

INSTRUCTOR: ZOHEY GONG | GLOBAL BRANCHES

FOOD THERAPY FOR A SUCCESSFUL PREGNANCY

CLASS 1: EXPECTING | JAN 26, 2022
PLEASE REFRAIN FROM SHARING/BUSINESS USE.



INFERTILITY

DEFINITION BY WORLD HEALTH ORGANIZATION (2020)

- Infertility is a disease of the male or female reproductive system defined by the failure to achieve a pregnancy after 12 months or more of regular unprotected sexual intercourse.
- Estimates suggest that between 48 million couples and 186 million individuals live with infertility globally.
- In the male reproductive system, infertility is most commonly caused by problems in the ejection of semen, absence or low levels of sperm, or abnormal shape (morphology) and movement (motility) of the sperm.
- In the female reproductive system, infertility may be caused by a range of abnormalities of the ovaries, uterus, fallopian tubes, and the endocrine system, among others.

Table 1. WHO reference values for human semen

Semen Analysis Parameter	Normal Values
Sperm count Number of sperm in ejaculate	15 million/ml or more
Total motility Proportion of sperm that can swim	40% or more
Progressive motility Proportion of sperm swimming in one direction	32% or more
Morphology Size and shape of sperm	4% or more normal forms
Vitality Proportion of sperm that are alive	58% or more live sperm
Semen volume Amount of semen produced	1.5 ml or more
White blood cells Can indicate an infection	Less than 1 million/ml

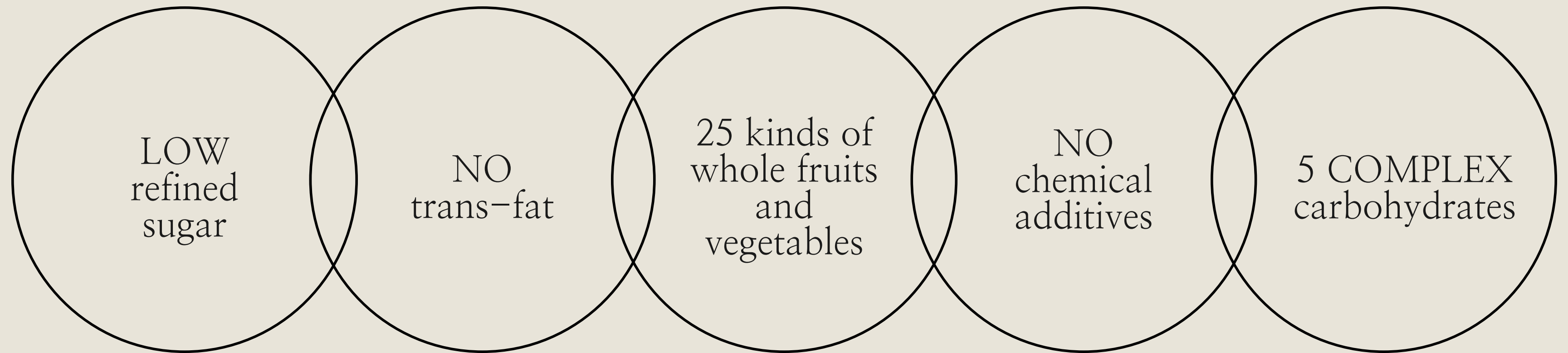
Table 3. Etiology and Evaluation of Infertility

Condition	History and physical examination	Laboratory and radiologic testing
Female		
Endometriosis or pelvic adhesions	History of abdominal or pelvic surgery; history consistent with endometriosis	Rarely helpful
Hypothalamic amenorrhea	Amenorrhea or oligomenorrhea; low body mass index	Low to normal FSH level; low estradiol level
Ovarian failure/insufficiency	Amenorrhea or oligomenorrhea; menopausal symptoms; family history of early menopause; single ovary; chemotherapy or radiation therapy; previous ovarian surgery; history of autoimmune disease	Elevated FSH level; low estradiol level
Ovulatory disorder	Irregular menses; hirsutism; obesity (polycystic ovary syndrome); galactorrhea (hyperprolactinemia); fatigue; hair loss (hypothyroidism)	Progesterone level < 5 ng per mL (15.9 nmol per L); elevated prolactin level; low TSH level
Tubal blockage	History of pelvic infections or endometriosis	Abnormal hysterosalpingography result
Uterine abnormalities	Dyspareunia; dysmenorrhea; history of anatomic developmental abnormalities; family history of uterine fibroids; abnormal palpation and inspection	Abnormal hysterosalpingography or ultrasonography result
Male		
Genetic etiology: Y deletions XXY (Klinefelter syndrome)	Y deletions: small testes Klinefelter phenotype: small testes, tall, gynecomastia, learning disabilities	Both syndromes result in normal semen volume but low sperm count Y deletions may present as normal hormone levels or have an elevated FSH level Klinefelter syndrome typically results in low testosterone level and an elevated FSH level
Other genetics: CFTR gene (cystic fibrosis) 5T allele (cystic fibrosis)	Absence of the vas deferens	Low volume semen analysis
Obstruction of the vas deferens or epididymis Ejaculatory dysfunction	History of infection, trauma, or vasectomy; normal testicular examination	Low volume semen analysis; transrectal ultrasonography can identify obstruction
Systemic disease (not all-inclusive): Hemochromatosis Kallmann syndrome Pituitary tumor Sarcoidosis	—	Low FSH level; low testosterone level; check prolactin level and, if elevated, perform imaging for pituitary tumor
Unclear etiology	Normal testicular examination	Normal FSH level; normal semen volume; low sperm count

FSH = follicle-stimulating hormone; TSH = thyroid-stimulating hormone.

Information from references 6 through 8, 10, 19, and 20.

