

Welcome To Your 10 Day Cleanse!

**Especially prepared for Evolution To Wellbeing Clients
by Gabriela Rosa Naturopaths**

A Note From Gabriela Rosa

Hi there!

Congratulations on taking the first step to begin your cleanse and also for being proactive about your health.

I've prepared this 10 day cleanse especially for you and just wanted to point out how it has been designed to work...

You will find the food suggestions are quite diverse and there is quite a lot of variety to choose from each day. The entire 10 days has been designed as gluten and dairy free for optimum results.

If you decide you'd like a little less variety, you may prefer to create your own personalised plan based on the suggestions and recipes found here. For this purpose you will also find a blank weekly menu sheet you can print out and complete to create your very own "**dream cleanse**".

Finally be sure to read the "Helpful Tips on Eating for Optimum Health" section after the recipes segment—as it outlines some very important cleanse guidelines you may like to continue to implement well after your cleanse is over—for optimum health and vitality.

I wish you all the very best on your cleanse and I hope many of the new habits you will develop over this time will continue to serve you well into the future.

Warm regards,

Gabriela Rosa | Author, Natural Fertility Specialist, Researcher, Keynote Speaker

MScM (RHHG) (Cand.), BHSc, ND, Post Grad NFM, DBM, Dip Nut, MATMS, MNHAA

EFT | Women's & Men's Health | Naturopathy | Natural Fertility |

P.S. Be sure to take advantage of the offer below. My team and I look forward to helping you optimise your health!

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Gabriela Rosa's Cleansing Diet Week 2

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	Monday	Tuesday	Wednesday
Before Breakfast	Whole Lemon Drink*	Whole Lemon Drink*	Whole Lemon Drink*
Breakfast	Hearty Mixed Seed Smoothie*	2 poached eggs on avocado mash	Turkey with Cranberry wrap*
Morning Tea	Celery, fennel, beetroot and carrot juice	Nettle leaf and dandelion root tea (equal parts)	Whole lemon, apple, fennel, pomegranate juice
Lunch	150g grilled salmon with steamed broccolini and cauliflower sprinkled with toasted almonds	150g broiled organic chicken with roasted thyme pumpkin, onion, garlic, red capsicum	Zucchini Frittata* with shredded cabbage salad with lemon juice and extra-virgin olive oil to taste
Afternoon Tea	Dandelion root tea	Celery, fennel, pomegranate juice	St Mary's Thistle Tea
Dinner	Beetroot Soup*	Chicken consume broth	Homemade vegetable soup*
Supper	Nettle leaf tea Whole Lemon Drink	Dandelion root tea Whole Lemon Drink	Fenugreek tea Whole Lemon Drink
Only Fluids (apart from cleaning teas)	2.5L quality filtered water (can be flavoured with lime, cinnamon sticks or crushed mint.	2.5L quality filtered water (can be flavoured with lime, cinnamon sticks or crushed mint.	2.5L quality filtered water (can be flavoured with lime, cinnamon sticks or crushed mint.

My Personalised Cleanse
Gabriela Rosa's Cleansing Diet Week _____
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Recipes

~ RECIPES FOUND IN ALPHABETICAL ORDER ~

*Recipes extracted from Eat Your Way to Parenthood: The diet secrets of highly fertile couples revealed (2008 GOKO Publishing) by Gabriela Rosa

Asian Vegetable Stir-Fry

Makes: 4 servings.

Extra virgin olive oil (or preferably coconut oil)

2 Thai chillies, seeded and grated thin

2 garlic cloves, crushed

1 tsp ginger, peeled and grated

Spring onions (to taste) cut into 5 cm lengths

2 celery stalks, julienned

60 ml water

200 g yellow zucchini, julienned

100 g bean sprouts (See page 210)

200 g snow peas, thinly sliced

¼ red capsicum, thinly sliced

150 g almonds, toasted

20 g Thai basil 1 tsp herb seasoning salt

4 tbsp sesame seeds, roasted

Method of preparation

Heat a lightly oiled wok (or large frying pan) over medium to hot heat. Stir-fry the chillies, garlic and ginger for 1 minute. Add the spring onions and celery, cooking for an additional minute. Add the water, zucchini, bean sprouts, snow peas and capsicum and continue to cook, stirring for 3 minutes. Stir in the almonds and basil, and season with the herb seasoning salt.

Serve immediately, sprinkled with sesame seeds.

