

## Guide to Superfoods for Fertility and Hormone Health

### 42. Fertility Superfoods

Help to nourish the egg and sperm, and balance hormones.

Include some of these in your daily diet:

Peruvian maca root, lacuma, mesquite  
Amazon suma – men's version of maca  
Ground flaxseed, chia seeds, goji berries, hemp, pea protein and almonds,  
Royal jelly, bee propolis, bee pollen  
Wheatgrass, spirulina, blue/green algae  
Fresh sprouting seeds  
Kefir and fermented foods and juices  
Chywanaprash, turmeric root, ginseng root, red ginseng (for men)  
Shatavari root, ginger root  
Reishi mushrooms  
Virgin coconut oil, coconut water

**Affirmation:** I actively nourish my fertility.  
Repeat 21 times using your mala daily.

Creation  
www.creationfertility.com

**Fertility Superfoods . Natural foods are charged with antioxidants, vitality and seasonal health.**

I refer to this as Life Force or “prana” – the living vitality that encourages growth and repair. If you take time to look you can see that plants offered water in fertile soil grow and flourish.

Some of you may follow me on social media, if you have you know that I sing the praises of kefir – a natural product which, through fermentation, offers a wealth of good bacteria and an excellent aid to vitality and health. I am also a firm believer in seasonal foods and recommend the daily use of fresh smoothies and juices. I suggest you follow me for daily inspiration or add some of the superfoods recommended in the [creation guidance cards](#) to support your [Fertility Journey](#). So Fertility Superfoods are potent hormone support and adaptogens (meaning they help your endocrine system). There isn't time to explain their reasoning here but download [The Creation Fertility Guide To The Natural Super Foods](#) for more information. This information sheet offers some delicious recipes for you make whilst working with the [Creation Fertility Toolkit](#)

### Fertility Truffles



4 heated dessertspoons ground almonds  
1 tsp spirulina powder, 1 dessertspoon ground flaxseeds, 1-2 tbsp clear honey or Manuka honey  
1 teaspoon rose water essence or vanilla essence, 1 teaspoon Cinnamon powder , for rolling the truffles in

In a bowl mix the almonds and the spirulina, then fold in the honey. Add the water until it turns into a paste. Shape into small balls, finally rolling the truffles in the cinnamon, to make a home-made treat.

This basic recipe can be made in many different formats I often add a teaspoon of raw cocoa powder in place of the spirulina and add some grated ginger. But experiment – use the fertility superfoods maca, cocoa, ginger root, lime, use ground pecans, walnuts, brazils or coconut instead of the almonds or replace with pea protein. Just be aware you may add a little more fluid to the mixture to get the right consistency!

You may also be interested in looking at Creation's [Fertility Diet](#)

(I have made some delicious ginger and lime truffles with ground coconut but you could add Goji berries or most of the other superfoods)

<b>Goji Berries</b>	<b>Traditionally regarded as support for longevity, strength building and for sexual potency</b>
<b>Gingko</b>	<b>Energetically strengthens faith and belief (Spagyric medicine) and restores a good mood. On the physical – remedy for mood fog, relieves over stimulated adrenals from stress (an adaptogen) and an excellent anti-oxidant</b>

### **Raw Banana Nut Bars recipe based from a recipe taken from Good Health Naturally**

Half a cup mashed banana

2 scoops vanilla or pea protein powder, Quarter cup raw almonds or a nut of your choice

2 tablespoons raw coconut flour (Sukrin Brand is excellent)

1 tablespoon water 1 teaspoon pure vanilla essence and half a teaspoon cinnamon powder

Place all ingredients in a bowl and mix until smooth. Roll out onto a cookie sheet lined with parchment paper and refrigerate for 30 minutes.

Cut into four pieces. Keep refrigerated. Download [10 Simple Steps to Fertility](#) for more support or consider a Fertility Nutrition Programme!

### **Super Brekkie:**

1 dessertspoon buckwheat oats

1 handful of berries – blueberries, raspberries, blackberries, strawberries, whatever is in season)

1 sachet Chia Seeds

1 dessertspoon organic maca and 150ml kefir

Optional: Manuka honey, Chywanaprash



Layer the buckwheat oats, berries, maca and chai in layers with the kefir. Preferably leave overnight in fridge to settle but you can make and eat immediately!

**Peruvian Maca**

**Used for thousands of year to support hormonal function, stamina and libido**

**Chywanaprash**

**Reputed to be The Elixir of Life! Delicious traditional Indian food, renowned as a pure and natural nutritional tonic containing Amla Fruit and Indian Gooseberry it is a potent natural source of vitamin C and an antioxidant and is believed to boost fertility and a healthy libido.**

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### Chai

1-2 organic green tea bags, tea pot of boiling water, half a cinnamon stick or pinch dried cinnamon

2-3 green cardommon pods, pinch saffron, pinch dried ginger or a little grated root ginger, Honey or chywanaprash to taste (optional)

In a saucepan pour in a tea pot of boiling water. Add cinnamon, cardamom pods, saffron and ginger plus the green tea bags. Add a glug of honey (Manuka is best) and simmer for about 5 minutes. Drain and return to tea

pot. The end result is a fragrant tea which is a powerful antioxidant.

**Propolis**

**Contains a wide range of nutrients, co-enzymes a more! A great foodstuff for stimulating cellular growth, building energy and endurance, relieving constipation and builds the immune function and has been used to support radiation treatment. Enhances vitality, fertility and a natural antihistamine**

**Bee Pollen**

**Royal Jelly**

**The Fertility Toddy** Half a teaspoon of each of these in dried powdered form :

Cinnamon, ginger root or powder, black pepper, turmeric (root or powder) – add , honey and lime zest plus squeeze of lime juice.

Fresh: half a cinnamon stick, 1-4 black peppers, half a teaspoon ground ginger root and half a teaspoon ground fresh turmeric root. – Add honey and squeeze of lime or lemon juice and small amount of zest.

Add 500ml boiling water and stand for about 5 minutes. Strain and drink throughout the day.

Don't forget you can download more information and support [The Creation Fertility Guide To The Natural Super Foods](#) or [10 Simple Steps to Fertility!](#)

**Kefir Smoothie:**

Mix kefir milk with a banana, a teaspoon of honey or Chywanaprash, 1 dessertspoon ground flaxseeds and some coconut oil – blitz in the smoothie maker or blender to make a healthy breakfast.



Justine Evans ND – Fertility Expert and Hormone Alchemist and Founder of Creation Fertility and it's products. Justine offers a multi dimensional approach to fertility blending Nutritional Therapy with alchemy and yogic philosophy. Call 07747 133170 to book an appointment with her now

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