



Fertility Enhancing Foods

According to Traditional Chinese Medicine (TCM), the food you eat has specific and predictable effects on your body. We use food therapeutically and classify many of them as either “warming” or “cooling”. Warming foods help raise body temperature and dispel stagnant pockets of cold within the body. Cooling foods moderate body temperature by calming and soothing areas aggravated by heat. Be careful not to confuse warming foods with spicy flavors, as these are warm just in taste. Also, cooling foods do not mean cold or raw foods, but rather foods with cooling properties. (However, many cooling foods are frequently eaten cold or raw in American culture.)

Some foods have other properties that can help with even more specific issues (like painful periods or PMS). I will refer to this handout frequently and will always let you know which category of food(s) I want you to focus on, and which part of your menstrual cycle you should eat them. You may want to print out the food categories to put on your fridge for easy reference. I’ve noted next to the food category when to eat it, as well as a blank space next to it for your notes. For example, normally you eat cooling foods on CD 1-14 to encourage lower temps. However, if your temps are too low I may tell you to avoid these and eat warming foods CD 1-14. In this scenario, you would write “AVOID” in the blank space, that way when you reference it, you’ll be reminded that you’re avoiding these on CD 1-14.

Cook your food whenever possible to avoid using too much energy on digestion. Regardless of your condition, remember: Avoiding foods that aggravate your condition is just as important as eating beneficial foods. Taking care of your digestion throughout the treatment process will accelerate your progress and benefit your fertility!

Categories of “pathogens” in TCM

(You will commonly hear me refer to these are part of your TCM diagnosis):

HEAT Excess heat in the body can cause inflammation and irritation. We become “hot” in several ways. Hot pathogens, eating too many heating foods, over-activity, or a hot environment all strain our system. Cooling, or expelling, heat is the best form of treatment.

COLD Too much cold in the body causes contraction, diminishes circulation, obstructs energy flow, and inhibits our movement. Cold comes from the environment, viruses,



inactivity, or eating too many cooling foods. We treat excess cold through physical activity, adding foods with warming properties, and using warming methods of food preparation (like cooking food, slow cooking for hours, etc.).

DAMPNESS Dampness forms when we fail to transform or burn off moisture. Almost always associated with a weak spleen, kidney, or lung, dampness makes us feel heavy or tired and inhibits our ability to function. This often results in poor digestion, aching limbs, swelling, and lethargy. It is caused by sedentary lifestyles, overeating, poorly combining foods, poor quality food, damp conditions, or pathogens. We treat dampness by reducing phlegm-forming foods and avoid over indulging in raw, cold, or sweet foods.

STAGNATION Qi (pronounced chee) is often described as the energy or life force in every living being. When energy moves easily our bodies can flow and function properly. When energy is blocked, organ function is impaired as the qi tries to find other means to move and escape. The primary organ involved is the liver, which also processes hormones. A qi blockage is a lot like a traffic jam in a certain part of your body. PMS is a form of stagnation where your body cannot efficiently process hormones through the liver. This results in a build-up in hormones such as estrogen, which results in irritability, headaches, migraines, cramps, and being easily angered. We can treat this through exercise, lowering stress, and by eating certain foods. Symptoms for male partners: irritability, easily angered, headaches, and migraines (everything above that isn't menstrual cycle related).

STASIS (think Clotting) Much like the idea behind PMS, stasis implies a lack of movement. When stasis occurs, the area of stagnation is stickier and more coagulated, hence clotting. Where stagnation is like a traffic jam, stasis is like a roadblock where there is no movement at all. We treat clotting similar to the treatment for Stagnation/PMS (see above).

Cooling Foods (CD 1-14) _____

Alfalfa	Bamboo shoot	Broccoli	Chard
Apples	Bananas	Cabbage	Cucumber
Asparagus	Barley	Celery	Egg whites



Eggplant	Millet	Pear	Radishes
Grapefruit	Mint	Peppermint	Seaweed
Kelp	Mung bean	Persimmon	Spirulina
Lemon	Olives	Potatoes	Tomatoes

Warming Foods (CD 15-M) _____

Bay leaves	Chicken	Garlic	Nutmeg
Black pepper	Chives	Ginger	Oats
Butter	Cinnamon	Goat & goat milk	Onions
Capers	Cloves	Kale	Parsley
Cardamom	Coriander	Lamb	Peaches
Cayenne	Dates	Leek	Spelt
Cherries	Dill	Lychee	Quinoa
Chestnuts	Fennel	Mustard	

Dampness? *AVOID* these foods

Dairy	Yeast (yes, bread)	Pork/rich meat	Sugars
Tofu	Soy products	Wheat flour	Butter
Raw/cold foods	Pineapples	Sweeteners	
Concentrated juices	Beer	Oils	
		Peanuts	



Dampness? *EAT* these foods _____

Azuki beans	Celery	Onions	Thyme
Alfalfa	Coriander	Olives	Turnips
Almonds	Daikon	Peppermint	Seaweed
Anchovy	Garlic	Peas	Shrimp
Asparagus	Horseradish	Pumpkin	Squash
Barley	Kidney beans	Quail	Walnuts
Basil	Lemon	Radish	Watercress
Buckwheat	Mackerel	Rice	
Cardamom	Mushrooms	Rye	

Stagnation (PMS, irritability) or Stasis (Clotting), *AVOID* these foods

Soy products	Sugar	Dairy
Alcohol	Processed foods	Salt
Caffeine	White flour	Butter

Stagnation (PMS, irritability) or Stasis (Clotting), *EAT* these foods _____

Chestnut	Eggplant	Onions	Rose
Chives	Leek	Peaches	Saffron
Crab	Mustard leaf	Radish	Scallion



Turmeric

Vinegar

All my clients should be building a healthy fertility foundation by eating these foods (if I mentioned you need to increase blood production, eat these foods).

Almonds	Congee	Lentils	Squash
Beef	Dates	Pate (1x/wk)	Trout
Beets	Eggs	Quinoa	Salmon(1x/wk.)
Cherries	Figs	Brown rice	Yams
Chicken	Grapes	Sweet potatoes	
Chickpea	Leafy greens	Mushrooms	

General Food Tips

- Cook your food whenever you can. This helps your body process your meal without having to expend as much energy on warming and digesting your food.
- Buy whole foods with as few ingredients in them as possible. They'll be easier for your body to process and will probably taste better anyways!
- Shop on the perimeter of the grocery store and avoid the aisles. All the fresh stuff is around the edge of the store, while aisles typically have processed, packaged foods with fewer nutrients.
- Eat foods appropriate for your condition, based on what you and I have discussed, or what you have learned from the Get and Stay Pregnant: Diet and Lifestyle Guide video series.
- Listen to your body! If you listen, your body will let you know when it doesn't like a food choice, or what sorts of healthy food it's craving.