

B O N U S

CREATING A BABY FRIENDLY BODY

YOUR WEEK BY WEEK JOURNEY TO A HEALTHY PREGNANCY

Goji Berries - The Fertility Fruit

A few years ago, I was introduced to Goji Berries by an older “grandma type” lady in my food co-op. She had purchased a bag, and told me how these little berries were extremely high in anti-oxidants. I was curious because I knew that eating foods rich in antioxidants would help the body to avoid disease. My mother had died of breast cancer when she was 48, and I knew that antioxidants were important for preventing cancer. Needless to say, I was very interested in learning more about these little powerhouses called “Goji Berries”.

Goji berries are known in many parts of Asia as nature’s most antioxidant-rich fruit. For more than 2,000 years, Goji berries have been used in traditional Chinese medicine to promote longevity, emotional balance and to **promote fertility**.

Dr. Daoshing Ni, in his book [The Tao of Fertility](#), highly recommends Goji berries for the follicular phase and the luteal phase of a woman’s cycle. These berries help with the development of the egg (especially good for women age 30 and over), regulating ovulation (great for those who aren’t ovulating regularly or who have PCOS) and creating better quality fertile mucus.

Dr. Ni also recommends the use of this berry during the luteal phase, which is the second half of a woman’s cycle when the uterine lining is thickening, preparing to nourish the fertilized egg. If the uterine lining doesn’t grow enough, baby cannot implant well and the result will often be an early miscarriage. In fact, if you think you’re ovulating, but you’re not getting pregnant, you may actually be conceiving, but the fertilized egg isn’t implanting well and you could be experiencing very early miscarriages and not even know it. Goji berries can help with this.



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Goji berries also increase sperm count and vitality, so encourage your husband to eat them also.

In Dr. Ni's book, he gives his top 10 fertility herbs that he uses in his practice to treat women who are struggling to conceive. Goji Berries were #2 on his list - impressive!

I've had a number of women ask me what an antioxidant is and what benefit they have on creating a more fertile body. Antioxidants are nutrients (vitamins/minerals), enzymes and amino acids. These special substances counteract the harmful free radicals that all of us have in our bodies. Free radicals can cause disease if they become too prolific. When we have enough antioxidants in our system, free radicals are wiped out.

Antioxidants help to prevent damage to your reproductive system including the egg cells and sperm cells. They slow the aging process, so they're especially important if you are over 30 and are trying to get pregnant.

Antioxidants can also repair damage that's been done in the past. We've all had damage done to our cells. The damage may have happened from being exposed to cigarette smoke, drinking alcohol, taking drugs (prescription or recreational), taking birth control, eating foods that aren't organic (because pesticides are typically used by farmers), and other things. We've all been exposed to toxins and we all need to make sure we're getting plenty of antioxidants.

Couples who are trying for a baby need to be sure that they are eating plenty of antioxidant rich foods every day and Goji berries needs to be included every day due to its exceptional effect on reversing infertility.



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Goji Berries

As I mentioned earlier, Dr. Daushing Ni uses Goji berry in his practice, and has been very successful in helping women to get pregnant. [Please watch these videos](#) - I think you'll be encouraged!

There are different foods that offer antioxidant protection, but Goji Berries beat them all! Goji Berries are a complete protein source. They contain 18 different amino acids (on par with bee pollen) and contain all 8 essential amino acids.

Goji Berries contain up to 21 trace minerals including zinc, iron, copper, calcium, germanium, selenium, and phosphorus. They also contain vitamins B1, B2, B6, and vitamin E. (All wonderful nutrients for increasing fertility.)

As you can see from the list of antioxidant rich foods below, Goji berries are one of the highest sources of antioxidants in the world! They're also one of the most nutritionally dense foods on earth.

How many Goji berries should I eat each day?

On the back of my [Extreme™ Goji Berry](#) bag it says that one serving is 1 ounce, or 30 grams.

However, it goes on to say that you should begin with 10 to 20 berries per day and then you can progress up to 100.

Wow - think of the wonderful things 100 Goji berries a day would do for your eggs and uterine lining and for your husband's sperm!



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Just keep an eye on your body. If you notice any negative changes or if you get diarrhea, back off or stop altogether. Increasing slowly is the key. If you notice you're not digesting them well (maybe you get a tummy ache or you get diarrhea or you just don't feel right) then placing them in some herbal tea or hot water and drinking the water would be a better start. Once the berries have been plumped in water, they may be easier for you to digest so try eating a few that way if eating the dehydrated raw berries doesn't agree with you.

