

Baby Dust Smoothie

This delicious and nutrient-packed smoothie is designed to support and enhance fertility. Combining a blend of antioxidant-rich berries, healthy fats, protein, and a tailored mix of supplements, this recipe provides a powerful boost for reproductive health.

Nutritional Benefits:

1. **Antioxidant-Rich Berries:** Berries are packed with antioxidants that combat oxidative stress and inflammation, both of which can impair fertility. The high vitamin C content in berries also supports hormonal balance and a healthy reproductive system.
2. **Almond Butter:** Rich in healthy fats and vitamin E, almond butter helps protect the cells from oxidative damage. It is particularly beneficial for the health of the reproductive organs and improving the quality of the uterine lining.
3. **Flaxseed Meal and Chia Seeds:** Both are excellent sources of omega-3 fatty acids, which are essential for hormone production and reducing inflammation. They also provide lignans and fiber, which support hormonal balance.
4. **Vanilla Protein Powder:** Provides essential amino acids that are crucial for cellular function and repair, supporting reproductive health.
5. **Myo-Inositol:** This supplement has been shown to improve ovarian function and egg quality, particularly in women with insulin resistance. It helps regulate menstrual cycles and enhances fertility.
6. **L-Glutamine:** Supports intestinal health and immune function, creating a better environment for conception.
7. **N-Acetyl Cysteine (NAC):** Known for its antioxidant properties, NAC improves ovulatory function and has been linked to increased pregnancy rates in women with fertility issues.
8. **L-Carnitine:** By improving mitochondrial function, L-Carnitine can enhance the quality of oocytes, which is vital for successful fertilization and embryo development.
9. **L-Tyrosine:** An amino acid that supports the production of thyroid hormones, which are critical for reproductive health.
10. **Electrolyte Tablets:** Help maintain hydration and electrolyte balance, which is important for cellular function and overall health.
11. **Rhodiola Rosea:** This adaptogenic herb helps the body manage stress, which can have a significant impact on fertility.
12. **CoQ10:** An antioxidant that supports energy production at the cellular level, improving egg and sperm quality.
13. **Magnesium Glycinate:** Essential for hormone regulation, magnesium also supports relaxation and stress reduction, both of which are beneficial for fertility.

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Baby Dust Smoothie

1 cup frozen mixed berries

1 tsp almond butter

1 Tbsp flaxseed meal

1 Tbsp chia seed

1 Tbsp vanilla protein powder (40g)

¾ cup unsweetened almond milk

1.5-2 electrolyte tablets

4000 mg Myo-Inositol

5000 mg L-Glutamine

600-1800 mg N-Acetyl Cysteine

1500 mg L-Carnitine

2000 mg L-Tyrosine

Add all ingredients to a blender and blend.

Use this smoothie to replace one meal.

Capsules taken orally:

500 mg Rhodiola Rosea

600 mg CoQ10

350 mg Magnesium Glycinate

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Disclaimer:

This recipe is not a substitute for professional medical advice and should not be relied on as health or personal advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or a medical condition. Never disregard or delay seeking professional medical advice or treatment because of something you have read here or on Carmen Mair's website. Before taking any medications, over-the-counter drugs, supplements, or herbs, consult a physician for a thorough evaluation.