



# NATMED INTEGRATED MEDICINE

## FERTILITY DETOX DIET



### YOUR FERTILITY DIET GUIDE

There is no better place to start the program than with a spring clean. A customised Fertility Detox Diet is recommended for all couples (yes, that includes you blokes!)

This handout gives you the basis for your diet, but your practitioner may recommend further restrictions or additions, based on your unique needs. Exposure to foods that your body does not tolerate will undermine your digestion and nutrient absorption. It will also influence the balance of your microbiome, which is all the microflora living in your gastrointestinal tract.

Vital energy and resources are drained so less energy is available for reproduction. Your practitioner will assess the contribution of food intolerance to your health and which foods it is necessary for you to avoid.

This diet will need to be followed for approximately 2-3 months, at which point your practitioner will review and revise it.

## WHY DETOX?

Detoxification is an important factor in achieving healthy conception. It is the role of the body's detoxification process (primarily the liver, kidney, lymphatic system and bowel) to eliminate waste and environmental toxins that can both limit your ability to conceive, as well as harm foetal development. By careful dietary measures, we can take the load off your detoxification organs and ensure that vital energy and resources are available for detoxification, immune function, blood sugar balance and hormonal systems. The detoxification process will be supported through nutritional and/or herbal supplements.

Furthermore, exposure to foods that your body does not tolerate will undermine your digestion and nutrient absorption. This will also influence your gut microbial balance. Your practitioner will assess the contribution of food intolerance to your health and may suggest further dietary restrictions during the detoxification phase.

## DETOX DIET PRINCIPLES

<b>High plant intake</b>	Encourages liberal amounts of fresh and raw greens, fresh vegetables, fruits and spices, legumes, nuts and seeds and moderate amounts of wholegrains.
<b>Low saturated fat</b>	Diets that are high in fats have been found to encourage the circulation of components of harmful bacteria from the digestive system into the blood stream, which contributes to your toxic burden.
<b>Wholefood</b>	Eliminates refined, processed or packaged foods that tend to be high in various chemicals such as additives, preservatives, artificial sweeteners and artificial flavours. These foods also tend to be high in calories but low in essential nutrients. High intake of refined carbohydrates can also negatively impact the balance of digestive flora.
<b>Low fructose</b>	Except for fresh fruit, this diet discourages intake of foods sweetened with fructose or high fructose corn syrup, which at certain levels may cause digestive symptoms in sensitive individuals.
<b>Organic</b>	By opting for organic food choices wherever possible, your exposure to insecticide, herbicide and pesticide residues known to impact health will be limited. Organic fruits and vegetables have also been shown to contain higher levels of phytonutrients, which are beneficial for cellular health.

<b>Alkalisising</b>	Diets high in refined grains and animal protein, and low in fresh vegetables and greens, can be quite acidic and ultimately impact cellular function and health. A lower intake of these foods and higher ratio of alkaline, plant foods reduces acid load within the body.
<b>Hydrating</b>	Effective detoxification depends upon water. Consuming two to three litres of pure water daily assists the kidneys to remove wastes through this important eliminating channel.
<b>The Detox Diet</b>	Low in established toxins or carcinogens such as nitrates and sulphates if combined with the appropriate food preparation, storage and cooking methods.

## DETOX DIET

Below is a list of foods that you can continue to enjoy throughout your detox, as well as those foods that are best to avoid. If there are any foods not on the list, your Practitioner will be able to advise whether they are appropriate for you.