Asparagus With Roasted Vegetables And Grilled Turkey

Makes: 1 serving

¼ red capsicum, roasted and sliced thick

2 asparagus spears, trimmed and cooked

½ zucchini, roasted and thinly sliced

¼ fennel bulb, roasted and thinly sliced

½ garlic clove, crushed

1 tbsp thyme leaves

3 tbsp of dressing of your choice

15 g baby spinach

30g turkey breast

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Method of preparation

Lightly grill (or fry in coconut oil) the turkey breast on both sides until golden then shred into the vegetable mix

Combine all the ingredients, toss and serve.

Beef Sirloin And Vegetables

Makes: 4 servings.

- 4 sirloins (200 g each), trimmed of fat**
- 2 tbsp Sichuan pepper, crushed**
- 2 tbsp gluten-free tamari sauce**
- 1 tbsp hoisin sauce**
- 2 tbsp water**
- 1 tbsp extra virgin olive oil (or preferably coconut oil)**
- 2 tsp sesame oil**
- 1 onion (small), sliced**
- 1 garlic clove, finely chopped**
- 400 g broccoli, cut into small florets**
- 1 red capsicum, seeded and cut into strips**

Method of preparation

Preheat a chargrill plate or chargrill pan to hot.

Sprinkle the sirloins with Sichuan pepper and chargrill for 4 minutes on each side or until cooked to your liking. Transfer the sirloins to a clean dish, cover loosely with lid and allow to rest for 5-10 minutes. In a bowl, add the tamari, hoisin sauce and water. Mix well and set aside.

Meanwhile, heat a wok or large non-stick frying pan over high heat. Add the olive and sesame oils, the onion and the garlic and stir-fry for 2 minutes. Add the broccoli and capsicum and cook for an additional 2 minutes, stirring constantly. Add the tamari/hoisin mixture to the pan and toss to coat.

Serve sirloins with broccoli mixture immediately.

Beetroot Soup

Makes: 4 servings.

- 4 beetroots, peeled and grated**
- 1 litre chicken stock**
- 90 g wong bok, or other Chinese cabbage, shredded**
- 1 large apple, peeled, cored and sliced**
- 400 g tomatoes, diced and extra ripe**
- 2 tbsp lemon juice**
- 2 tbsp parsley, chopped**
- Black pepper, freshly ground**

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Method of preparation

Put the grated beetroot and stock in a saucepan and bring to a boil. Cover and simmer for 10 minutes. Add the cabbage, apple and tomatoes to the soup, cover and continue cooking for 10 minutes. Just before serving, add lemon juice and season with black pepper.

Serve immediately.

Variations:

Replace the chicken stock with vegetable stock for a vegetarian meal.

Refrigerate for at least 2 hours and serve cold topped with a dollop of goat or sheep's yoghurt or coconut cream and a sprinkle of parsley.

Brussels Sprout Stir-Fry

Makes: 4 servings.

1 tbsp almonds, raw (whole), crushed

1tbsp sesame seeds (optional)

1 tsp extra virgin olive oil (or preferably coconut oil)

1 tsp sesame oil

1 small onion, sliced

1 garlic clove

500 g Brussels sprouts, trimmed and sliced lengthways into 4 or 5 pieces

2 tbsp orange juice

Method of preparation

In a dry frying pan, toast the almonds and sesame seeds (optional) over medium heat. Place them on a plate to cool. In the same frying pan, heat the olive oil and sesame oil. Add the onion and garlic to the pan and cook for 2-3 minutes. Add the Brussels sprouts and orange juice and stir-fry for 3-4 minutes or until just tender.

Serve immediately sprinkled with the almonds and sesame.

Chicken Lemongrass Soup

Makes: 4 servings.

700 ml vegetable stock

2 tbsp ginger, peeled and shredded

1 lemongrass stalk, bruised

600 g organic chicken breast, boneless and skinless

300 g round beans, ends removed

250 g fresh asparagus, halved and ends removed

150 g bok choy, washed well, cut in half

2 spring onions, finely sliced

Method of preparation

Place stock, ginger and lemongrass in a saucepan and simmer on medium heat for 30 minutes to infuse flavour. Add the chicken breast and simmer for an additional 5 minutes on each side until the chicken is cooked through. Transfer the chicken to a plate to cool slightly

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and cut into 1 cm slices. Set aside. Remove the lemongrass from broth and discard. Add beans and asparagus to the broth and cook for 3 minutes or until tender. Add bok choy and cook an additional minute. Place the bok choy, beans and asparagus into 4 deep bowls. Top with chicken slices and ladle broth over chicken.

