

The Creation Fertility Guide To The Natural Super Foods



An easy to read guide offering a range but not all the “super foods” to support your hormone and fertility health. The term “superfoods” is used to describe natural plants which are nutritionally concentrated and have medicinal and powerful nutritional properties.

Aloe Vera	Can be drunk or applied topically. Traditionally used for skin, digestive irritation and sunburn
Alfafa	The Chinese has used alfafa since the 6 th Century. Traditionally considered a good laxative, natural diuretic, support urinary tract, kidneys, bladder and prostate, liver, anti fungal and promotes pituitary glandular function. Rich in mineral and nutrients and a good source of amino acids, chlorophyll and carotene
Barley grass	Young cereal grass believed to have low allergy risk rich in chlorophyll, vitamins and minerals, enzymes so therefore excellent all round addition to your dietary regime. Believed to act as a natural cleanser and immune, circulatory and respiratory stimulant
Blue-green algae	Grown in the mineral rich waters of Klamath Lake in Oregon the algae contains a range of all the essential amino acids and is valued for its potent antioxidant properties and often recommended to support mental or physical sluggishness and depression.
Cocoa nibs	A potent source of anti-oxidant and believed to contain anandamine which supports good mood.
Chlorella	Believed to stimulate the production of red cell formation in the blood, protects the liver from toxic damage and encourage detoxification of toxic substances. High in essential fatty acids, B12, iron, zinc
Chlorophyll	The green pigment in plants that collects and store energy from the sun – excellent support for anaemia and promotes the growth of beneficial bacteria
Goji Berries	Traditionally regarded as support for longevity, strength building and for sexual potency
Hemp Seeds	Taken from the cannabis plant, this is another source of EFA's and protein similar to linseeds and has a plethora of health benefits
Linseeds	Rich source of essential fatty acids which supports fibre intake, digestion and immunity. Best to soak overnight or ground.
Manuka Honey	Used as an immune builder, antimicrobial, anti-bacterial. Believed to be effective again H.Pylori bacterial. High in antioxidants and can be applied topically as well as eaten.
Propolis Bee Pollen Royal Jelly	Contains a wide range of nutrients, co-enzymes a more! A great foodstuff for stimulating cellular growth, building energy and endurance, relieving constipation and builds the immune function and has been used to support radiation treatment. Enhances vitality, fertility and a natural antihistamine
Peruvian Macca	Use for thousands of year to support hormonal function, stamina and libido
Sea Weed and Vegetables	Excellent source of protein, iron, calcium, magnesium, potassium, vitamins, iodine. Can be cooked and added to recipes and salads or sushi. Try Nori, Kelp, Wakame,, Kombu
Spirulina	Micro-algae and potent source of chlorophyll and B12. Energizing and cleansing, traditionally used to support weight loss as it contains phenylalanine which curbs the appetite. Nourishes the thyroid support metabolic function and used by athletes to maintain lean muscle mass
Yacon	Tastes similar to dried apple and pineapple, sweet but low in calories. It contains fructoigosaccharides which supports colon health by feeding gut flora and helping it colonise.