FOOD TYPE	ENJOY	AVOID
Animal protein	<p><i>Serving size: 1 palm-sized portion per meal unless otherwise specified. Choose organic where possible.</i></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Eggs</li> <li>• Fresh fish (max. 3-4 serves per week) excluding those in the 'Avoid' list.</li> <li>• Kangaroo</li> <li>• Tempeh*</li> <li>• Tofu*</li> <li>• Turkey</li> <li>• Red meat (organic where possible, choose lean cuts, max 1-2 serves per week)</li> <li>• Nitrate-free bacon (max 1 serve per week)</li> </ul> <p>*Consume two palm-sized portions per meal</p>	<ul style="list-style-type: none"> <li>• Fish susceptible to higher heavy metal content such as tuna, salmon, king mackerel, marlin, swordfish and shark.</li> <li>• Pork</li> <li>• Sausages</li> <li>• Shellfish including prawns, shellfish, oysters, mussels, crab.</li> <li>• Cured/smoked meats and deli meats. * (i.e., smoked salmon, salami, ham etc.)</li> <li>• Tinned meat and fish</li> <li>• Veal</li> </ul> <p><i>* These foods are high in nitrates and are best avoided during detox.</i></p>

Beans/ Legumes	<p><i>Serving size: Limit to 1-2 services per day. (1 serve = 30g cooked)</i></p> <p><i>All legumes/pulses/beans (I.e. chickpeas, kidney beans, lentils, split peas, black beans). Dried is preferable over tinned, and choose organic where possible.</i></p>	Flavoured and salted canned beans or those with additives, preservatives.
Fruits & Vegetables	<ul style="list-style-type: none"> <li>• All vegetables</li> <li>• Enjoy all fresh fruits (max 2 per day)</li> <li>• Fruits dehydrated at home without additives are permitted.</li> </ul> <p><i>Note: If frozen, choose organic/no additives</i></p>	<ul style="list-style-type: none"> <li>• Canned fruit or vegetables</li> <li>• Crystallised/candied fruit.</li> <li>• Dried fruit due to high sulphite content.</li> </ul>
Nuts & Seeds	<ul style="list-style-type: none"> <li>• Choose raw, organic nuts where possible</li> <li>• All other nuts and seeds (no peanuts)</li> <li>• Nut/seed butters (no peanuts)</li> </ul>	<ul style="list-style-type: none"> <li>• Peanuts</li> <li>• Roasted/salted nuts (pan-fried or lightly roasted at home is ok)</li> </ul>
Dairy & Alternatives	<ul style="list-style-type: none"> <li>• Goat's milk products</li> <li>• Organic, unsweetened plant milk (i.e. almond, oat, rice, coconut)</li> <li>• Plain coconut yoghurt</li> <li>• Sheep's milk products</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid all dairy products made from cow's milk, including milk, yoghurt, cheese and ice-cream.</li> </ul>
Oils	<ul style="list-style-type: none"> <li>• Use cold pressed &amp; organic where possible.</li> <li>• Coconut oil</li> <li>• Flaxseed oil</li> <li>• Macadamia oil</li> <li>• Olive oil</li> <li>• Rice bran oil</li> <li>• Sesame oil</li> <li>• Walnut oil</li> <li>• Butter (grass-fed)</li> </ul>	<ul style="list-style-type: none"> <li>• Canola oil</li> <li>• Duck fat</li> <li>• Fried foods</li> <li>• Ghee</li> </ul>

Beverages

Consume 2-3 L of pure filtered water daily.

- Herbal tea, green tea – not sweetened or flavoured, organic if possible
- Fresh fruit and vegetable juices
- Pure filtered water (can be flavoured with fresh lemon, orange, ginger, cucumber, mint, etc.)
- Unflavoured sparkling mineral water
- Black tea – max 1 per day

- Alcohol
- Caffeinated soft drinks
- Coffee
- Fruit drinks and cordials
- Reconstituted fruit juice
- Soft drink/carbonated beverages

IDEAL COOKING METHODS

- Braising
- Poaching
- Sautéing
- Simmering
- Steaming
- Stewing
- Stir-frying with water

AVOID.MINIMISE THESE COOKING METHODS

- Overcooking and losing nutrients in water
- Boiling
- High temperature cooking\*
- Baking (if food becomes browned or crisp)
- Barbecuing
- Frying
- Grilling
- Stir-frying with oil
- Toasting

## FOOD STORAGE

Washing and storing food properly is essential to maintaining the nutrient quality and longevity of food. If food is stored properly, it remains fresher for longer. This prevents you having to throw away food unnecessarily, which may be kinder to your budget.

