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yes, YOU CAN GET pregnant

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

MY FAVORITE FERTILITY-ENHANCING SUPPLEMENTS

In *Yes, You Can Get Pregnant: Natural Ways To Improve Your Fertility Now & Into Your 40's* I spoke mainly about food. Here, I want to share with you my favorite fertility enhancing supplements that you can add to your Yes, You Can Get Pregnant regimen.

- **FERMENTED COD LIVER OIL**

It's nature's best source of Omega 3's, DHA, EPA and vitamin D and preformed vitamin A. Studies have shown that supplementation with both omega-3 fatty acids and antioxidants, as provided by fermented cod liver oil, offers promising results in the treatment of women suffering from infertility. I recommend that you consume cod liver oil that delivers 2000iu's of vitamin D daily. My favorite brand: Green Pasture Blue Ice Fermented Cod Liver Oil .

- **COLLAGEN GELATIN**

Also known as hydrolyzed collagen, it's a protein derivative that is obtained from collagen, a structural protein that naturally occurs inside animal skin and bones. The best way to get this collagen gelatin substance is from cooking down bones when making a soup stock or a bone broth. "Good broth will resurrect the dead," says a South American proverb. The gelatin from a rich bone broth is considered a cure-all in traditional households and is literally the backbone to long-lasting health. Stock contains minerals in a form the body can absorb easily—not just calcium but also magnesium, phosphorus, silicon, sulphur and trace minerals. Ideally you make a few batches of rich bone broth, freeze it and eat a few cups of it each week. However life doesn't always allow for that. So, in addition, I recommend taking a daily supplement of collagen hydrolysate. My favorite brands: Great Lakes (in powder form—mix with hot water or take in a shake) or by Pure Encapsulation (in capsule form). Take 1 tablespoon per day or 3-4 capsules per day.

- **GREEN SUPERFOODS**

They come from algae, green plants and cereal grasses and are what I consider to be one of nature's best multivitamins. This supplement supplies your body with many nutritional factors, including: protein, calcium, iron, magnesium, phosphorous, potassium, zinc, copper, manganese, vitamin C, thiamin, riboflavin, niacin, vitamin B6, folic acid, vitamin B12, carotenoids, and vitamin E. In addition these green superfoods are loaded with powerful antioxidants, immune boosters, and many other health supporting nutrients. My favorite brands: Pure Synergy Superfoods or Nutrex Hawaiian Organic Spirulina. Take as directed.

- **LIVER**

As I discussed in *Yes, You Can Get Pregnant*, eating liver is not always ideal. That's why I think it's best to take a daily dose of liver pills. Recommended brand: Dr Ron's Ultra Pure Liver Pills. Take 2 pills per day, which is the equivalent of 2-3 ounces of liver per week. **Note: if you are on a blood thinning medication, be cautious with taking liver as it contains vitamin K. Discuss with your doctor before taking liver.