



Steps to Improve Fertility (and Longevity) - For Men and *Women*

*When is the best time to start planning for a healthy baby? _____



Click on QR for
conference specials
and resources

10 Causes of Infertility in Men and Women

1. Toxic Products = Toxic Load/ Xenoestrogens
2. Obesity & Insulin Resistance; PCOS
3. Stress
4. Alcohol Abuse
5. OTC & Rx
6. Birth Control
7. Lab experiment diet
8. Sleep
9. Sex Stealers
10. Abortions in the past

8 Steps to Reverse Infertility

1. Sex Healers/God's Love
2. Diet
3. Digest
4. Fast
5. Exercise
6. Sleep
7. Vitamins
 - a. Multi Vitamin
 - b. Omega 3
 - c. Vitamin C
 - d. Probiotics
 - e. Vitamin D (get tested, see blood panels below)
 - f. Vitamin E
 - g. Magnesium
 - h. Zinc
 - i. Iodine (Lugols or Iodoral), See book below.

8. Herbs

- ✓ Milky Oats
- ✓ American Ginseng
- ✓ Rhodiola
- ✓ Ashwagandha
- ✓ Maca
- ✓ Shatvari



For HER; In the Mood and Hormone Balancing

- Wild Green Oats
- Beet Root
- Lemon Balm
- Shatvari
- Fenugreek

For HIM; Performance, Hormone Balance

- Rhodiola
- Beet Root
- Cordyceps
- Tongkat Ali

Find All Conference Specials here:

<https://thebiblicalthnutritionist.com/conference-specials/>

Books:

Treasures of Healthy Living Nutrition Manual, By Annette Reeder

Treasures of Healthy Living Bible Study, Annette Reeder

The Iodine Crisis: What You Don't Know About Iodine Can Wreck Your Life, By Lynn Farrow.

Supplements:

<https://thebiblicalthnutritionist.com/health-supplements/> This page has the Ignite for HIM and Ignite for HER, Vitamin D, Vita GBX Multi, Omega, Digest, Probiotics. Ashwagandha is called Mood+.

Includes all discount codes.

Blood Test and Consult: Exploratory Blood Panels: <https://thebiblicalthnutritionist.com/my-favorites/blood-tests/>

Herbs:

<https://naturalhopeherbals.com> for Maca, American Ginseng, Milky Oats. Plus products for all stages of pregnancy.

Use this QR code for best cleaners, deodorants, book sales, courses,