Serve immediately, sprinkled with spring onions.

Cool Avocado Soup

Makes: 4 servings.

1 large ripe avocado

750 ml organic chicken stock, cold

60 ml lemon juice

1 tsp lemon zest, finely grated

1 small handful of mint

Extra mint leaves (as garnish)

Optional: 100g flaxseeds

Method of preparation

Peel an avocado and place the flesh into a food processor along with the stock, lemon juice, lemon zest and flaxseeds (optional) and process until smooth. Cover and refrigerate for 30 minutes, or place in the freezer for 15 minutes to chill. Serve garnished with mint.

Variations:

Replace the organic chicken stock with vegetable stock for a vegetarian meal.

Digestive Smoothie

Makes: 1 serving.

50 g almonds, soaked

3 tbsp coconut, shredded

1 tbsp coconut oil

2 tbsp flaxseed

1 tbsp slippery elm powder

½ tsp cinnamon

250 ml brewed tea (chamomile, lemon balm or peppermint)

½ banana or mixed berries

1 tsp of acidophilus (good gut bacteria) powder

Stevia, natural sugar substitute (equivalent to ½ tsp of sugar—use approximately 2-3 drops)

Method of preparation

Put the soaked almonds, coconut, flaxseed, slippery elm powder and cinnamon in a food processor and blend until they are coarsely ground. Slowly add brewed tea and process until smooth. Add fruit and process until the mixture thickens. At the very end add acidophilus powder and pulse until mixed through.

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Serve immediately as flaxseed and psyllium continue to thicken.

Note: This is a great breakfast smoothie for anyone with digestive complaints such as cramping, bloating, flatulence, constipation and/or diarrhoea.

Garlic Pesto Chicken With Chargrilled Vegetables

Makes: 4 servings.

600g organic chicken breast, boneless and skinless

4 tbsp pesto

2 garlic cloves, peeled and finely chopped

Extra virgin olive oil (or preferably coconut oil)

1 tbsp balsamic vinegar

Method of preparation

Preheat oven to 180 °C.

In a bowl, add garlic, olive oil and balsamic vinegar and mix well. Set aside. Cut a small pocket along the side of chicken breast and place one tablespoon of pesto in the pocket. Brush the chicken breast with garlic, olive oil and vinegar mixture. In a lightly oiled frying pan, cook the chicken over medium heat for 5 minutes on each side. Transfer the chicken to an oven-safe dish and bake for 10 minutes or until cooked through. Remove from the oven and let rest for 5 minutes.

Serve immediately with salad or vegetables.

Greek-Style Lamb Skewers With Tzatziki

Makes: 4 servings.

Marinade:

2 tbsp dried oregano

1 tbsp extra virgin olive oil (or preferably coconut oil)

1 garlic clove, crushed

Lamb:

800 g lamb fillets, cut into cubes

8 skewers, soaked if wooden

Tahini Tzatziki:

1 garlic clove, crushed

200 g Tahini

1 small cucumber, finely grated

½ red onion, finely diced

1 tbsp fresh flat-leaf parsley, chopped

1 tbsp fresh mint, chopped

Method of preparation

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Prepare the marinade by mixing the oregano, olive oil and garlic in a shallow dish. Coat the lamb with the marinade thoroughly. Season lightly, then cover and refrigerate for 2 hours or overnight.

Preheat a grill plate or pan to hot.

Thread the marinated lamb onto eight skewers. Grill for 2 minutes on each side or until cooked to your liking. Allow the lamb to rest. Meanwhile, prepare the tzatziki (optional) by combining the garlic, Tahini, cucumber, onion, parsley and mint in a bowl.

Serve the lamb with the roasted vegetables and Tahini tzatziki on the side.

Hearty Mixed Seed Smoothie

Makes: 1 serving.

2 tbsp mixed seeds (sunflower, sesame, pumpkin or flaxseed)

½ cup of fruit of choice

180 ml water

2 whole eggs

Stevia, natural sugar substitute (equivalent to ½ tsp of sugar—use approximately 2-3 drops)

Method of preparation

Process the seed mixture in a food processor to break up the seeds. Transfer the mixture to a blender. Slowly add the water to the mixture until the mixture blends. Blend on high until the shake is smooth and frothy. Stop the blender and add the egg. Pulse 1 or 2 times to blend.

