

## What Should We Avoid Eating To Increase Fertility?

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### Introduction

Continuing the article written by the author (2021) entitled why is Infertility So High among Couples Nowadays? The author will say something very important in the treatment of the couples that want to have a baby [1]. Today's couples are experiencing more infertility, as the author showed the reasons behind it and the author thinks that needs to place more emphasis on nutritional therapy guidelines to increase couple fertility [2]. According to traditional Chinese medicine, fertility is related to kidney energy meridian and this energy can be inherited from constitutional parents or acquired through food [3,4]. The foods that we should avoid in order not to lose kidney energy are coffee, matte tea and soda [2]. Water intake should be adequate for weight height on average the person has to drink 1 kg of water for every 25 kg of weight per day [3]. However, other foods should also be avoided to increase nutrient absorption by the Spleen and pancreas meridian such as to avoid ingestion of cow's milk and all dairy products and avoid to eat a lots of raw foods (such as leaves and fruits) and avoid Cold, water intake or to avoid eating too many sweets [2].


Another group of foods that we should avoid is the ingestion of fried foods, chocolate, egg, honey, coconut, alcoholic beverages and foods rich in melted cheese as these foods can unbalance Liver energy, which can affect kidney energy and can increase the formation of internal Heat, which is one of the energy imbalances that does not favor fertilization [2].

Therefore, the foods that we should eat more often are foods with black color because the black color tones the kidney energy. These foods can be black beans, raisins, black plum etc. However, there are two foods that have black color that the patient should avoid that is coffee and coke, which has a black color but will not improve the energy of the kidneys and it, will worsen it if ingested [2].

Eating a kidney can also be an adequate nutritional therapy to replenish energy for this energy-deficient organ. Furthermore, other organs such as Liver, Lung, Heart and Spleen can also be ingested placed each organ in the same generation sequence at the moment of cooking this food to obtain the same energy to generate energy from the five elements [5].

Through a survey that the author did recently studying a thousand patient's chakras' energy centers of in the period from 2015 to 2020, the author concluded that 90% of the patients that she is

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attending do not have any energy inside the 5 massive organs. This data was published in the article written by the author (2021) entitled Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection [6]. In another article written by the author (2021) entitled Are We Vaccinating Immunocompetent or Immunocompromised People for COVID 19? The author is saying that about 97% of these patients also do not have energy in the kidney (second chakra), that is the main organ responsible for the production of Zheng Qi, that is the energy to prevent the entrance of the external pathogenic factor and the majority of our population do not have this energy inside their organs [6,7].

Another method to tone the kidney's energy is the uses of the Chinese diet therapy and also acupuncture and moxibustion because they increase the circulation of internal energy favoring the flow of energy between the internal organs improving vital energy [2,8].

But in a study carried out by the author in which she shows that patients who have infertility have deficiency of chakra energy, mainly the second chakra (Kidney). In addition, the importance in treating women, it is important to also treat the partner because the author shows that currently the energy of the population has changed and it is very likely that when the woman has energy abnormality normally, it is possible that her partner also have

energy deficiency. Although he may have normal laboratory tests, it is no longer necessary, but energy treatment is still recommended, as they are usually deficient in energy in the five massive organs responsible for maintaining health by maintaining sexuality and of reproduction [6].

This treatment of chakra energy centers replenishment is currently done using highly diluted medicines such as homeopathies and in this case, the author uses these medicines through a new theory that was created by her (2021) created recently published in 2020 whose title is Constitutional Homeopathy of the Five Elements based on Traditional Chinese Medicine [9].

She is using highly diluted medicine instead of using highly concentrated medicine because she showed in the article written by her (2021) entitled Energy Alterations and Chakras' Energy Deficiencies and Propensity to SARS-CoV-2 Infection that more than 90% of all her patients were in the lowest level of energy, meaning that, if they use highly concentrated medicines reduces even more energy, according to Arndt Shultz Law, created in 1888 by two German researchers, and if we use this kind of medication to treat out patients, they will have more complications or even death. For this reason that it is indicated nowadays, the use of highly diluted medications, such as homeopathic medications because they can improve the vital energy and these kinds of medications are the drugs of choice nowadays to treat many kinds of diseases nowadays [6,10].

The author wants to emphasize to finalize this article that we need to review the curriculum offered by the medical schools nowadays, that are training new doctors to treat our current patients and our future patients, that they start teaching these future students that there is a change in people's energy due to the influence of electromagnetic waves and because of that, medicines we should use will depend on the type population that we have nowadays, according to the theme presented by the author in the 12TH Webinar on Health Care-Health Economics and Policy, that was held on May 29, 2021 in London UK. The title of this presentation was To Know Which Medicine We Should Prescribe, We Need to Know What Type of Patients We Have Nowadays [11-13].

The understanding of the formation of diseases in the energy point of view is very important. We need to reduce or avoid the use of medications that can further unbalance even more the internal energy of the patient that was already low and make the doctors to know how to prevent diseases more adequately, taking into consideration the influences of the electromagnetic waves in our lives that can lead to formation of other diseases in the patient's future or worsening the already installed disease. Using the correct foods to improve the fertility is one of the oath said by Hippocrates, make you food your medicine and your medicine, your food [10,13,15].

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