

# NATALIE UHLING

## *TOP 5 BASIC SUPPLEMENTS FOR FERTILITY*

*BY CECILY YOUSAF*



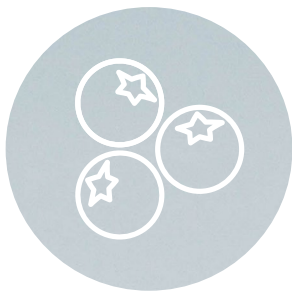


## PRENATAL

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A prenatal that is food derived and not made from synthetic ingredients is recommended. It is important that your prenatal contain Folate and not folic acid. Food based vitamins are more easily assimilated and recognized by the body and will not contribute to prenatal nausea like synthetic forms of vitamins will. You may still experience nausea, but your vitamins will not add to it. Folate, the natural form of vitamin B9, folic acid is an oxidized synthetic compound. Folate has been well demonstrated to prevent neural tubal defects in developing fetuses as well as important things like support of our nervous systems. Synthetic folic acid has been linked to deficiencies of B12 and increased risks of certain cancers.

Recommended: [Garden Of Life Prenatal](#), [New Chapter Prenatal](#), [Mega Foods Baby & Me 2](#), and [Smarty Pants Prenatal Gummies](#) (if you are having trouble swallowing pills)



## PREBIOTICS

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PREbiotics in addition to probiotics are wonderful for nourishing your helpful digestive bacteria. Prebiotics are the things that your helpful digestive bacteria thrive on. In food form they are; garlic, onions, asparagus, barely ripened bananas, apples, cocoa, jicima, seaweed, artichokes, berries, wild rice, raw honey, coconut flour, green banana flour, cooked and cooled potatoes. Add a few of these foods and diversify as much as possible (don't eat the same thing every day for long periods of time) Add a prebiotic supplement every day.

Recommended: [Garden of Life Organic Prebiotic](#)



## FISH OIL

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There are many brands and types of fish oil out there today but Green Pastures Fermented Cod Liver/Butter oil is recommended. It is made from the livers of wild caught fish and fermented rather than pressed and heated for purity. It is a whole food without additives and the damaging effects to the structure of oil that can occur with extreme temperatures necessary to purify toxicants in some fish oil products. They test their products for purity using a third party to ensure a top quality product. This product is a wonderful source of A and D vitamins as well as omega 3, 6, 7 and 9 fatty acids.

Recommended: [Green Pastures Royal Butter Oil / Fermented Cod Liver Oil Blend](#)



## PROBIOTICS

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Take probiotics and switch them up. Shoot for 20 billion or more helpful bacteria per serving, and then mix up your brands. Keep a few brands on hand and alternate daily. We need helpful bacteria to convert hormones in the digestive system, to modulate our immune systems and to help us properly absorb the important nutrients from our food. Developing a friendly balance of bacteria is the first step in treating immune problems, energy levels and mood regulation, tissue growth and repair, and helps us maintain youthful properties not only for fertility but for our appearance and stamina. Don't rely on yogurt as a sufficient source of probiotics. There are not significant numbers of live bacteria in most yogurts and they are often filled with excess sugar and low-fat dairy which can be detrimental to fertility.

Recommended: [Garden of Life prenatal probiotics](#), [Senior Jarro-Dophilus](#), [Renew Life Ultimate Flora](#), [Mega Food Mega Flora](#), [Nature's Way Primadophilus Optima](#)



## METHYLATED FOLATE

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Prenatal vitamins typically have 800mcg of Folate, it is best to supplement with 400mcg of additional methylated folate. Jarrow makes a wonderful inexpensive methylated supplement. Methylated folate has been shown to assist in the formation for red blood cells, transcription of DNA, assisting the liver in breaking down excess hormones and toxins, protein synthesis and production of proteins.

Recommended: [Jarrow Methylated Folate](#)



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Cecily has been helping couples achieve and maintain pregnancy using a blend of Western medical knowledge and Eastern medical techniques in combination with diet, exercise and mind/body practices since 2003.

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