



How to plan your

PCOS DIET & CONCEIVE NATURALLY

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A Natural PCOS and Fertility Diet is a way of eating that is supporting your body in its hormonal balancing and reproductive efforts. It includes foods which are dense in specific nutrients needed for hormonal function, production and balance, fetal development, egg health, sperm health, blood health, and much more.

It is a diet that is designed to help your body to balance hormones responsible for fertility issues, build up nutrient stores and provide all of the building blocks for a healthy child. It is also a diet that is focused on giving you and your future child the best start in life.

Why Eat a Natural Diet that fights PCOS and support fertility?

1. Did you know that the number one treatment for balancing PCOS and getting pregnant despite PCOS is diet?
2. Did you know that what you don't eat is just as important as what you do eat?
3. Did you know that hormones build themselves from the ingredients you provide through your diet?
4. Did you know that the number one cause of infertility is anovulation (lack of ovulation) and that it can often be remedied by changes in the diet?
5. Did you know that there are specific nutrients that are needed by the young fetus before you can even detect pregnancy, and a deficiency in these nutrients could cause serious birth defects?
6. Did you know that the foods you eat today impact the health of your eggs and sperm 90 days from now?

Eating a Natural Fertility Diet is something everyone can do regardless of location, fertility issue, age, time, and money.

We all eat, so why not eat in a way that supports your hormonal health and fertility?

FOODS TO AVOID WHILE YOU PLAN YOUR PCOS DIET

1. **Caffeine** – While it's the most popular 'drug' consumed in America, it's also very hard on the body. It's one of the biggest contributors of adrenal fatigue, causing constant internal stress. It also causes us to push our bodies beyond normal limits and we work instead of rest.
2. **Sugar** – Not only is refined sugar hard to digest it depletes the body of nutrients. During a time of cleansing, we should also refrain from even unrefined sugars to allow for even more healing.
3. **Meat** – Reduce the quantity of meat. While meat is a very *nutrient dense* and *building* food, there are times where we need to take a short break from including it into our diets



FOODS THAT MAY ASSIST IN FIGHTING PCOS AND FERTILITY

All of the following foods have wonderful cleansing properties to them and contain plenty of antioxidants, sulphur compounds, and/or specific nutrients that can help increase bile production.



- Dandelion leaves and spinach.
- Carrots
- Beets
- Broccoli and brussel sprouts
- Asparagus
- Garlic
- Lemon
- Avocado
- Eggs

The rules to be followed for foods and herbs in while planning your diet are :-

Whenever you are planning a PCOS diet to lose weight, balance your hormones, and planning to conceive, there are 3 questions you should be asking yourself before your eat any food?

1. Is it clean?
2. Is it healthy?
3. Is it unprocessed?

1. **Stop processed foods**:- An thing processed or fast foods are not allowed in fertility diet. You need to eat as much as natural foods.



2. **No white stuff**:- Avoid eating foods that cause major blood sugar spikes which can cause shifts in your hormones. These foods include, white sugar, white flour, white rice, white pasta, white breads, breakfast cereals, baked and packaged goods. Increase foods that enhance fertility, including fresh produce such as avocados and sweet potatoes, as well as red peppers and good fats like coconut oil, olive oil and raw pumpkin seeds.

So all bakery items to be avoided and shift to homemade Rotis, breads or Brown Rice.

Use of barley, bran and Brown rice is best option in PCOS and fertility diet.

3. **Eat one large salad a day**
Fiber helps to cleanse excess estrogen from the body. We also get most of our minerals from green, leafy vegetables.

4. **Drink a fertility smoothie every day**



Here is **Fertility Smoothie Recipe**:

- Choose 1 Fruit (mangoes, cherries, strawberries and blueberries)
- Liquid of choice (fresh squeezed juice or rice milk or whole milk or Yoghurt)
- 1 handful of greens like Spinach/Kale
- 1 Tbsp. flax seeds AND Chia seeds

- 1 Tbsp Maca powder
- 1 Tbsp Royal jelly
- Blend and enjoy!

A smoothie is one of the easiest ways to get fertility superfoods into your diet.

