

*Your
Very Best*

FERTILITY

FOOD PLAN

Personalized



GALVAN
Precision Wellness

WELCOME

LET'S MAKE A PLAN!

Hi! I'm Amy Galvan DOM, L'Ac, FABORM. I am a functional medicine fertility acupuncture physician . . . but you can think of me as your fertility food doctor!

Together we are going to curate a fabulous fertility foods menu JUST FOR YOU!

Your Very Best Fertility Foods Plan--Personalized! will include **traditional fertility foods, Chinese food therapy,** and **nutritional needs.** Most importantly, it will be customized to YOUR unique patterns to create more balance, and fertility!



xo, Dr. Amy





ABOUT YOUR FOOD PLAN

Food is medicine! You have the power to increase your fertility every time you bring your fork to your lips. There are many fertility food plans out there, but in these pages you will learn the BEST ones for YOU, based on your UNIQUE fertility patterns based in Traditional Chinese Medicine.

Lets uncover YOUR very best fertility foods for YOU!.

STEPS FOR MEAL PLANNING

1

FERTILITY PATTERN DIAGNOSIS

Everyone's journey to optimal fertility is different. Your very best fertility food plan will be optimized for your body's needs, in accordance with your unique fertility pattern diagnosis.

2

PROTEIN, CARB, & FAT RATIOS

Balancing the protein, fat, and carbohydrate RATIOS that are best for you is based on your Fertility Patterns. A chart will make it fun and easy to set up your ratios correctly with confidence!

3

FERTILITY FOODS

Identify your best foods based on your Fertility Patterns. Learn about other helpful foods, traditional fertility foods, and also how to modify unhelpful foods so you can enjoy them, too!

4

COOKING STYLE

Your Fertility Pattern will determine how best to prepare your foods. Boiled, baked, fried, chilled, frozen, stewed, and other food preparation will be an important part of your food plan!



3 | FOODS

YOUR VERY BEST FERTILITY FOODS

This is the fun part! Next you will discover lists of fertility foods according to your Chinese Patterns.

Now that you know how much to focus on protein, fats, and carbs, it is time to choose your very best fertility foods, personalized for you!

Make a Shopping List and jot down your favorites.
Let's begin!



TRADITIONAL FERTILITY FOODS

Foods for fertility represent nutrient dense solutions for couples planning to conceive, for mothers nourishing their child in the womb, and mothers who are breastfeeding.

Traditional fertility foods have held a sacred place in the human diet for thousands of years. Populations went to great lengths to secure nutrient dense foods like liver, fish roe, and butter prepared from cows grazing on rapidly growing green pastures.

Traditional fertility foods were eaten as part of an overall diet including meats from grass fed animals; vegetables that were fermented, whole grains that were soaked and sprouted, bone broths rich in minerals, and healthy fats from coconut oil, olive oil, lard, and eggs from pastured chickens,

These foods are recognized today as offering an abundance of nutrients needed for optimum fertility such as antioxidants, fat soluble vitamins, trace minerals, essential fatty acids, and essential amino acids. Folate, choline, zinc, DHA, EPA, preformed Vitamin A (retinol) and activated Vitamin D all play crucial roles in reproductive health as well as in fetal development.

**A fertility diet lacking in these essential nutrients
is not a fertility diet at all.**



INFERTILITY FOODS TO AVOID

Modern convenience foods often play a strong role in unexplained infertility and subfertility.

Gluten, low-fat dairy, soy (soybean oil in processed foods), refined sugar, caffeine, and soft drinks are major contributors to dietary imbalances that can affect fertility.

These foods disrupt hormones, inflammation, blood sugar, and the immune system in ways that can impair maturation of eggs and sperm, as well as embryo implantation.

Talk to your healthcare provider if you suspect food intolerances, insulin resistance, leaky gut, gut dysbiosis, or low thyroid function.

Seek a qualified food coach to support you in breaking any modern food habits that may be harming your health and fertility.

Be sure to check my website articles for further information on foods that may be harming your fertility.