THE BASICS



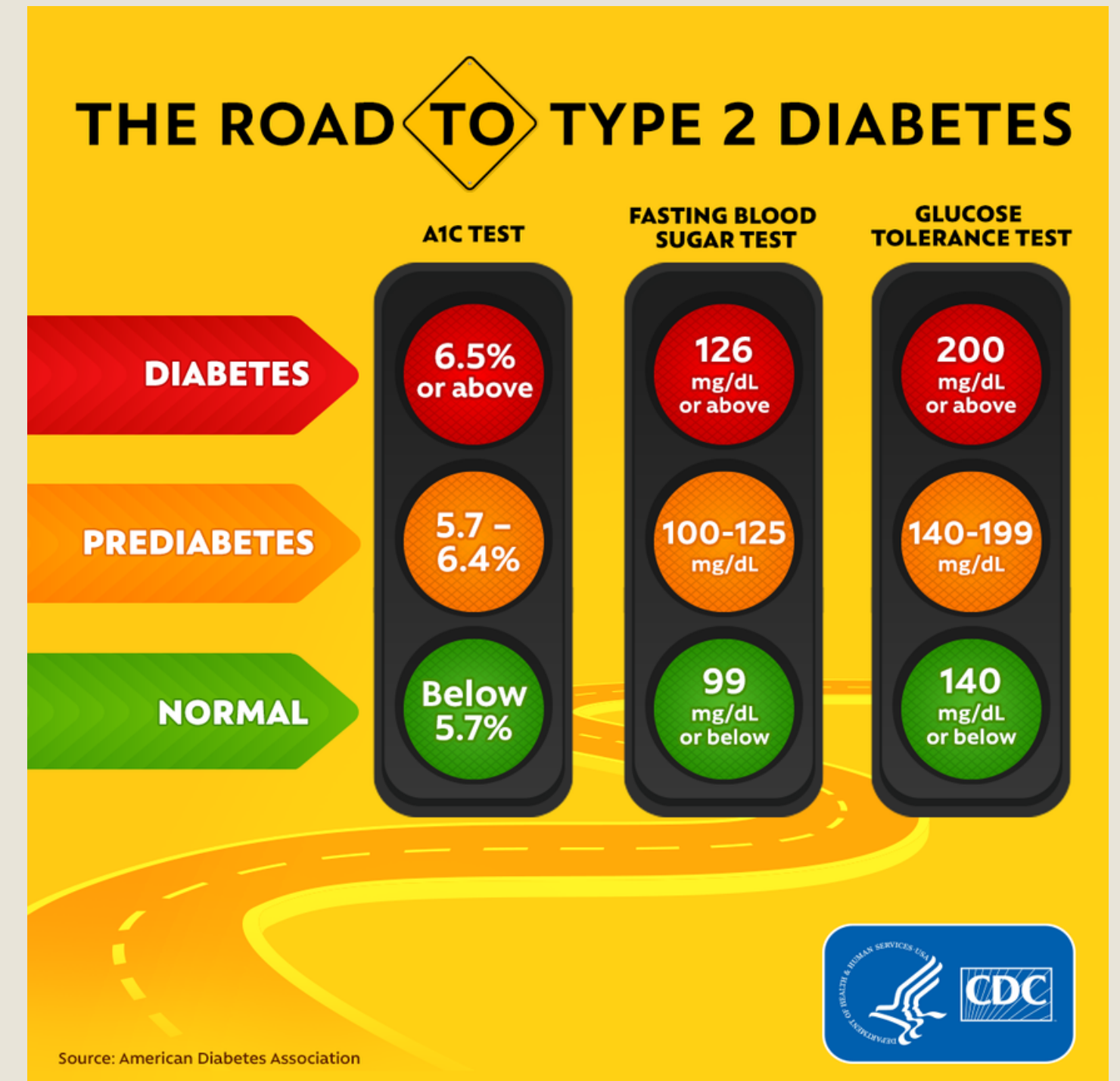
THE FIRST STEP! PRACTICE YOUR NUTRITION
CONSULTATION SKILLS.

Weight Management

- **In Women:** BMI > 25 -> elevated estrone (E1) -> negative feedback to Follicle-stimulating hormone (FSH) -> infertility
- **In Men:** BMI > 25 -> low androstenedione and high estrone (E1) -> oligospermia / asthenozoospermia -> infertility
- **Correct Phlegm Damp / Damp Heat constitutions** with food and herbs.
 - avoid processed foods, high-sugar / high-fat foods, basic nutrition education is very important here. Show examples.
 - winter melon, scallion, onion, daikon, celery, shiitake mushrooms, paprika or other mild spices, jicama, zucchini, chives (shanyao), squash green leafy vegetables, loquat, apple, Buddha's hand / citron
 - azuki bean (hong dou), fava bean, lentil, millet, oats
 - plant-based protein
 - Other: aromatic herbs such as thyme, rosemary, cilantro, oregano, corn silk tea
 - yi ren, he ye, fu ling, chen pi, bai zhu, shan zha,