Serve immediately in a glass.

Note: During pregnancy do not add raw eggs.

Variations:

Soak the seed/nut mix overnight, pouring off soak water and rinsing the mix before blending with clean water. This will create a more digestible, smoother blend.

Homemade Vegetable Soup

Makes: 4 servings.

2 tsp extra virgin olive oil (or preferably coconut oil)

1 large onion, diced

1 small chilli, finely chopped

2 tsp coriander, ground

1 tsp cumin, ground

1 litre vegetable stock or water

800 g extra ripe tomatoes, diced

100 g cauliflower

100 g broccoli

250 g green lentils

125 g celery, sliced

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1 large carrot, peeled and sliced
1 red capsicum, diced
2 tbsp parsley, chopped

Method of preparation

Heat the oil in a large saucepan and cook the onion, chilli, coriander, and cumin over low heat for 3-4 minutes. Add the vegetable stock or water, tomatoes, mushrooms, lentils, celery, carrot and capsicum. Bring the soup to a boil. Cover and simmer for 25-35 minutes or until the lentils are cooked. Lentil cooking times can vary between brands and types, so be sure to check the lentils towards the end of the cooking time. The lentils should be soft, but not turned to lentil mash.

Serve the soup in large bowls and sprinkle with parsley.

Lamb And Chick Pea Salad

Makes: 2 servings

100 g lamb, cooked
100 g chick peas, cooked
70 g cherry tomatoes, halved
¼ Red onion, finely sliced
Flat-leaf parsley, roughly chopped
Mint, roughly torn
70 g baby spinach, shredded
20 g watercress

Method of preparation

Combine all the ingredients, toss and serve.

Onion And Artichoke Frittata

Makes: 4 servings.

500 g artichokes in extra virgin olive oil (or preferably coconut oil)
Extra virgin olive oil (or preferably coconut oil)
4 eggs, beaten lightly
2 garlic cloves, peeled and chopped
2 spring onions, chopped
Salt
Black pepper, freshly ground
Caramelised onion

Method of preparation

Preheat oven to 200 °C.

Place artichokes on paper towels and squeeze out excess oil. Divide into 4 lightly oiled Pyrex glass muffin tins. Pour over eggs, sprinkle with garlic, spring onions and season with salt and pepper. Place caramelised onion in centre of each frittata and bake for 25 minutes.

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Roasted Turkey And Zucchini Omelette

Makes: 1 serving.

2 eggs

1 tbsp cold water ¼ zucchini, finely sliced

2 tsp flat-leaf parsley, finely chopped

1 spring onion, finely sliced

20g roasted turkey shredded

Method of preparation

Whisk the eggs and water together in a small bowl. Heat oil in a non-stick frying pan over high heat. After the pan is heated, pour in the eggs. Tilt the pan until the eggs cover the base of the pan. Cook for 2 minutes or until the mixture just begins to set. Add the turkey and zucchini evenly on top of egg mixture. Continue to cook until the omelette has set. Sprinkle with parsley and spring onion and season lightly. Fold omelette in half and serve immediately.

Variations:

Use roasted pumpkin, leek and thyme, red onion, capsicum and basil, chives and spinach, or tomato and oregano, the possibilities are endless!

Spinach And Artichoke Salad With Spiced Nuts

Makes: 4 servings.

Cooking spray, extra virgin olive oil (or preferably coconut oil)

1 tsp garam masala

½ tsp ground cumin

½ tsp ground coriander

½ tsp ground cinnamon

150 g Brazil nuts

100 g baby spinach

150 g artichoke, halved

12 cherry tomatoes, halved

150 g oven roasted capsicum, skin removed and sliced

2 tbsp flat-leaf parsley leaves, chopped

Extra virgin olive oil (or preferably coconut oil)

Black pepper, freshly ground

Salt

Method of preparation

In a lightly oiled frying pan, cook the garam masala, cumin, coriander, cinnamon and salt for 1 minute over medium heat until fragrant. Add the Brazil nuts and stir for 2 minutes until the nuts are coated. Place on a plate to cool. In a salad bowl, add the baby spinach, artichoke, tomatoes, capsicum and parsley and toss gently.

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Serve the salad sprinkled with the nuts and drizzled lightly with olive oil. Season with salt and pepper to taste.