Ways To Enjoy Goji Berries

You could also make up a snack of goji berries and almonds, or goji berries, raisins and peanuts to snack on throughout the day to keep your blood sugar levels stable.

Fertility Smoothies with Goji Berries

A fertility smoothie in the morning or afternoon can give you energy, and if you put goji berries in your smoothie you'll be increasing your fertility too! Here are a few recipes to try.

Pineapple/Orange/Banana Fertility Smoothie

1/2 c. orange juice

30 goji berries

1/2 cup fresh or frozen pineapple

1/2 banana

ice cubes if desired (may not need these if using frozen fruit)



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Goji Berries

Strawberry/Orange/Banana Fertility Smoothie

1/2 c. orange juice
30 goji berries
1/2 cup fresh or frozen strawberries
1/2 banana
ice cubes if desired

Blueberry/Orange/Banana Fertility Smoothie

1/2 c. orange juice
30 goji berries
1/2 cup fresh or frozen blueberries
1/2 banana
ice cubes if desired

Orange/Banana Fertility Smoothie

1/2 c. orange juice
30 goji berries
1 whole small banana
ice cubes or crushed ice

You can opt out of the banana if you're insulin resistant (i.e. if you have P.C.O.S. or if you're diabetic)



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Here's another suggestion for gleaning the benefits of Goji Berries each day.

At night, place some goji berries in a glass container and cover with pure water.

Let them sit overnight.

In the morning, drink the water. Put the goji berries in the refrigerator.

(You could also reverse this process by putting the Goji berries to soak in the morning, and drinking the water at night.)

Eat the plumped, soaked Goji berries in the afternoon or evening.

Then do it again tomorrow, and the next day, and the next - this is one of those "staples" you can enjoy every day and even into your pregnancy.

Another way to enjoy your dried Goji berries is as a great fertility boosting snack. Eat them alone or mix with almonds and/or walnuts. The walnuts are especially helpful for women with PCOS and women who are not ovulating regularly because they help with insulin regulation. In fact the combination of walnuts and Goji Berries would be the perfect snack for keeping blood sugar levels stable, curbing appetite (so you don't eat high sugar foods) and regulating insulin levels - all of which promote cycle regularity and ovulation in all women.

If you're a peanut and raisin lover (my husband is) try adding a few goji berries to the mix, or better yet, take the raisins out altogether and replace them with the berries.



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Where Can I Find Goji Berries?

Goji berries can be eaten dried, like a raisin. They are sweet (but not too sweet, so perfect for diabetics and those with PCOS) and can be eaten alone or placed in beverages. You'll find the dried Goji berries here:

[Extreme Health USA](#)

I have negotiated a special discount for you from [Extreme Health USA](#). If you enter the code **kirstyn**, you will receive 10% off of your order! This company has a wonderful selection of Goji Berries - they even offer chocolate covered Goji Berries. Search for them - yum!

New ~ Introducing CHOCOLATE covered Goji Berries

[Chocolate Covered Goji Berries](#) - We've all had chocolate covered raisins, well now there's milk chocolate and dark chocolate covered goji berries.

If you're going to indulge in this little snack, try to choose the dark chocolate because it's lower in sugar and higher in antioxidants. But if you've just got a hankering for a piece of milk chocolate, then reach for the milk chocolate covered goji berries and get the benefit of the antioxidants of the berries at the same time you satisfy your craving for chocolate.

[Goji berry concentrate](#)

Goji Berries can often be found at your local health food or vitamin store. To find a store near you that carries the Extreme Health USA brand, [go here](#).

Goji Berries Are An Important Part Of Boosting Fertility



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All in all Goji Berries are an absolute staple that most couples trying for a baby should be eating every single day if they want to increase their fertility quickly.

What you're trying to do is create good egg quality and a good lining to your uterus so that you will ovulate regularly and baby will implant well. The goji berries have been known to help the quality of eggs, help regulate ovulation and help with implantation and avoiding miscarriage.

Did you see the little pink goji berries that were part of the fertility herbs shown in the [second video](#)? Dr. Daoshing Ni really does use these little berries and they are very powerful!

I recommend that you order more than one item at a time to save on shipping costs. The first item will have the highest shipping cost, but the next item won't add very much at all. This is because UPS and USPS charge an initial fee, and then go up in modest increments.

I hope you've enjoyed this report and that you're able to get pregnant more quickly with this wonderful "fertility berry".

Your friend,

Kirstyn Sierra



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