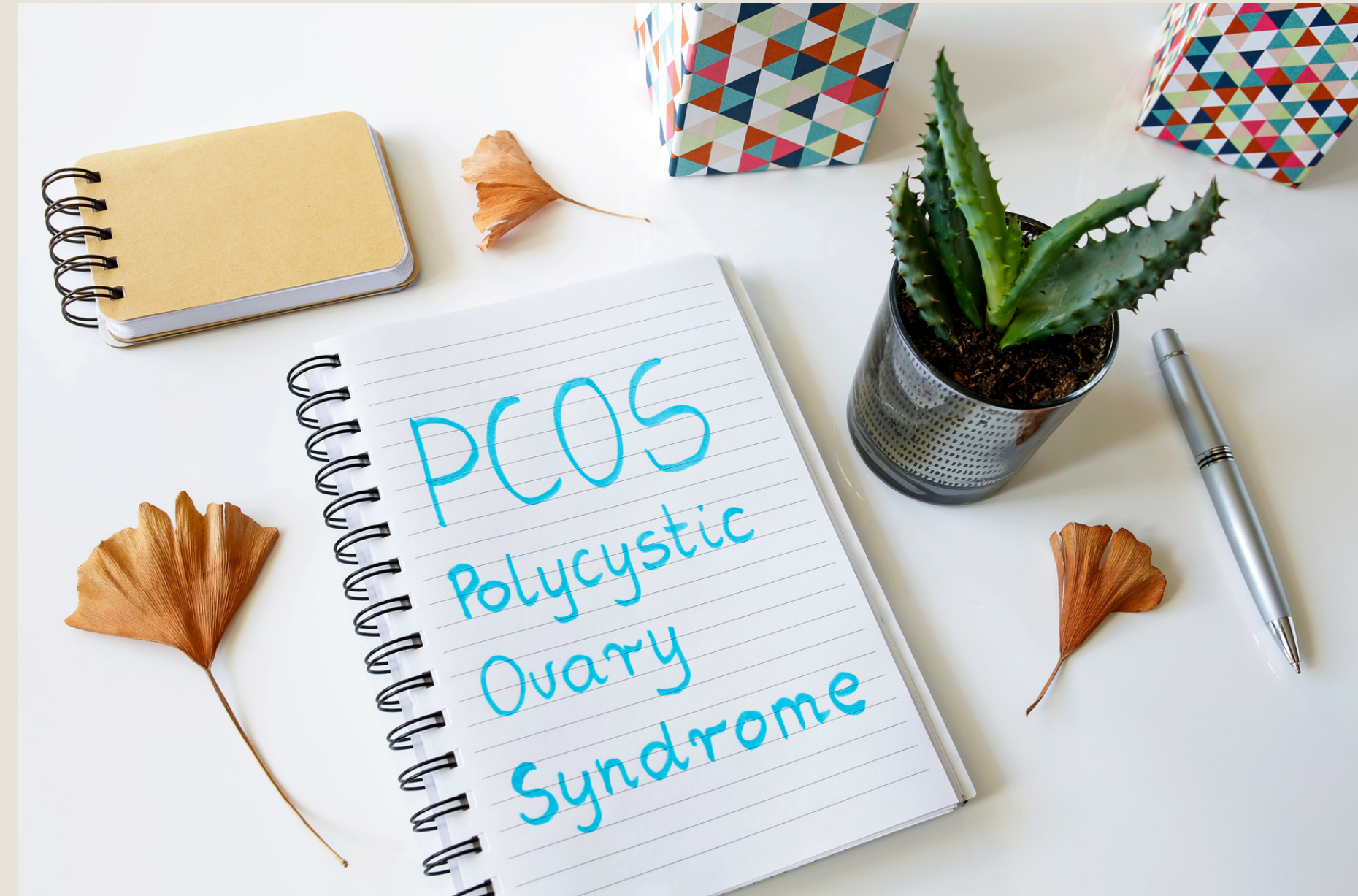
Blood Sugar

- In women, elevated blood sugar levels and insulin resistance can complicate ovulation and make menstrual cycles less predictable. The American Diabetes Association reports that **high glucose levels increase a woman's chance of early pregnancy miscarriage by 30-60%.**
- High glucose levels can **prevent the embryo from implanting in the uterus.**
- Managing blood sugar with food:
 - never consume carb alone (ex. baked sweet potato for breakfast)
 - choose low sugar foods, no matter natural or not
 - Combine complex carbohydrates with lean protein and good fats
 - do not skip meals, consistent meal time with consistent carbohydrate intake is key.



