



SECTION I



CHAPTER 8

Rules for Ramadan Fertility Detox and Diet –

Do's and Don'ts (Print/write & stick this on your fridge)

According to study of diet and fertility from Harvard Medical School, unlike other factors that you cannot control—such as age and genetics—eating certain foods and avoiding others is something you can do yourself, without medical intervention, to help improve your ovulatory function.



Your Detox Instructions

We will be providing you with sample Ramadan detox plan further in this ebook but following these rules in order to suit your cultural dietary eating habits is a good idea too for a healthy balanced state of health.

The rules to be followed for foods and herbs in Detox and Diet are:

1. **Stop processed foods:** Anything processed, unhealthy or fast foods are not allowed in Fertility detox. You need to eat as much as natural foods.

Fertility , PCOS & Hormonal Balance

AVOID: Caffeine, Sugar, Soda, Pasteurized juices, Soya foods

2. **Conventional Chicken and Beef** is a big NO.....NO. Organic/farm raised meat is Okay. Include fish at least 2 time a week, preferably Salmon, Mackerel.
3. **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.
 - **Choose whole grains** and other sources of carbohydrate that have lower, slower effects on blood sugar and insulin rather than highly refined carbohydrates that quickly boost blood sugar and insulin.
 - So all bakery items should be avoided.
 - Shift to homemade Roti's with 50% wheat and 50% Bran, Ragi Roti, Jowar Roti, Moong Daal Chilla, unpolished rice and few times use of Whole meal breads.
4. **Must include good fats:** Increase foods that enhance fertility, including fresh produce such as avocados and sweet potatoes, as well as red peppers and good fats like organic coconut oil, olive oil. You are advised to use Cow's ghee in moderation.
5. **Eat more vegetables** protein like lentils, beans (don't forget to cook them with a piece of ginger) and nuts and LESS animal protein.

6. **Eat at-least large salad** for Iftaar to include lot of Fiber. Fiber helps to cleanse excess estrogen from the body. We also get most of our minerals and cleansing fiber from green, leafy vegetables.
7. **Drink a fertility smoothie DAILY:** Take a fertility smoothie packed with fresh fruits, veggies especially greens and fertility super foods like Flax seeds, Chia seeds, Maca and Royal Jelly. (In case you haven't received your Organic Maca Powder or Chia seeds, you can still make smoothie without it. Instead of Royal Jelly you can use Organic good quality honey till you arrange your supplies)
8. **Eat greens with dinner:** 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.
9. **Switch to low amounts of whole dairy products or Preferably Almond milk/coconut milk:** Also keep milk products to a minimum (1 serving/day) because of their congesting nature. Use more varieties of Yoghurt preferably in form of butter milk as they are loaded with lots of good bacteria that aid digestion and helps detox.
10. **Drink lots of water/Detox water:** Water is a big part of this cleanse, drink at least 2 to 3 liters of fresh, purified, clean water daily. Best is to Include atleast 1 liter of Detox water in that. Water should be taken before or between meals. Avoid taking it after meals.

11. Eat Sunnah ways and Be present while you eat: Eat your portions according to Sunnah that is 2/3rdstomach full and leave 1/3rdempty.

- Always be mindful of this before you start your meal.
- 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 and how far has it traveled to get to your table. Be thankful to Allah for this blessing.

12. Nabeez drink is very important in suhoo: Nabeez is an excellent alkalizing Sunnah food and its recipe is included with this ebook.

13. Having a portion of nuts and Dry fruits in your meal :It is very important to make dry fruit portions as per given instructions and you can add them to your smoothie if you feel taking them separately is not feasible.

Keep them ready to be eaten at any time when you feel hungry.

14. In case you feel tired or crave sweet, you can have a small portion of DARK CHOCOLATE with minimum 70% Cocoa.