During a detox is the perfect time to do an audit of your fridge and pantry, clearing out any unhealthy or out of date items. When you go to your fridge or pantry, what do you see?

Are all the packaged or bottled items in date and sealed properly?

Are your organic vegetables stored in the crisper after being washed? Washing vegetables and fruits before consumption is essential to remove potential toxic residues that may be resting on the surface especially for non-organic foods.

Store fresh produce in the crisper to prevent it wilting; wrapping unbleached paper towels or a clean cloth may help absorb extra water.

Don't pack your refrigerator to the brim. Leave some breathing room.

If fruit or vegetables have started to deteriorate, you are best to discard the whole item, rather than simply removing the affected part.

Are there left-overs that have been left a little too long?

Avoid storing foods in plastic containers or polystyrene containers and covering food with plastic wrap. Instead, opt for non-porous storage options such as glassware, ceramic or stainless steel. Use a plate to cover food if needed, instead of plastic wrap.

Keep spices, onions, potatoes and oils stored in a cool dark place to prevent spoilage.

Freeze foods using glass or enamel containers, butchers' paper, parchment, or foil for freezing. Make sure hot food has cooled before placing it in storage bags.





## READING FOOD LABELS EFFECTIVELY

Although the majority of food in your diet will come from fresh wholefoods, there may still be some foods that come in a jar or packet. It is important to understand what a food label means to ensure that the foods you select are consistent with the detox recommendations.

Food labels contain the following elements:

### **The Nutritional Information Panel:**

This is where you will find a breakdown of macronutrients such as carbohydrates, sugars, fats and protein in the product. Comparing the figures in the column per 100g serve allows you to easily contrast different products.

### **The Ingredients List:**

This is where you will find a complete list of ingredients used in the product. These ingredients are listed in order of weight. The ingredients listed first are in the greatest quantities, so this can help you to avoid products with higher amounts of sugars or other ingredients you may want to avoid.

### **Food Additives:**

Food additives such as colours, flavours and preservatives may have adverse effects on health and are included in the ingredient list by number. Be aware of the main food additives to avoid and choose not to consume products containing these additives during your Detox Program. Specific additives to look out for include:

- monosodium glutamate (MSG/E621)
- artificial sweeteners (E950, E951, E954)
- trans fats
- food dyes [blue (E133), red (E124), yellow (E102)]
- sodium sulphite (E221, 222, 223, 228)
- sodium nitrite (E251, 250)
- BHA/BHT (E320)
- Sulphur dioxide (E220)
- potassium bromate



## SHOPPING FOR HEALTH PRODUCE

There are certain fruits and vegetables that contain higher levels of harmful chemicals and should ideally be consumed as organic in order to reduce your toxic burden. Table Three below lists the most and least chemically laden fruits and vegetables. When eating fruits and vegetables that contain the highest amount of chemicals, it is recommended that you choose organic produce. However, if this is not feasible do not avoid this produce, as it is still healthier and more beneficial to consume them in any form possible. Non-organic produce that contains the lowest level of chemicals are safe to consume. The benefits of organic produce extends the reduction of chemicals and ideally foods should be consumed as organic as much as possible.