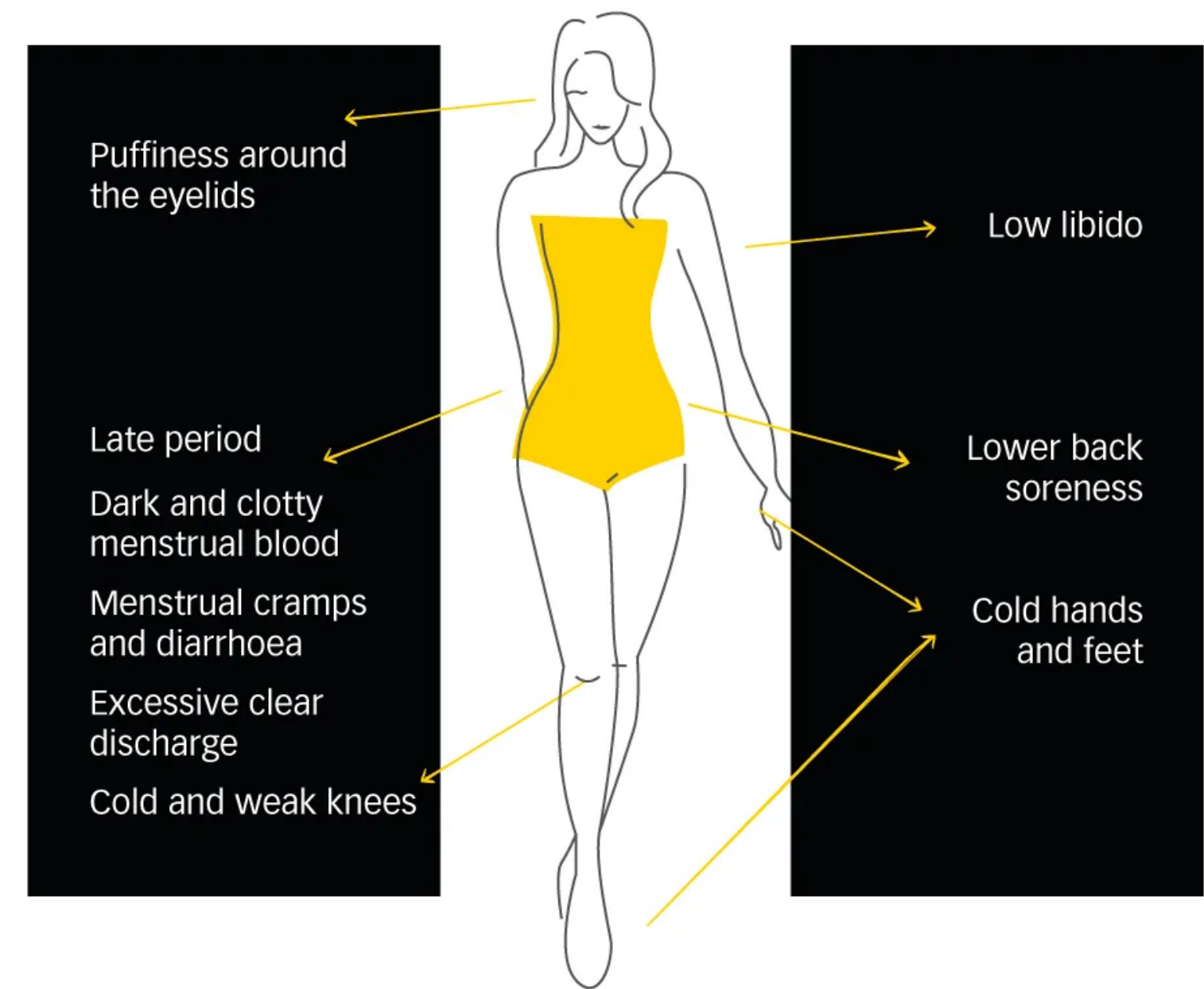
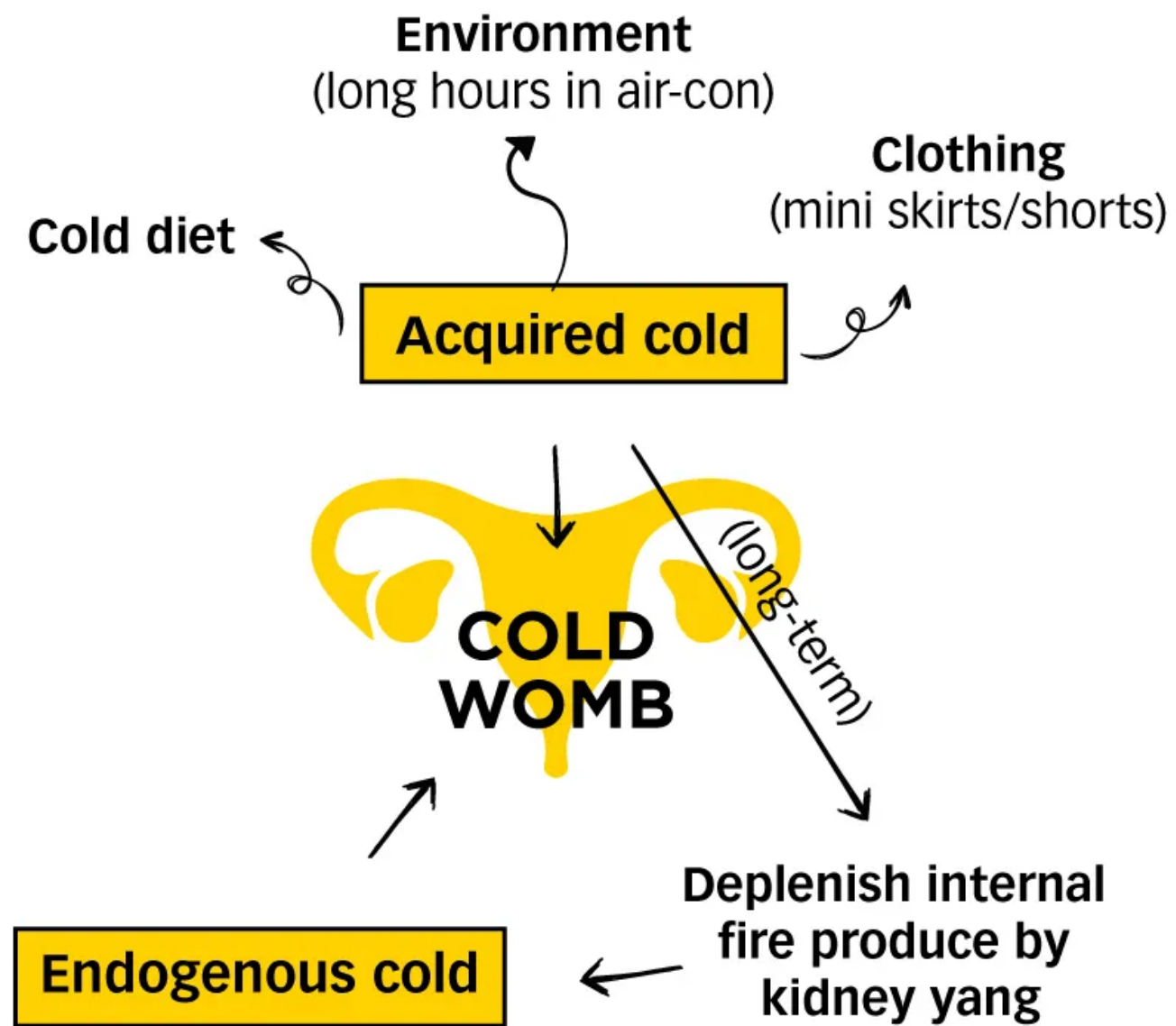
PCOS

- PCOS is the **hormonal imbalance** that can create problems in the ovaries. With PCOS, the egg may not develop as it should or it may not be released during ovulation as it should be.
- Manifestations: irregular menses, PMS, acne, hairy, moody/anxiety, overweight/obesity, infertility...
- Often misdiagnosed. Need to focus on pattern diagnosis.
- Emotions and life style play a big part.
- Foods and herbs that balance hormone:
 - non-GMO, organic soy products, daily
 - NOT a "salad and wine" diet
 - rainbow colors
 - shan yao, dang gui, yi mu cao, saffron, rose, gan cao, bao shai



