fertility Coach certified by Fertility Asia.

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