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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Effects of Diet on Infertility

By Dr. Mike Berkley

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Overwhelmed by studies, research and the constantly changing diet, nutrition and food recommendations? With so many conflicting opinions and studies it's a full time job trying to keep up with the do's and don'ts.

Here are... not just five, but six... of the top basic lifestyle changes that Cynthia Stadd, Director of Nutrition Services at The Berkley Center, recommends to proactively promote and prepare your body for conception and a remarkable family life!

Greatly reduce or eliminate caffeine and coffee altogether. It is a vasoconstrictor which can impede blood flow.

Establish a whole foods based diet that's easy to incorporate into your busy lifestyle. Include whole vegetables, grains, nuts, seeds, and minimal animal protein. Consider scheduling a consultation with a nutritionist to discover which fresh whole foods you should choose for your body type including quantities, shopping tips and food preparation techniques for maximum health and digestion.

Drink plenty of water and avoid sugary liquids. The new high energy, vitamin and natural food drinks on the market may seem like a healthy alternative but they might not be as good for you as you think.

Avoid chemicals, additives and preservatives. Get educated on how to read food labels, recognize the artificial sweeteners to stay away from, and get acquainted with some natural sweeteners you may never even have heard about. Start increasing your fertility quotient with powerful dietary and nutritional counseling.

Limit your dairy intake. Find out the scary correlation between cow's milk and reproductive health. Get the latest information on hormones, organics and soy... and how they may be affecting your reproductive health.

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Curb unhealthy cravings. Here's a simple solution you can start using tomorrow. Eat breakfast! Skipping breakfast can make cravings worse so start your day right and don't miss the most important meal of the day. When working with a dietician you'll learn lots of reasons and cures for unhealthy cravings including other emotional factors that may be keeping your body from conceiving.

Proper nutrition is very important from the perspective of reproductive health. A registered nutritionist will provide you with a list of foods and beverages which you should abstain from and a list of foods and beverages which you should partake of. Following these guidelines are important for your health in general and for your reproductive health in particular. She will walk you step by step through your own personalized nutrition and fitness plan and will also give you quick lifestyle and nutritional tips to break free from cravings that can reduce your chances of conceiving.

Your nutritionist will also guide you in managing any chronic health problems, help you attain your

healthy, ideal weight, help you understand how your lifestyle choices impact your ability to conceive, help you create balance in your life as you prepare for parenthood, assist you in developing a manageable, doable exercise routine, reduce and manage stress on a day-to-day basis and support you in your journey to conception.

Dr. Mike Berkley has been treating fertility disorders since 1996 with amazing results. He works exclusively in the area of reproductive medicine and enjoys working in conjunction with some of New York's most prestigious reproductive endocrinologists. Sign up for his free newsletter at

Fast Way To Lose Weight

By Susan Sweet

Fast Way To Lose Weight

Fast weight loss programs can lead to loss of your health while losing fat. It can cause some irreparable changes in the body making it weak. You must have heard stories of diet pill failures but not all diet pills are alike. The best situation to be in is when you don't need any weight loss but in case you need one follow simply weight loss herbal diet pills.

Diet pills are often advertised as 'Fast Way to Lose Weight'. But remember, all that glitters is not gold! Weight loss drug advertisements can be quite misleading at times. False promises have resulted in serious side effects and stories of diet pill failures. Hence don't get carried away by such cheap market gimmicks and make an informed choice when buying diet pills. From prescription diet pills to over-the-counter diet pills the markets these days are flooded with weight loss products. Each one claims to be a fast way to lose weight and seem as an attractive option as compared to conventional methods of weight control.

The Effects of Diet on Infertility

Diet pills are often looked upon as a great food supplement to lose weight and retain energy. Fast weight loss diet pills have seen an insurgence within a last few years. Thousands of people in US spend millions of dollars every year on the diet pills. Undoubtedly, these pills offer a fast way to lose weight but while making a decision to use them take medical consultation.

What is the best diet pill to lose weight?

Several fast weight loss diet pills have flooded marketplace. Finding the best one out of them may give you a headache. But now you don't have to worry! We provide the best proven weight loss pills to our customers. You can buy the following major weight loss diet pills from us:

- Phenazene diet pill
- Zantrex-3 diet pills
- Slimming tablet xendrine
- Cortislim diet pill
- Meta Gen Diet Pills
- Desert Burn
- Carb blocker diet pill
- Leptoprin-sd
- Zilacetin Diet Pills
- Nueslim Diet Pills

Herbal Diet Pills : Herbal diet pills are effective diet pills that help you lose unwanted fat naturally. Safe diet pills are those diet pills that help you lose weight without any serious side effects. Before trying any herbal diet pills , safety of diet pills should be ensured. We recommend you to take prescription diet pills to lose those extra pounds. This is because we all have different body structures and systems and a diet pill that works for one may not necessarily work for all. Get the right diet pill prescription to attain best results. Also, Check out:

- Effective Diet Pills
- Herbal Diet Pills

- Safety Of Diet Pills
- Diet Pill Prescription

Carb blockers : Carb blockers prevents glucose or sugar from being converted into fat. The unique formulation of Carb Blocker products helps you to lose weight without much change in your diet. Low carb diet pills work by inhibiting the absorption of carbohydrates and sugar by your body. Extreme carb blockers are also available for maximum Carb Blockers effectiveness. Carb Blocker diet pills are a really a fast way to lose weight and have no serious carb blocker side effects . Find out more about Carb blocker diet pills. Also, Check out:

- Low carb diet pills
- Extreme carb blockers
- Maximum Carb Blockers effectiveness
- Carb Blocker diet pills
- Carb blocker side effects

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