

Natural Supplements for TTC, Pregnancy and Breastfeeding

There is a LOT of information out there on proper nutrition for the whole time frame of trying to conceive (TTC), pregnancy and breastfeeding. In no way am I going to reiterate everything here! Good sources of information include:

- Weston A Price Foundation <http://www.westonaprice.org/health-topics/>
- Nourishing Our Children <http://nourishingourchildren.org/>

Because of my passion of nutrition and health, and because I co-own a health food store with my husband, I have been in a marvelous position to research and test many different supplements.

Needless to say, there are the good, the bad and the ugly.

If you want more reading on how many “natural” supplements are made, I highly recommend you read all about it at the site here - <http://www.doctorsresearch.com/articles4.html> It explains how 99% of all supplements are made in a way that would shock you. That even “natural” supplements are suspect many times. Most supplements are made from petroleum byproducts, GMO ingredients and man-made chemicals. Blech!

Likely, there are a few “good guys” when it comes to actual nutrition from actual foods, herbs, minerals and more. Two of the best that I have seen are Touchstone Essentials and Asantae. Both are of the utmost quality and the science behind them is solid.

Because TTC, pregnancy and breastfeeding are such a special time, these supplements listed below are my favorites for providing **actual** and optimal nutrition for mom, dad, and growing baby.

Touchstone Essentials:

- Pure Body zeolite
- Supergreens + D
- Essentials

Asantae:

- Akea
- iS2 (not for pregnancy)

The 5 supplements listed above are powerhouses that will not only safely detox the parents’ bodies before conception, but also provide nutrition and safe detoxification of the fetus and nursing baby. Additionally, Touchstone has 2 other products – Wellspring and Green Energy – that are also wonderful and can be added to increase health and vitality.

Let's explore a little of what makes these worthy of my 5 star recommendation:

Touchstone Essentials:

- **Pure Body zeolite** – this mineral safely detoxes everyone - and dads need to detox too! This is SO important that I have another info sheet just on Zeolites and TTC, pregnancy and breastfeeding. This one is mandatory for everyone, IMVHO. You can even give it to pets!
<http://backyardcsa.mytouchstoneessentials.com/pure-body/> and
<http://backyardcsa.mytouchstoneessentials.com/pure-body-extra-strength/>
- **Supergreens + D** – Not only is this product more potent than several wheatgrass shots, it works in tandem with the zeolites to heal the damaged cells that were holding the toxins that the zeolites cleaned. Damaged cells replicate as damaged cells, but heal them and they will replicate as healthy cells. That is crucial for growing babies, both in and out of the womb, whose cells are replicating continuously.
<http://backyardcsa.mytouchstoneessentials.com/supergreens-d/>
- **Essentials** – if you would agree that 33 servings of organic raw fruits and veggies each day would be great but you can't see yourself eating that much every day, then take Essentials. Get your folate from food sources. This is your prenatal "multivitamin" that is good for partners too.
<http://backyardcsa.mytouchstoneessentials.com/essentials/>

Asantae:

- **Akea** – take over 30 organic superfoods, ferment them, then add probiotics and enzymes and what do you get? You get Akea, the unique, virtually taste-free powder that provides amazing nutrition. (for non TTC, pregnant or breastfeeding folks we do a group cleanse with this product periodically, see <http://frugaltraditionalfoodie.backyardcsa.com/blastfast-epiphany/> for more info and to get in on the next cleanse) <http://www.asantae.com/akea>
- **iS2** (not for pregnancy) – although this isn't for pregnancy (due to the turmeric) it is a vital piece of the puzzle for TTC. Virtually everyone has way too much inflammation going on internally and this tonic (made from 10 foods/herbs) will knock it out. You will feel better, look better and be able to be more creative with your TTC moves.... <http://www.asantae.com/is2>

Many are curious as to the supplements I personally take. Well, here they are!

Digestive support (taken with each meal):

- Hydrozyme for proper stomach acid
- Beta-TCP - to thin the bile and help with fat digestion
- Vitalzym enzymes (phasing these out due to the enzymes in the Essentials and the Akea)

Reproductive Support:

- Utrophin – uterine glandular
- Ovatrophin – ovary glandular

- Black currant seed oil

All around health support:

- Akea – 1 to 2 scoops a day
- iS2 – 1 to 2 ounces a day
- Pure Body zeolite – I alternate between the extra strength and the regular
- Supergreens + D
- Essentials
- Iodizyme – iodine
- Fermented cod liver oil with butter oil – Green Pastures brand
- GTA Forte II – for my underactive thyroid
- Optimal EFAs – phasing out to just take Wellspring instead

Yes, it can seem like a lot, but each one has a specific function and all are from food.

If I could only take a few, I would take:

- Pure body
- Supergreens + D
- Akea
- iS2
- GTA forte II
- And the fermented cod liver oil

Many people would love to take all these supplements, but the expense is holding them back. Best-case scenario is to take everything every day, of course. But even if you have to take ½ doses, or alternate between the supplements – some is better than none! Like I just overheard at an info meeting this week – yes, 33 servings of fruits and veggies is great (what you get from 3 caps of Touchstone essentials), but 22 or 11 is still good too! Do what you can. It is worth taking the very best for you and your whole family.

For more information, to receive the special Zeolites info sheet, or for ordering information, please email me at tiffani.beckmanmcneil@gmail.com or call 707-570-9294. Additional information can be found on my coaching site, <http://www.backyardcsa.com/yourbestlife.html>

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