TRADITIONAL FERTILITY FOODS

butter

eggs

fermented vegetables

pre-soaked whole grains

coconut oil

oysters, clams, mussels

wild caught fish

caviar & fish roe

grassfed beef

grassfed lamb

marrow and oxtail

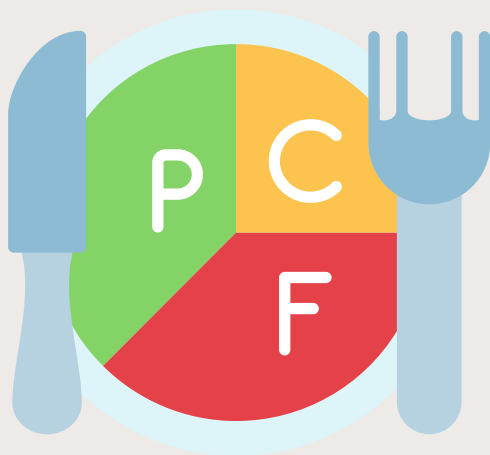
beets

dark leafy greens

bone broth

liver

fermented cod liver oil



KEY

- Protein
- Healthy Fat
- Complex Carbohydrate
- Simple Carbohydrate

TRADITIONAL FERTILITY FOOD MACROS

- butter
- eggs
- fermented vegetables
- pre-soaked whole grains
- coconut oil
- oysters, clams, mussels
- wild caught fish
- caviar & fish roe
- grassfed beef
- grassfed lamb
- marrow and oxtail
- beets
- dark leafy greens
- bone broth
- liver
- fermented cod liver oil



BONUS SECTION

RECIPES



BEEF BROTH HOT CHOCOLATE

MAKES 1 CUP

1 tbsp cacao powder
1 tbsp pure maple syrup
2 tbsp beef bone broth
hot filtered water

Spoon first 3 ingredients into your favorite mug. Slowly add hot water while stirring.

Add maca root, cinnamon, coconut milk, or top with gelatin marshmallows to your liking.



THANK YOU

LET'S STAY IN TOUCH!

Traditional fertility foods are just a start to crafting Your Very Best Fertility Food Plan, Personalized! The next steps are pairing the fertility foods you love with lifestyle strategies that match your Chinese Fertility Patterns. Discover how your unique patterns translate into your best leisure activities, exercise & movement, relaxation, and stress management.

Follow me on social media, and add me to your email list. And of course, if you need more personalized support---reach out for a consultation!

xo Dr Amy

CLIENT LOVE

MARIAH N.

Dr Amy suggested various lifestyle/diet changes along with supplements & herbs.. I was pregnant after 3 months after years of trying! I'm now 35 weeks pregnant with a healthy baby. I can't thank Dr. Amy enough!



AMANDA R.

Dr. Amy is incredible and I'm so lucky to have her as a care provider. I partially credit her with the fact that we've been able to get pregnant and have healthy babies!

MISSY H.

Thank you for helping my body prepare for our greatest blessing. Your support and expertise have been a guiding light. Baby coming in February!



CLIENT LOVE

ASHLEY H.

We are forever grateful for the assistance you provided us that led to our healthy and safe pregnancy--and subsequent delivery--of our baby girl.



SAVANNAH J.

There's no better doctor we could have chosen for us! We are so thankful for our next miracle baby on the way! I am so excited to keep working with you so I can have a healthy pregnancy.

FIRST TIME MOM

You helped me achieve my dream of being a mom! I am eternally grateful.



RESOURCES

RESTORE YOUR FERTILITY



ACUPUNCTURE

Acupuncture fertility appointments can be scheduled online at www.amygalvan.com



ONLINE GROUP

Open Office Hour Group Sessions available. Please see the website to schedule at www.amygalvan.com



FAVORITE TOOLS

Water filters, body care, cleaning supplies, kitchen tools, favorite books, and more are all resourced in my online library at www.galvanhealthreset.com



TCHM HERBAL MEDICINE

customized prescription strength, pharmaceutical-grade Traditional Chinese Herbal Medicine to support fertility and women's health. Book our appointment at www.amygalvan.com