

7-Day Natural Fertility Reset Plan

Boost your fertility naturally through food, habits, and balance — the homeopathic way.

Day 1: Cleanse & Hydrate

- **Morning:** Warm water + lemon + pinch of rock salt
- **Breakfast:** Steamed moong dal cheela + mint chutney
- **Mid-morning:** 1 apple + soaked pumpkin seeds
- **Lunch:** Brown rice + lauki sabzi + cucumber salad
- **Evening:** Herbal tea (cinnamon + tulsi + ginger)
- **Dinner:** Moong dal khichdi + ghee + bottle gourd soup
- **Lifestyle Tip:** Start 10 mins deep breathing before sleep

Day 2: Liver Support & Hormonal Boost

- **Morning:** Jeera-soaked water
- **Breakfast:** Ragi porridge with dates
- **Mid-morning:** 1 banana + soaked almonds
- **Lunch:** Bajra roti + palak paneer + beetroot salad
- **Evening:** Herbal infusion (fennel + chamomile)
- **Dinner:** Mixed vegetable soup + paneer tikka
- **Lifestyle Tip:** Gentle walk after meals

Day 3: Gut Reset & Digestive Fire

- **Morning:** Aloe vera juice + warm water
- **Breakfast:** Idli + coconut chutney
- **Mid-morning:** Carrot sticks + hummus
- **Lunch:** Quinoa pulao + pumpkin curry + salad
- **Evening:** Triphala tea
- **Dinner:** Bottle gourd soup + jeera rice
- **Lifestyle Tip:** Avoid phone 1 hr before bed

Day 4: Mineral-Rich + Iron Boost

- **Morning:** Methi seed-soaked water
- **Breakfast:** Poha with peanuts + pomegranate
- **Mid-morning:** Sesame laddoo
- **Lunch:** Jowar roti + aloo-methi sabzi + spinach dal
- **Evening:** Beetroot + carrot juice
- **Dinner:** Masoor dal + red rice + salad

- **Lifestyle Tip:** Sit in morning sunlight 15 mins

Day 5: Hormonal Rhythm & Protein Boost

- **Morning:** Flaxseed water
- **Breakfast:** Besan cheela + mint chutney
- **Mid-morning:** Coconut water + 1 walnut
- **Lunch:** Rice + chana dal + sautéed broccoli
- **Evening:** Ginger + lemon tea
- **Dinner:** Paneer-stuffed paratha + salad
- **Lifestyle Tip:** Try alternate nostril breathing (Nadi Shodhana)

Day 6: Emotional Detox + Magnesium-Rich

- **Morning:** Ashwagandha water + warm milk (optional)
- **Breakfast:** Oats porridge + figs
- **Mid-morning:** Dark chocolate (80%) + seeds
- **Lunch:** Millet khichdi + ghee + pumpkin sabzi
- **Evening:** Chamomile or rose tea
- **Dinner:** Moong soup + sautéed spinach
- **Lifestyle Tip:** Journaling + gratitude at night

Day 7: Balance + Integration

- **Morning:** Warm water + tulsi drops
- **Breakfast:** Methi paratha + curd
- **Mid-morning:** Handful of trail mix (seeds + nuts)
- **Lunch:** Khichdi + ghee + bottle gourd + salad
- **Evening:** Herbal tea (your choice)
- **Dinner:** Simple dal + rice + cucumber raita
- **Lifestyle Tip:** Self-care ritual (oiling hair, skincare, early bedtime)

Bonus Tips:

- Use **homeopathy** constitutional remedies (consult a doctor)
 - Avoid: Refined sugar, excess dairy, caffeine, and fried food
 - Include: Satvik food, sunlight, sleep, movement, joy
 - Track: Basal body temperature + cervical mucus
-

Download & Share this Plan to start your natural fertility journey.

For consultation, reach out to: **Dr. Saad Ansari – 8090801089**

Clinic: Rasoolabad Tiraha, Amardoba, Bakhira, Sant Kabir Nagar, U.P.