GONG HAN

Cold Uterus



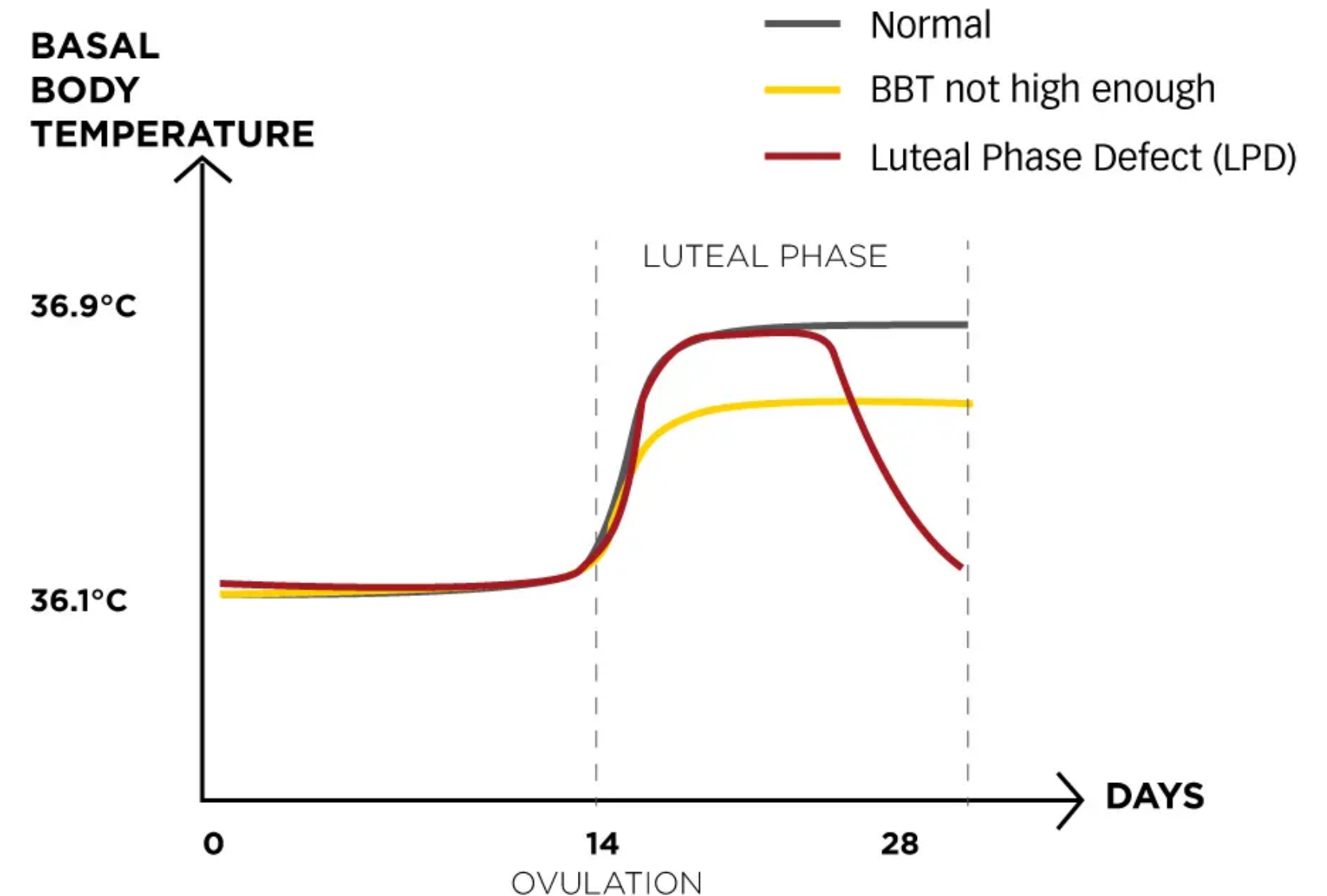
GONG HAN

Cold Uterus

- During the second half of the menstrual cycle (Luteal phase), a **“warming” hormone also known as progesterone**, is produced to raise the body temperature in preparation for proper implantation should fertilisation takes place.
- Cold 寒 has contracting properties that will contract the blood vessels, slow down the flow of Qi and blood and cause stagnation of Qi and blood in our body.
- **Moxibustion** at lower abdomen / lower back,
- Herbs that warm the Kidney Yang, expel cold and promote blood circulation.

<https://pulsetcm.sg/what-does-it-mean-to-have-a-cold-womb/>

28 DAY CYCLE BBT



CINNAMON GINGER TEA



Fresh ginger
1 slice

Dried red dates
(seeds removed)
2-3 pieces

Cinnamon
2g

Brown sugar
1 teaspoon

INFERTILIFY

FEMALE TCM PATTERNS



肾阳虚衰

KD Yang Deficiency

Symptoms:

- Late menses or amenorrhea, fatigue, coldness at lower abdomen, underdeveloped uterus, low libido, sore lower back and knees, nocturnal urination.
- Pale tongue, pale and light tongue coat.
- Sweak, slow, fine pulse, especially at Chi.

Treatment Method:

- Tonify KD, lift Yang, warm and open Bao Mai

Herbs and Foods:

- E jiao, quail egg, lamb, ginger, jujube dates, whole grains, dang gui, goji, wu wei zi, fu pen zi, tu si zi, black soybean, chinese chives, fresh zi he che*

Recipe Inspiration:

- Briased black soybean (you can incorporate tu si zi in this recipe)
- Lamb stew (add jujube dates and ginger)
- Wu wei zi tea



肝气郁结

LV Qi Stagnation

Symptoms:

- Irregular menses (timing + amount), PMS, cramps, breast tenderness and chest tightness, depression, anxiety, irritation.
- Normal or dusky tongue color, thin white coating.
- Tight, stringy pulse, especially at Guan position.

Treatment Method:

- Relax the liver, remove stagnation, tonify blood

Herbs and Foods:

- lai fu zi, brown rice, chen pi, xiang fu, dang gui, yuan zhi, rice wine, celery, artichoke, lotus root, jasmine flower, citrus, rose, beet

Recipe Inspiration:

- Celery and lotus root stir fry
- Chen pi tea (this recipe says "slimming", which is inaccurate. Great recipe tho!)
- Roasted beets with citrus



瘀滞胞宫

Stagnation in Uterus

Symptoms:

- pcos, excessive blood clots during menses, dark blood (amount could be small or normal or large or none), excessive vaginal discharge, heart palpitation, chest tightness, nausea, brain fog
- Purple, dusky tongue, sticky white coating
- Slippery or stringy/disrupted pulse

Treatment Method:

- Regulate Qi, resolve phlegm, remove stagnation

Herbs and Foods:

- high-quality egg, safflower/saffron, lean red meat, spinach, hawthorn berry, cinnamon, molasses, dang gui, chuan xiong, tao ren, huang qi, garlic

Recipe Inspiration:

- saffron shakshuka
- stir-fried spinach with garlic
- hawthorn, cinnamon, molasses tea



INFERTILIFY

MALE TCM PATTERNS



肾阴不足

KD Yin Deficiency

Symptoms:

- nocturnal emission, spermatorrhea, low sperm count, low sperm mobility, dizziness, ear ringing, heat at palm/feet, sometimes abnormally high libido
- Red tongue with little to no coating.
- Deep, thin, fast pulse.

