



CHINESE FOOD THERAPY TO BOOST FERTILITY - FOODS TO EAT

- eggs (organic pastured eggs w/ yolk)
- dark, leafy greens (kale, spinach, etc.)
- walnuts
- almonds
- chestnuts
- lentils
- black beans
- artichokes
- sesame seeds
- oats
- millet
- wild rice
- royal jelly
- bee pollen
- raspberries
- blackberries
- blueberries
- strawberries
- red or purple grapes
- scallions
- leeks
- onion
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- salmon
- chicken (organic)
- beef (grass-fed organic)
- lamb
- trout
- turkey
- anchovies
- oysters
- mussels
- winter squash
- parsnips
- sweet potato
- cinnamon
- walnuts
- black beans
- cherries
- dates
- ginger
- garlic
- nutmeg
- molasses
- butter
- royal jelly