

10 Foods That Will Increase Fertility/Libido in Women

According to the Center of Diseases Control and Prevention, approximately 1 in 10 women will experience infertility. Maintaining a healthy diet is important at every point in a woman's life but especially important when trying to conceive a baby. Here are 10 foods that naturally increase fertility in women.



Fruits & Vegetables

Eating up to three servings a day of fresh fruits and vegetables is important for any diet, but especially important when trying to conceive.



Seaweed

Seaweed is packed with nutrients that help enrich the liver, kidneys, bladder, and adrenals which are organs vital to fertility health.



Salmon

Salmon is full of Omega-3 Fatty Acids which are proven to regulate blood flow to the reproductive organs.



Figs

Figs have been believed to increase fertility since the time of Ancient Greeks, and now we have scientific evidence. Figs contain a lot of iron, which are important for healthy eggs and ovulation.



Yams

Research shows yams have an ovulation stimulating substance that can help boost fertility.



Maca Root

Maca root increases fertility in men and women by increasing energy, boosting the immune system, and providing vital minerals and nutrients. Maca Root is packed with iron and iodine.



Oysters

Oysters have been known to increase libido, but oysters can also be a great source for fertility because they are packed with zinc, which increases the production of good-quality eggs.



Leafy Greens

Dark leafy greens such as spinach, romaine, arugula, and broccoli are high in folate, a B vitamin that has been shown to improve ovulation. Leafy greens also naturally increase a woman's libido.



Berries

Any kind of berries are good at protecting eggs from damage and aging because they are full of antioxidants. Strawberries have been linked to naturally increasing a woman's libido.



Beans

Beans are a lean protein and are full of iron, which helps to increase fertility and libido. Low iron levels can result in anovulation, which is when ovulation does not produce a healthy egg.



Foods to Avoid

Soy

Soy contains a compound very similar to estrogen which can cause estrogen levels to be too high and can negatively affect fertility.

Alcohol

No need to go cold turkey, but it's a good idea to limit your alcohol intake to one or two servings of alcohol while trying to conceive.

Sugar

Consuming refined sugar, such as high fructose corn syrup, can cause blood sugar spikes which can negatively affect the reproductive system as well as the rest of the body.

Saturated Fats

Eliminating saturated fats from the diet is important for general health; however, it's extremely important to avoid eating saturated fats when trying to conceive because they cause oestrogen or too high of estrogen levels, which can cause infertility.

Remember:

It's important to identify any food sensitivities. Any unidentified sensitivities can negatively impact fertility, as well as cause headaches, heartburn, gas, bloating and weight gain.

Blood tests, such as those provided by Nutritional Healing, observe white blood cells in the presence of common foods. If the blood cells enlarge, burst or shrink when combined with a food, this indicates a sensitivity.

"Based on the response, the test classifies foods and herbs into four categories: severe, moderate, mild reaction and acceptable foods," said Kimberly Neher, M.S. Clinical Nutritionist for Nutritional Healing, LLC.