Treatment Method:

- Nourish KD yin, build essence, tonify blood.

Herbs and Foods:

- clam, mulberry, scallop, goji, fresh assorted mushrooms (wood ear, tremella), black/purple rice, black soybean, chinese yam, black sesame

Recipe Inspiration:

- black sesame paste (can be used as nut butter or tahini)
- clam soup (add goji and fresh mushroom)
- wood ear salad (skip chili pepper!!)



肾阳虚衰

KD Yang Deficiency

Symptoms:

- low libido, ED, premature/weak ejaculation, low sperm quality, sore lower back knees, fatigue, weakness, frequent urination that's clear
- pale tongue with thin white coat
- Deep, weak, slow pulse

Treatment Method:

- warm and tonify KD yang, replenish essence

Herbs and Foods:

- lamb, venison, prawn, chinese chives, tu si zi, walnut, cinnamon, chinese yam, cordyceps, chili pepper

Recipe Inspiration:

- Lamb stew (add jujube dates and ginger)
- Walnut stuffed jujube dates (add a splash of cinnamon powder)
- Pork and Garlic Chive Stir Fry
- Venison Steak with Caramelized Onions and Mushrooms



气血两虚

Qi & Blood Deficiency

Symptoms:

- low libido, ED, low sperm quality and count, fatigue, pale/dull complexion, thin/underweight, weakness, afraid of cold and environmental changes
- Pale tongue with thin white coating
- Deep, weak, thin pulse, at all/most positions

Treatment Method:

- Tonify Qi and Blood

Herbs and Foods:

- lotus seed, chestnut, eel, huang qi, hong zao, long yan, mulberry, high-quality meat, organ meat, dang shen, ren shen, tai zi shen, cooked root vegetables

Recipe Inspiration:

- Longan multigrain porridge (use both longan and jujube in this recipe)
- Chicken bone broth with herbs
- Sautéed Calf's Liver With Bacon and Radicchio



肝郁气滞

LV Qi Stagnation

Symptoms:

- low libido, ED, inability to ejaculate, depression, rib-side pain/discomfort, acid reflux
- Dusky tongue, thin coating, red/swollen sides
- Stringy tight, thin pulse at Guan especially

Treatment Method:

- Relax LV, remove Qi stagnation, warm Kidney, secure essence

Herbs and Foods:

- buddha's hand, citrus, jasmine flour, day lily, rose, chen pi, shan zha, dark leafy greens, artichoke, beets, xiang fu

Recipe Inspiration:

- Jasmine flower tea (5g jasmine flower + steep in hot water)
- Buddhas Hand Citron Poultry Brine
- pork rib chen pi soup (you can add day lily and artichoke hearts)



湿热下注

Damp Heat in Lower Jiao

Symptoms:

- ED, normal libido, low sperm count / low vitality, bloating and indigestion, yellow urination, red/oily complexion
- yellow tongue coat, red tongue
- slippery pulse

Treatment Method:

- cool heat, reduce dampness

Herbs and Foods:

- poria, daikon radish, che qian cao, yi ren, silken tofu, millet, brown rice, mung bean, adzuki beans, green tea, watermelon, lettuce, napa cabbage, wintermelon

Recipe Inspiration:

- adzuki & coix seed porridge
- daikon and cucumber salad
- Chilled Silken Tofu with Wasabi, Lime, and Cucumbers
- watermelon salad (Skip feta!)



TOP 10

FERILITY FOODS



in short, eat the rainbow



✱ soybean

✱ brown/black rice

✱ egg

✱ quinoa

✱ tomato

✱ pumpkin seed

✱ Chinese yam

✱ mulberry

✱ lotus root

✱ kiwi

✱ wild seafood

✱ onion

TOP 10

FERTILITY HERBS



How to Cook Herbs?

01

Purchase good herbs.

<https://mountainroseherbs.com/>
<https://fiveseasonstcm.com/>
<https://www.starwest-botanicals.com/>
<https://plumdragonherbs.com/>

Always rinse your herbs before cooking.
Soaking is not required unless specified.

02

Cooking time.

For fertility herbs, the best cooking time is 40-60 mins. Do not undercook or overcook. And all herbal cuisine/beverages should be served warm.

03

Cookware.

The best cookware is clay pot, stainless steel, and ceramic. Do not use iron or copper cookware as they may interfere with the herbs.



ANGELICAE SINENSIS RADIX

Dang Gui

- Tonify blood, replenish blood and remove blood stagnation
- Regulate menses
- Add in bone broth or make tea. Make sure to cook for 30-60 minutes, never more or less.
- Purchase sliced whole dang gui, if possible.



Sweet, Acrid,
Bitter | Warm



LV/HT/SP



10g/day



ANGELICAE SINENSIS RADIX

Jiang Huang

- Moves Stagnant Blood And Breaks Blood Stasis: Used For Blood Stasis Obstruction, Stemming From Deficiency Cold, Most Commonly In The Liver Channel, Causing Amenorrhea, Dysmenorrhea.
- Curcumin = anti-inflammatory.
- For painful periods, blood stagnation, cold uterus: 1/4 tsp jiang huang powder + 2 tsp honey + 2 pieces of ginger + hot water



Acrid, Bitter |
Warm



LV/ST/SP



5g/day, consume with black pepper



ARTEMISIAE ARGYI FOLIUM

Ai Ye

- Warms The Channels And The Uterus And Stops Bleeding: Used To Treat Menorrhagia And Prolonged Uterine Bleeding From Deficiency Cold
- Benefits The Fetus: Used To Stabilize The Pregnancy When Bleeding Or Cramping Threatens A Miscarriage.
- Warms The Channels, Dispels Cold, And Stops Pain: Used To Treat Abdominal Pain, Dysmenorrhea, Infertility, And Leukorrhea, Due To Cold In The Womb.
- 5g ai ye + 1 egg + 2 slices of ginger + pinch of saffron + 2 cups + 1 egg. Boil until egg is cooked. Eat the egg and drink the liquid.