Turkey With Cranberry Wrap

100 g turkey, sliced

Cranberry sauce

15 g baby spinach

Method of preparation: add ingredients onto gluten free wrap, add green salad if needed and pour over cranberry sauce

Wraps are a versatile and convenient food. However, for optimum fertility too much bread and certainly gluten-containing breads should be avoided.

A good solution is to use gluten-free mountain bread, a flat, thin, dry, soft textured bread, ideal for wraps, that can be purchased from supermarkets or health food stores.

Use the following base of ingredients to begin creating new family favourites. Add and substitute a variety of greens. Sprouts are also a perfect addition to wraps.

Mint Watercress Soup

Makes: 6 servings.

1/2 bunch watercress

1 cucumber, peeled and chopped

2 tsp fresh mint, chopped

5 tbsp lemon or lime juice

5 tbsp ginger root, minced

4 sprigs of parsley

Salt

1/8 tsp cayenne pepper

350 ml water

1 avocado, peeled with pit removed

2 tsp coriander, chopped

2 spring onions, chopped

6 cherry tomatoes

Method of preparation

In a food processor, puree the watercress, cucumber, mint, lemon juice, ginger, parsley, salt, and cayenne. Add avocado and blend, allowing some small pieces to remain. If soup is too thick, you can add more cucumber or water. Stir in coriander and spring onions and refrigerate until ready to serve. Garnish with a cherry tomato when serving.

Whole Lemon Drink Recipe

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- 1 whole organic lemon, well scrubbed to remove any wax or residues
- 1 ½ cup filtered water
- 1-3 dessertspoons cold-pressed fish (or coconut) oil
- 1 heaped dessertspoon lecithin
- 1 capsule of vitamin E (whole into the blender)
- 1 knob of fresh ginger (approximately golf ball size)

Cut lemon into small pieces, combine all ingredients and blend for 30-45 seconds. Strain and discard the pulp. Consume ½ of the liquid before or with breakfast and the rest for dinner. Store the remainder in a clean glass container* in the fridge. Always consume the total amount within 24 hours to prevent rancidity and too much oxidation.

*Ideally the glass container should be as full of the drink as possible to decrease the amount of air, which speeds up oxidation.

The Whole Lemon Drink is ideal for:

- Detoxification
- Enhanced immune function
- Liver health
- Assisting with hormonal balance
- Nourishing and strengthening cells and cell membranes
- Improving and normalising digestive health

Zucchini Frittata

Makes: 4 servings.

2 tsp extra virgin olive oil (or preferably coconut oil)

3 zucchini, thinly sliced

125 g green capsicum, thinly sliced

2 cold, boiled sweet potatoes, thinly sliced

2 tbsp herbs, such as parsley, thyme, oregano or chives, chopped

6 eggs

Method of preparation

Heat the oil in a frying pan and cook the zucchini, mushrooms and sweet potatoes over medium heat for 4-5 minutes. Sprinkle the herbs over the vegetables in the pan. Whisk the eggs with 3 tablespoons water and pour over the vegetables. Cook the mixture over low heat for 8-10 minutes until the egg sets, remembering to lift the edges to allow any uncooked egg to run underneath. Cut into quarters and serve. Variations: **Serve cold with a green salad.**

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Helpful Tips on Eating for Optimum Health

*Excerpted from 'Eat Your Way to Parenthood: The diet secrets of highly fertile couples revealed' (2008 GOKO Publishing) by Gabriela Rosa

www.naturalfertilitybreakthrough.com/shop

A Useful Summary On Eating The Fertile Way (or for Optimum Health!)

The power of completely focusing on the task at hand also applies to eating. Eating should be a sacred time, a time to connect with yourself, your body and the very means of your nourishment—your food, so you can get the most out of it. This might sound way over the top but it actually makes a whole lot of sense. Isn't it true that when you are not focused on a task and are distracted by your surroundings, no matter how hard you try, you will not complete the task as well as if you are totally focused? Why do you think that when it comes to eating and getting the most benefit from your food this principle would not apply?

Here's a little revision, and some great tips, to help you digest and assimilate your food more completely and make better building blocks for healthy sex cells, which eventually could create a perfectly well- formed, balanced and healthy little person.