5. **Fertility superfoods:** Maca, Royal Jelly, Flax seed etc.

Magnesium is a natural muscle relaxer and is thought to help keep the fallopian tubes relaxed, helping the sperm and egg meet. If you are not familiar with DHA, then you should be and it will be important for your growing baby. Fish oils help reduce internal inflammation and balance your hormones. Supplements with Ultimate Omega + Vitamin D3 is a famous among health professionals.

Herbal supplements such as

Maca Root :- It supports endocrine system function for overall hormonal balance and support.

Red Raspberry leaves:- One of the best herb for normalizing female reproductive organs

Other herbs include:

Flax seed and it's derivatives, Shatavri (Asparagus Racemosus), Royal Jelly



6. **Eat organic greens with both lunch and dinner**

Conventional produce contains harmful herbicides and pesticides which have been shown to negatively affect both male and female fertility. The fiber that is found in dark greens such as broccoli is important for helping the body to get rid of excess hormones and helps to keep the blood sugar balanced.

7. **Switch to whole dairy products or Preferably Almond milk/coconut milk**

Also keep dairy products to a minimum because of there congesting nature. Use more varieties of Yogurt as they are loaded with lots of good bacteria that aids digestion and helps detox.

8. **Eat lots of fiber every day**

Fiber cleanses excess estrogen out of the body, broccoli is the best for this but any dark leafy greens will do. Dark greens supply the body with amazing minerals, cleansing fiber, and blood building chlorophyll. Fibers make sure you do not get constipated. If you feel constipated often, take a teaspoon of Psyllium Husk every night.

9. **Drink lots of water**

Water is a big part of this cleanse, drink at least 3 to 5 liters, purified, clean water daily. The more you drink the better and easier it is. Unsweetened Green/Cinnamon/Spearmint tea in water is a great way of dealing with PCOS.

10. Eat Sunnah ways and Be present while you eat

Eat your portions according to Sunnah that is 2/3rd stomach full and leave 1/3rd empty. Always be mindful of this before you start your meal.

During this cleanse take time to eat your meals while sitting in a quiet environment.

Eat with your right hands and Chew each bite as if it were your first bite of food ever.

Really be present with where that food came from, what the view that food had from where it grew, what the farmer is like who picked it, and how far has it traveled to get to your table. Be thankful to Allah for this blessing.

Portion sizes are often a culprit in today's obesity epidemic. We are simply eating too much. If our food is nutritious, smaller portions will fulfill our needs. Obesity is also strongly linked to reproductive health issues such as fertility in both men and women, so pay attention to what your body is telling you. When you eat mindfully and slowly, you will notice you probably don't need as much food as you think you do. Stop eating before you get full and never feel like you have to finish everything on your plate.

A Sample PCOS healthy meal should look like:-

1 Serving Dark Leafy Green Vegetable- Spinach, Broccoli

1 Serving of Smoothie with Flax and Chia seeds

1 Serving essential fatty acid (EFA) Rich Food – fish/olive oil

1 Egg daily

1 Serving of Nuts

1-3 Servings of Fruits specially Avocado, pineapple and berries

1 Serving of a Fertility Superfood Use Coconut Oil or Butter (grass-fed cows) daily

Whole Grains like brown rice, barley, whole wheat, Quinoa etc.

Water

WEEKLY

Lentils or Beans 2x a week

Grass-Fed Red Meat 3x a week

Liver 1x a week

High Omega Fresh Fish 2-3x a week

This is Guide to Safe Nutrition and Supplements for fighting PCOS and Natural Fertility.

You see, it's pretty simple. The next step is choosing what actual dishes you'll eat each day. You certainly want to make this as tasty as it can be – and there is every reason it should be since the ingredients in the Natural PCOS and Fertility Diet can be used to make thousands of appetizing and scrumptious meals.

Warning: You may feel an extraordinary boost in your vitality after just one week on the Natural Fertility Diet. This is normal and to be expected! Enjoy!

To obtain a comprehensive 16 week program that includes personalized recommendation on Herbal and natural supplements that can heal PCOS and help you conceive

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