Acrid, Bitter |
Warm



LV/KD/SP



8g/day

15 mins moxa at lower abdomen/day



LYCII FRUCTUS

Gou Qi

- Tonifies Kidney And Liver Yin: Used To Impotence, Nocturnal Emission, Diabetes, Dizziness, Fatigue
- Great source of anti-oxidant or beta-carotene.
- Steep 1 tablespoon in boiling water for 10 minutes. Drink the water and eat the berries. You can also add it to soups, stir-fry, yogurt, and so on.

 Sweet | Neutral

 LV/KD/LU

 12g/day



PAEONIAE RADIX ALBA

Bai Shao

- Tonifies Liver Blood And Regulates Menstruation: Used To Treat Chronic Deficiencies Of The Ren And Chong, Leading To Infertility, Irregular Menstruation, Dysmenorrhea, Amenorrhea, Excessive Menstruation, And Vaginal Discharge.
- A potent astringent and mild sedating agent.
- Add to bone broth is the best way to use it.



Bitter, Sour |
Cool



LV/SP



15g/day



CUSCUTAE SEMEN

Tu Si Zi

- Tonifies The Kidney Yin And Yang: Used To Treat Impotence, Nocturnal Emission, Uterine Bleeding, Or Heavy Clear Vaginal Discharge
- Stabilizes Pregnancy: Used To Tonify Kidney Qi To Treat Threatened Or Habitual Miscarriage.
- Crush the seeds and add to bone broth or porridge. You can also just boil 1 tablespoon with 2 cups of water and drink as tea.



Sweet, Acrid |
Neutral



LV/KD



15g/day



EURYALES SEMEN

Qian Shi

- Tonifies The Kidneys And Astringes Essence: Used To Treat Nocturnal Emission, Spermatorrhea, Frequent Urination, Incontinence, And Premature Ejaculation.
- Transforms Dampness In The Lower Jiao: Used To Treat Copious Clear Vaginal Discharge.
- Rinse and soak for at least 2 hours. Add to rice, oatmeal, soup. 1 serving is about 1 tablespoon. It is entirely edible.

☀ Sweet, Astringent |
Neutral

☀ KD/SP

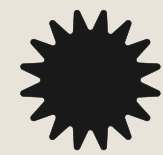
☀ 20g/day



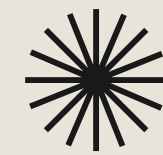
EUCOMMIAE CORTEX

Du Zhong (fried)

- Secures Pregnancy, And Helps To Prevent Miscarriage: For Bleeding, Backache, Or Restless Fetus.
- Warms Kidney Yang: Used To Treat Incontinence, Infertility, And Impotence.
- Boil with water and drink as tea or add to bone broth.



Sweet, Slightly Acrid |
Warm



KD/SP



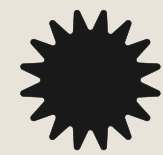
15g/day



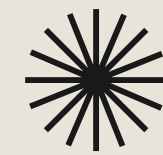
EPIMEDII HERBA

Yin Yang Huo

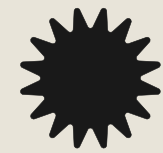
- Tonifies The Kidneys And Strengthens The Yang: Used To Treat Kidney Yang Deficiency Resulting In Low Libido, Impotence, Premature Ejaculation, Infertility, Spermatorrhea
- Soak 300g yin yanghuo + 100g goji in 2500ml alcohol (vodka/rice wine) for 7 days, Sip 1oz (2 tablespoon)/day. Alternatively, you can also boil these two herb into tea. But alcohol



Acrid, Sweet |
Warm



LV/KD



10g/day



Fertility Chicken Bone Broth

Ingredients:

- Dang shen 15g, gan cao 10g, fu ling 10g, hong zao 15g, tu si zi 10g, bai he 10g, yin yang huo 10g, bai shao 10g, gou qi 10g
- 1 whole chicken with bone and skin
- 1 onion, chopped
- 3 slices of ginger
- 1 carrot, chopped
- 5 fresh shiitake, chopped
- sea salt, sesame oil to taste

Preparation:

- Rinse herbs. Add everything lese into a soup pot and water to cover. Cook for 1 hour.
- Add all herbs into a big filter bag and add to the bone broth. Cook for another hour. Season with sea salt and sesame oil to taste.

Key Prenatal Nutrients

Folate: 400mg/d

- Vitamin B₉
- reduce the risk of birth defects of the brain and spinal cord
- What contains folate?

Calcium: 1000mg/d

- Build bones for the baby and prevent osteoporosis for the mother later in life.
- Combined with vitamin D₃ / sun exposure
- What contains calcium?

Iron: 18mg/d

- Building iron stores helps prepare a mother's body for the needs of the developing baby during pregnancy.
- Prevent anemia.
- What contains iron?

Top 10 Foods Highest in Vitamin B9 (Folate)

400µg of Folate = 100% of the Daily Value (%DV)

1 Edamame (Green Soybeans)



121% DV (482µg)
per cup

188 calories

2 Lentils



90% DV (358µg)
per cup

230 calories

3 Asparagus



67% DV (268µg)
per cup cooked

40 calories

4 Spinach



66% DV (263µg)
per cup cooked

41 calories

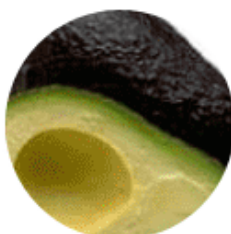
5 Broccoli



42% DV (168µg)
per cup cooked

55 calories

6 Avocados



41% DV (163µg)
per avocado

322 calories

7 Mangos



18% DV (71µg)
per cup

99 calories

8 Lettuce



16% DV (64µg)
per cup

8 calories

9 Sweet Corn



15% DV (61µg)
per cup cooked

125 calories

10 Oranges



14% DV (54µg)
per cup

85 calories



Sardines (with bones)

3¾ oz. | **351 mg**
(serving size) | (calcium/serving)



Blackstrap molasses

1 tbs. | **200 mg**
(serving size) | (calcium/serving)



Bok choy
(measured raw)

2 cups | **147 mg**
(serving size) | (calcium/serving)



Kale (measured raw)