Fruits and vegetables that are highest and lowest in chemicals:

HIGHEST IN CHEMICALS	LOWEST IN CHEMICALS
<ul style="list-style-type: none"> <li>• Apples</li> <li>• Strawberries</li> <li>• Grapes</li> <li>• Celery</li> <li>• Peaches</li> <li>• Spinach</li> <li>• Capsicum</li> <li>• Nectarines – imported</li> <li>• Cucumbers</li> <li>• Cherry tomatoes</li> <li>• Snap Peas – imported</li> <li>• Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Avocados</li> <li>• Sweetcorn</li> <li>• Pineapple</li> <li>• Cabbage</li> <li>• Sweet peas – frozen</li> <li>• Onions</li> <li>• Asparagus</li> <li>• Mangoes</li> <li>• Paw Paw</li> <li>• Kiwi fruit</li> <li>• Eggplant</li> <li>• Grapefruit</li> <li>• Rockmelon</li> <li>• Cauliflower</li> <li>• Sweet potato</li> </ul>

\*Listed in order of most and least contaminated for the respective lists.



## A NOTE ABOUT PROTEIN

Throughout your detox diet, you are aiming for 1 gram per kg of weight (i.e. if you weigh 70kg, you need to be eating 70g of protein per day).

Using the table below you will be able to work out your individual protein requirements.

PROTEIN SOURCE	10g	20g
Protein powder	1 scoop	2 scoops
Eggs (free range)	1 large	2 large
Beef steak	45g	90g
Lamb	45g	90g
Pork/Ham	45g	90g
Bacon	3 slices	6 slices
Minced beef	65g	130g
Chicken breast	45g	90g
Chicken thigh/eg	1 leg = 15g	2 legs = 30g
Fish tinned tuna/salmon	45g	90g
Scallops	90g	180g

PROTEIN SOURCE	10g	20g
Prawns (flesh)	50g	100g
Fish fillets	50g	100g
Tofu	50g	100g
Tempeh	50g	100g
Cheese, Hard or Cheddar	45g	90g
Cheese, Cottage	40g	80g
Cheese, Ricotta	95g	190g
Yoghurt Natural, low fat	1 cup, 150g	2 cups, 300g
Milk, Low Fat	300ml	600ml
Almonds	50g	100g
Brazil Nuts	70g, 1/2 cup	140g, 1cup
Cashews	60g	120g
Walnuts	70g	140g
Peanut butter	2 tbsp	4 tbsp

PROTEIN SOURCE	10g	20g
Flax Seeds	50g, 1/3 cup	100g, 2/3 cup
Sunflower Seeds	40g	80g
Hummus	1 cup	2 cups
Chickpeas	100g, 2/3 cup	200g
Red Kidney Beans	100g, 2/3 cup	200g
Lentils cooked	1/2 cup	1 cup

## DETOX SHOPPING LIST

To help get your Detox off to a super healthy start, here is a ready-made shopping list containing all the permitted foods. Of course, we don't expect you to buy every item but use it as a basis to develop your own weekly shopping list.

<b>Vegetables</b>	Asparagus, avocado, artichoke, beetroot, bok choy, broccoli, brussels sprouts, cabbage, capsicum, carrot, cauliflower, celery, corn, cucumber, eggplant, leek, lettuce, rocket, radicchio, cos, curly lettuce, mushroom, olives, onion, ginger, garlic, parsnip, peas, pumpkin, spinach, string beans, sweet potato, sprouts, snow pea, watercress, Just remember – fresh and in season is best, frozen vegetables are okay but tinned veggies are a no-go.
<b>Fruit</b>	Apple, apricot, berries, cherry, grapes, grapefruit, kiwi, lemon, lime, mango, mandarin, melon, nectarine, orange, pawpaw, pear, peach, pineapple, plum, prunes Just remember – fresh and in season is best, frozen fruit is okay but tinned and dried fruit is a no-go.