- Avoid distractions while eating e.g. watching TV or reading magazines and newspapers—you will tend to eat more than you actually need;
- Avoid drinking with your meals because it dilutes stomach acid and digestive enzymes;
- Chew your food really well;
- Eat every 3 hours;
- Never skip breakfast;
- Avoid soy, gluten and dairy;
- Avoid processed, packaged and dead foods;
- Avoid fried foods;
- Finish eating at least three hours before going to sleep;
- Avoid microwaves.

The Absolute 'Non-Negotiables' About Food

- Base your meals on organic, fresh, unprocessed **vegetables and proteins**—nutrient rich foods;

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- Be sure to avoid all alcohol, soft drinks, fruit juices, energy or electrolyte drinks during your cleanse if possible.
- During any cleaning periods, it's also essential that you drink at least 2L filtered water daily. A good quality water filter is also highly recommended—You may like to check out Freshly Squeezed Water Co 02 9712 1022 for excellent water filter options.
- Eat only fresh, organic fruits that are in season, but do not have more than 2-3 pieces daily;
- Ensure your foods are fresh and as close to their natural state as possible. Do not eat anything that comes out of cans, boxes, wrappers, packages etc. In other words, avoid most branded products. This will eliminate much of the worry about how healthy pre-packaged things really are, whether they contain harmful additives, and so on...
- Avoid genetically modified foods (GMOs) completely! Most processed foods and an increasing number of non-organic foods have some genetic modifications. The negative and damaging impact of these man-made changes not only affects human health and fertility, but also the environment, due to the destruction of fragile ecosystems, soil pollution and more. Organic and biodynamic produce is best on both counts!
- If you must buy any packaged foods, avoid all preservatives, additives, colourings, flavourings and artificial sweeteners (even in lollies and chewing gum, which you are better off not eating anyway). In essence, any long, unrecognisable names or numbers on food labels. These chemicals are extremely damaging to health and fertility and can also cause foetal abnormalities;
- Cook your vegetables lightly to preserve their nutrients; vitamins are very sensitive to heat. In addition, only use the following cooking methods: —steaming, grilling, roasting, baking, stir-frying (with a little coconut oil only), shredding, eating raw, or casseroles;
- Do not fry or boil your foods, as this damages all nutrients and can dramatically reduce your fertility;
- Avoid heating all vegetable oils as they become damaged, carcinogenic and negative to fertility. Olive, flaxseed and walnut oils have the best fatty acid profiles, but should only be used in salads. When vegetable oils are heated, they are converted into damaging trans fats. Research shows that each 2% increase in the consumption of trans fats decreases fertility by 73%! So think many times before you let any fried foods enter your body (even if only very, very, very occasionally); Trans fats have also been linked to cancer;
- For heating or cooking purposes, coconut oil or ghee is the best fat to use. They both contain a healthy type of saturated fat, which does not become damaged and carcinogenic in cooking. Scientific research demonstrates many health benefits from these fats, including fertility improvement;
- Ensure any meat you prepare for eating is well cooked and NEVER eat raw fish (or raw meat) as the infections they can carry can mean big problems for your fertility;
- All your meat (especially chicken) and eggs MUST be organic. Many of the growth promoters used in rearing 'non-organic' animals are oestrogenic. In addition, pesticides and herbicides in their environment and even the water they drink can also

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be highly oestrogenic. These compounds contribute to major endocrine disruption, leading to hormonal imbalances, including sperm defects, and oestrogen dominance conditions in women, including endometriosis and fibroids. This is potentially a very big problem for your fertility and the development of the reproductive system and sexual organs of your prospective child;

- Eating fish can be a double-edged sword. The essential fatty acids found in fish are very important to fertility but the mercury and other chemical substances such as PCBs (from industry by-products), which potentially enters the body with each mouthful, has a devastating effect on fertility. The solution involves two steps:
 - 1) Avoid large fish such as tuna, swordfish, king mackerel, flake, shark and others listed here as well as all crustaceans, oysters and other seafood (due to high levels of pollution): www.oceansalive.org/eat.cfm?subnav=healthalerts;
 - 2) Rely on good-quality fish oil supplementation to obtain the amounts of essential fatty acids your body needs (choose a high DHA:EPA ratio, very important for hormonal production and brain development);
- If eating fish you are best to choose small, deep-ocean fish (but definitely not coastal). Some good options include: wild salmon, trout, sardines, herring, John Dory, halibut, monkfish, and red snapper;
- Avoid all other foods to which you suspect you are allergic.

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