

# You are what you eat

**Y**ou are what you eat. Guess what? So are your ovaries. And your food choices can affect your fertility - specifically your intake of the Omega-3 fatty acids. Research is teaching practitioners that Omega-3s can significantly affect one's ability to conceive. I now focus most of my work on assisting women with balancing their hormones and enhancing their fertility - with just a few simple nutritional choices.

vegan, and is available in several forms. Vegetarian DHA is available in a supplement form, and it is also available in food products, such as the Bellybar line of products. All Bellybar products - Bellybars, Bellybar Shakes and Bellybar Chews - are rich in vegetarian Omega-3 DHA and are a perfect supplement for women trying to conceive. Plus, these products contain other important pre-conception nutrients, such as iron, folic acid, calcium and protein.

## DHA NEVER TASTED SO GOOD!

Delicious Bellybars ♥ Thirst-Quenching Bellybar Shakes ♥ Energy Boosting Bellybar Chews



**Bellybar™**  
Before, During & After  
Pregnancy Nutrition

**800.95.BELLY**  
[www.BellybarProducts.com](http://www.BellybarProducts.com)

Bellybar products  
are available at  
these fine retailers:



Target

**BABIES'R'US**  
The Baby Superstore

Mimi  
maternity

**MOTHERHOOD**

**WHOLE  
FOODS**

**A** woman's fertility starts in her brain. Fifteen percent of the dry weight of the healthy human brain is DHA - or docosahexaenoic acid, one of the Omega-3 fatty acids. Research shows that DHA has a significant impact on the hypothalamus - where many hormone functions (including those addressing reproduction) are regulated. Although there are other omega-3 fatty acids, DHA has the most impact on these important hormone regulating functions. DHA is a critical component of a healthy diet for any woman trying to conceive.

Where can you find DHA? There are multiple ways to add DHA to your diet. Fish is a healthy way to obtain DHA - either in the food form or in supplement form. Coldwater fish, such as salmon and tuna, contain this all important nutrient. Recently, DHA has become available to consumers in a non-fish form - marine algae. This rich source of DHA has the same quality as the fish source, is vegetarian and

Not all fatty acids are beneficial like the Omega-3 fatty acids. **Trans-fats and certain liquid vegetable** oils can interfere with fertility and contradict DHA - negating its benefits. Therefore, as you increase the DHA in your diet, limit these oils simultaneously to obtain the most powerful results.

And there are other great side benefits to DHA! If you struggle with sleeping well, managing carbohydrate cravings and mood swings, migraine headaches, acne, dry skin, and/or concentration problems, increasing your DHA intake can help.

So, add more DHA to your diet! When your brain is functioning at its best, so are you. And you'll need all of your energy to care for that precious baby when he or she arrives!

*Monika M. Woolsey, M.S., R.D.*

*Founder, inCYST™ Programs for Women with PCOS  
and Ferile Intentions™ Couples Fertility Retreats*