<p><b>Meat, Fish, Eggs, Soy</b></p>	<p>Chicken (organic or free range), lamb, beef, kangaroo          Fish: Herring, Mackerel, Sardines, Salmon, Barramundi, Perch, Trout          Tempeh, Tofu</p>
<p><b>Beans</b></p>	<p>Adzuki beans, black beans, black eyed beans, butter beans, borlotti beans, chickpeas, cannellini beans, kidney beans, lentils and dried peas</p>
<p><b>Bread, Cereals &amp; Grains</b></p>	<p>Bread: - spelt, rye, pumpernickel, Essene sprouted bread          Breakfast cereal: - Carmen's gluten free muesli          Flour: - spelt, rice          Grains: - brown rice, basmati, millet          Porridge: oats, rice flakes</p>
<p><b>Drinks and Hot Drinks</b></p>	<p>Herb Teas – ginger, nettle, chamomile, peppermint etc. green tea, dandelion tea, Rooibos tea (Weak tea). Filtered/bottled water          Fruit and Vegetable juices diluted with water. Mineral water (still or sparkling)</p>
<p><b>Condiments</b></p>	<p>Celtic/sea salt, cracked black pepper, fresh or dried herbs, ginger, garlic          Spices: - all spices</p>
<p><b>Cold Press Oil, sauces, etc.</b></p>	<p>EV olive oil, Unrefined flaxseed or sesame oil. Lemon juice or Apple Cider Vinegar. Wheat free soy or Tamari sauce, chilli, tomato paste</p>

## DETOX SAMPLE MENU

Here is an example of how a week on the Detox program may look. Create your own menu planner based on this one.

Day	Breakfast	Snack	Lunch	Dinner	Snacks
1	Scrambled eggs, wheat free toast, carrot/ apple juice	Fruit with a small handful of nuts	Sardines/ tuna with fresh salad & 2 ryvitas	Oatcakes with nut butter	Chicken with 2 cups of stir fried veg, 1 tsp. Tamari
2	Bircher Muesli with grated apple	Small handful of nuts and seeds.	Mediterranean Salad	Berry nice Smoothie (1 or 2 scoops of protein powder)	Lentil and walnut loaf and salad
3	Berry smoothie (2 scoops protein powder)	2 Ryvitas with avocado or hummus	3 Bean salad, mixed greens with olive oil & lemon juice	Piece of fruit with sheep yoghurt	Grilled fish and salad or steamed veggies
4	Porridge with stewed fruit	Small handful of nuts and seeds with some fruit	Vegetable frittata with salad	Berry Smoothie (1 or 2 scoops of protein powder)	Palm size cut of lean red meat with steamed veggies or salad
5	Breakfast frittata	Fruit with a small handful of nuts	Gluten free pasta with a handful of olives, tuna and a drizzle of olive oil	Crudités (e.g. carrot, cucumber & celery sticks) plus cherry tomatoes with hummus dip	Cream of cauliflower soup
6	Poached eggs on wheat free toast	Avocado salad	Spicy lentil salad	A small handful of nuts	Grilled fish with Capsicum and Cashew Pilaf





## 10 TIPS FOR A SUCCESSFUL DETOX

1. Start your Detox on a Saturday. Have a weekend with few plans, as you may not feel great for a day or two.
2. Plan ahead of time. Make sure your cupboards are well stocked with Detox friendly foods and all your Detox no-no's have been removed. Pre-plan your meals so that you are not caught out and end up eating something not Detox friendly.
  3. Continue to take your supplements as prescribed.
  4. Get plenty of sleep. Cancel unnecessary commitments.
5. Never go hungry or miss meals. This isn't a starvation diet; eat when you're hungry but don't overeat.
6. Drink at least 2L of filtered water (and/or herbal teas) daily – drinking plenty of fluid is essential whilst detoxifying. If you are exercising or in hot weather, you need to drink 1L per hour of exercise.
  7. Quit smoking.
  8. Exercise at moderate intensity.
9. Add fresh fruit and vegetable juices and/or berries to your morning routine (If you tend towards a cold constitution i.e. poor circulation, you may prefer to drink a herbal or fresh ginger tea).
10. Buy organic where possible, this way your body doesn't need to break down extra pesticides while you are detoxifying. If fruit and vegetables are not organic, wash them well with water and white vinegar to help remove pesticides and rinse thoroughly afterwards.