

Baby Dust Smoothie

Nourish Your Fertility



Welcome to a smoothie designed with your fertility in mind! This isn't just a meal replacement. It's a carefully crafted combination of nutrient-rich foods and targeted supplements to help balance hormones, reduce inflammation, and support overall reproductive health.

Whether you're managing PCOS, preparing for conception, or simply looking to enhance your well-being, this smoothie can play a key role in your journey.

But remember, fertility isn't just about what you eat—it's about creating a lifestyle that nurtures your body, mind, and soul.

Love, Carmen Mair

Founder of **THE FERTILITY CIRCLE**



Baby Dust Smoothie

1 cup frozen mixed berries

1 tsp almond butter

1 Tbsp flaxseed meal

1 Tbsp chia seed

1 scoop vanilla protein powder (30g)

$\frac{3}{4}$ cup unsweetened almond milk

1.5-2 electrolyte tablets

2,000 mg Myo-Inositol

3,000 mg L-Glutamine

1,200 mg N-Acetyl Cysteine

1,000 mg L-Carnitine

1,000 mg L-Tyrosine

Add all ingredients to a blender and blend.

Use this smoothie to replace one meal.

Capsules taken orally:

300 mg Rhodiola Rosea

300 mg CoQ10

350 mg Magnesium Glycinate

Get Pregnant with the Fertility Circle

If you're ready to take your fertility journey to the next level, I invite you to join my Fertility Circle—a supportive, empowering membership that transforms how you care for your body and mind. Here's what you'll get as a member:

- **12-Week Fertility Program:** Learn to eat for fertility, balance hormones, and nourish your body from the inside out.
- **Weekly Live Group Calls:** Get answers to your questions and connect with others who understand your struggles and triumphs.
- **Expert Guidance:** Benefit from my experience as a fertility nutritionist and life coach, with advice tailored to your unique needs.
- **Supportive Community:** Never feel alone again. Share your journey, gain strength from others, and find hope and empowerment in a judgment-free space.

★★★★★	★★★★★	★★★★★
I feel lighter	Loved the group sessions	Pregnant after 3 years
My body feels lighter in all aspects of life. I'm sleeping better, my PMS is better, my sex drive is back, and my relationship with my husband has improved. We're trying for number two now and having fun along the way. It's a miracle how my whole perspective on life and being a mom shifted. I loved the group sessions the most as I've never experienced so much overwhelming love and support from so many women.	I felt so lonely on this journey. Infertility made me bitter, and sad, and I constantly felt so alone and misunderstood. The weekly group sessions have saved my life in many ways. I heard heartbreaking stories, encouraging words, and Carmen's wisdom, which made a massive difference. I made some beautiful connections along the way and have my miracle baby on the way now. I can't recommend this enough.	I'm pregnant. That's all there is to say. It's a miracle 💕
EMMA	MICHELLE	DIANNE

Join today for just \$35/month and gain access to the tools, resources, and community you need to nourish your body, balance your hormones, and empower your fertility journey. Plus, as a member, you'll have exclusive early access to my latest resources and updates!

Visit www.carmenmair.com to join the Fertility Circle now and start your transformation.



Nutrients

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.

Disclaimer:

This document 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.