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yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S.

HEALTHY DADDY DIET

OK, so you have read through *Yes, You Can Get Pregnant: Natural Ways To Improve Your Fertility Now & Into Your 40's* and now you want to know what you need to feed your man to get his sperm into optimal condition.

Most importantly—he should be following this diet with you. Not only because it will get his health and his sperm in great shape (and size!), but you deserve the support. However, I understand how difficult it can be to get your partner to commit to all the lifestyle changes that I've recommended. If he can't 100% follow this fertility boosting lifestyle plan with you, then we really need him to focus on the following to get his sperm healthy and fertile:

- Avoid the 5 Big No's (most importantly added sugar, soy and pesticides).
- Go organic.
- Take a cod liver oil supplement daily because it is rich in omega 3 fatty acids, vitamins A and D, all of which are great for sperm quality.
- Eat plenty of foods that are rich in amino acids, antioxidants, omega 3 fatty acids and sperm enhancing vitamins like selenium, zinc, folate and vitamin A, B12 and C. Here's a good list of foods for you to help him incorporate into his diet:

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| - Oysters | - Walnuts |
| - Liver | - Pumpkin seeds |
| - Pastured butter | - Blueberries |
| - Asparagus | - Kale |
| - Brazil nuts | - Grapefruit |
| - Salmon | |