

**Boost Fertility
and
Make a
Healthy Baby**

Learn Dr. Singh's 3 top secrets to
optimize fertility and make a smart,
healthy, happy baby!

Get Tested

Defects in methylation, nutrient deficiencies, excess cortisol, toxins, food allergies, hormone imbalances can all contribute to infertility and your future baby's health. Test before you conceive so you can make your healthiest baby!

- MTHFR.** Methylation defects in your DNA can affect fertility and be passed on to your baby. This test can help identify specific nutrient deficiencies which are critical to address before conception.
- Cortisol.** Stress not only decreases fertility it can also affect your future baby's health.
- Food Allergies.** Allergies to certain foods can create inflammation in the body. Inflammation decreases fertility.

Clean Up

Internal and External toxins wreak havoc on fertility and a baby's developing brain. Here are 3 tips to you started:

- Dump the artificial sweeteners. That mean no "Diet" drinks!
- Throw out your non-stick cookware
- Switch your cell phone to "airplane mode" when sleeping and always use a wired headset

Eat right

The right nutrients are needed to make a healthy baby

- Start the day off with 25 grams of protein. A protein shake is a quick and easy way to ensure you're getting enough protein
- Replace the coffee with green tea, Licorice tea, or yerba mate
- Eat your greens! You've heard it a million times and it still stands true. Green veggies clean up your DNA and help make healthy baby!