2 cups | **107 mg**
(serving size) | (calcium/serving)



Chickpeas (cooked)

1 cup | **80 mg**
(serving size) | (calcium/serving)



Yogurt (plain, whole milk)

1 cup | **296 mg**
(serving size) | (calcium/serving)



Sockeye salmon
(canned, with bones)

3 oz. | **168 mg**
(serving size) | (calcium/serving)



Mustard greens
(measured raw)

2 cups | **129 mg**
(serving size) | (calcium/serving)



Tempeh

½ cup | **92 mg**
(serving size) | (calcium/serving)



Arugula (measured raw)

2 cups | **64 mg**
(serving size) | (calcium/serving)



Amaranth (cooked grain)

1 cup | **276 mg**
(serving size) | (calcium/serving)



Collard greens
(measured raw)

2 cups | **167 mg**
(serving size) | (calcium/serving)



Almonds (dry roasted)

⅓ cup | **122 mg**
(serving size) | (calcium/serving)



Beet greens (measured raw)

2 cups | **89 mg**
(serving size) | (calcium/serving)



Black beans (cooked)

1 cup | **46 mg**
(serving size) | (calcium/serving)



Turnip greens
(measured raw)

2 cups | **209 mg**
(serving size) | (calcium/serving)



White beans (cooked)

1 cup | **161 mg**
(serving size) | (calcium/serving)



Figs (dried)

½ cup | **121 mg**
(serving size) | (calcium/serving)



Sesame Seeds

1 tbs. | **88 mg**
(serving size) | (calcium/serving)



Broccoli (measured raw)

1 cup | **41 mg**
(serving size) | (calcium/serving)

Top 10 Foods Highest in Iron

18mg of Iron = 100% of the Daily Value (%DV)

1 Fortified Cereals



109% DV (19.6mg)
per 3/4 cup

113 calories

2 Beef (Skirt Steak)



52% DV (9.3mg)
per 6oz steak

456 calories

3 Shellfish (Oysters)



43% DV (7.8mg)
per 3oz serving

139 calories

4 Dried Fruit (Apricots)



42% DV (7.5mg)
per cup

381 calories

5 Large White Beans



37% DV (6.6mg)
per cup

249 calories

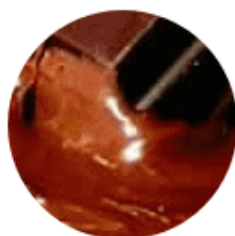
6 Spinach



36% DV (6.4mg)
per cup cooked

41 calories

7 Baking Chocolate (Unsweetened)



28% DV (5mg)
per 1oz square

186 calories

8 Quinoa



15% DV (2.8mg)
per cup

222 calories

9 White Button Mushrooms



15% DV (2.7mg)
per cup cooked

44 calories

10 Squash and Pumpkin Seeds



14% DV (2.5mg)
per 1oz handful

159 calories

HEME IRON VERSUS NONHEME IRON

HEME IRON

Iron that comes from the
animal sources

Occurs in oysters, red
meat, poultry, beef liver,
and fish like sardines

Consists of a heme protein
attached to the iron

Absorption rate is high

Excess heme iron can cause
health risks

NONHEME IRON

Iron that comes from
plant sources

Occurs in beans, nuts,
lentils, greeny-leaves such as
spinach, and pumpkin seeds

Does not contain a heme
protein attached to the iron

Absorption rate is
comparatively low

Does not cause health risks



Black sesame paste

Ingredients (portion size= 1/2 cup per day)

1/2 cup Roasted black sesame seeds

1/2 cup brown rice, 1/2 cup quinoa

3 cups soy milk, 1 tsp sea salt, Honey, to taste

Jujube dates/pine nuts/goji/pumpkin seed (as garnish)

Preparation:

- Soak black sesame, rice and quinoa in water for 1 hour or more and drain. When rice is fully soaked, in a high-speed blender, blend rice with 3 cup of soy milk .
- In a pot, add the mixture. turn on the heat to medium high and keep stirring until it starts to boil. Stir in 2~3 cups of water as it cooks. Cook at low heat for 10-15 min. Make sure you continue to stir (I used a whisk) to prevent any rice from sticking to the bottom of the pot. When the paste is fully cooked, it should be quite thick. If you like yours to be a little more thin, add more soy milk and it will come out looking more smooth.
- Season with salt and honey to taste. Serve with garnish.

IVF

- IVF is a process of fertilisation where an egg is combined with sperm in vitro.
- At least 1 month (preferably 3 months) before treatment, start a balanced diet:
 - free-range organic poultry, seafood
 - anti-oxidant rich foods
 - avoid processed foods, high-fat, high-sugar foods
- Maintain healthy diet after ovarian stimulation



Egg Retrieval

- Stagnation, bloating, ascites may present.
- Ovarian hyperstimulation syndrome (OHSS)
- Focus on **promoting healthy metabolism, easing nausea and vomiting, cool heat/inflammation, and gently removing fluid retention.**
- Recommend herbs and foodsthat invigorate the blood, promote urination, and replenish Kidney:
 - hong zao (jujube dates)
 - dan shen (Chinese Salvia Root)
 - jiang huang (turmeric)
 - sheng jiang (ginger)
 - bai mao gen (Imperata Rhizome)
 - fu ling (poria)
 - yi ren (coix seed)
 - dong gua (wintermelon)
 - lu dou (mung bean)



Egg Fertilization

- Promote the healthy blood circulation of uterus: **regulate blood.**
- Balance emotions: **calm the shen + calm the fetus.**
- Heat in Blood may lead to failure of fertilization: **cool heat in blood and reduce inflammation.**
- Recommendations:
 - onion, leek, scallion
 - Apple and Caramelized Onion Chutney (skip/decrease the butter and sugar)
 - high quality aged vinegar
 - high quality dark chocolate
 - rose tea
 - reishi tea or tincture (Reishi Hot Chocolate)
 - fresh berries
 - bai shao (peony root)
 - lian zi (lotus seed)
 - 15g du zhong (Eucommia Stem Bark) + 10g sang ji sheng (Loranthus Twig & Leaf) + 10g gan cao (chinese licorice) + 3 cups water + 30 mins

