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Diet Change Used To Aid Fertility Treatment

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### ***Davis Clinic Using Nutrition, Diet Modification***

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**DAVIS, Calif.** -- Women who have problems getting pregnant often face a long, expensive ordeal. For some, the solution could be as easy as a change in diet, Sacramento television station KCRA reported.

A Davis infertility clinic is using nutrition and diet modification to help produce babies and health benefits at the same time.

Kim and Chris Christensen have been trying for several years to have baby the old-fashioned way. So when Kim's doctor said she would improve her odds of getting pregnant by cutting out starches and sugar, Christensen was game.

"It's working real well. I'm actually pregnant ... 10 weeks pregnant," she said.

Doctors have known for a decade that carbohydrates and sugars produce elevated insulin levels, which affect fertility.

Dr. Ernest Zeringue, of the California IVF: Davis Fertility Clinic, has been using nutrition as part of his fertility treatment for nearly four years.

"The insulin can interfere with the development of the eggs as they're growing, as well as interfere with the establishment of a pregnancy inside the uterus," Zeringue said.

Zeringue put Christensen on a plan similar to the South Beach Diet, only his is less restrictive and much easier to follow, the station reported. The entire diet fits on one page.

It restricts carbohydrates and sugars such as pasta, baked goods and orange juice, but allows generous helpings of meats, fruits, vegetables, most nuts and dairy products.

"As long as we're removing the stimulus to make excess insulin, we don't need to limit portion sizes," Zeringue said.

Christensen went on the diet in November in conjunction with fertility treatments. Not only did she get pregnant, she also lost 20 pounds.

"It was hard, because it was a lot easier to go and get some fast food than to sit and actually think about what you want to eat, buy the ingredients for it and take the time to prepare it," she said.



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For Christensen and her husband, the effort is worth it. The couple hopes to celebrate their anniversary with a new addition to the family.

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