



# The Fertility Cleanse Guide

Prepare your body for conception with an herbal fertility cleanse...



**Hethir Rodriguez H.H.P., M.H.**





***You have chosen to embark upon a program to deeply cleanse, detoxify, and nourish your reproductive system to achieve greater fertility and a healthier pregnancy. Congratulations!***

\*\*\*The products, service and advice contained in this guide are intended solely for informational and educational purposes and not as medical advice. Please consult a medical professional if you have questions about your medical health.\*\*\*

## **Praise for the Fertility Cleanse and Natural Fertility Therapies...**

“Man oh man was I excited when I started my AF this month... My cycle was exactly 28 days. Never had that before!!! And, you know what, not a bit of pain. Nothing other than a little ache I can't even call ache.

I am a living testimony of the Fertility Cleanse! WOW:)

The amount of pain I was in the past couple of months is terrible. I had no insurance so getting help was difficult. I felt like I had a cyst, if not more than one. Besides the scar tissue from past surgeries, the endometriosis, etc...

I can't tell you how much better I feel—no pain! I am so amazed. I know that I will get pregnant, one day!”

~Jackie



Sabrina shares her experience with the Fertility Cleanse. After experiencing PCOS, infertility, and no period for two years, she has an amazing story to share....



[Click here to watch the video...](#)

“Hi Hethir,

I actually did the Fertility cleanse a few months ago and started taking Maca and Spirulina at the same time. This was in anticipation of undergoing the next step in my fertility treatments, IVF.

I am happy to announce that I am currently in my 7th week of pregnancy! This conception occurred with no medical assistance! My husband and I are excited and nervous as we have endured 2 miscarriages which were both in the early stages of pregnancy in the past.

We are taking it day by day and hope to be into our 2nd trimester by the end of August and welcome a new baby into our family by March of 2010.

Thank you for all your helpful information. I'm certain it played a part in our miracle. ”

~Vicky S.



Kimberly shares her experience on the Fertility Cleanse with PCOS...



[Click here to watch the video...](#)

[Click here to read more testimonials and success stories...](#)



## Welcome to The Fertility Cleanse Guide!



Hi, Hethir here...

I am so glad you are interested in learning more about cleansing to boost your fertility and prepare your body for a healthy conception. You are taking a great first step to a healthier body and hormone balance.

The fertility cleanse is a wonderful way to prepare for conception and pregnancy. The cleanse itself is 30 days in length. It's simple to do... there are no dramatic diets or concoctions you have to follow. Just add it to your existing life.

In this guide, you will learn step by step how to use the Fertility Cleanse, how to take the herbs, what to eat during your cleanse, fertility cleansing therapies, and what to do after you have completed the cleanse.

I hope you find this program helpful and inspiring. Enjoy the first step in your journey towards a healthier life and fertility.

Best wishes!

*Hethir Rodriguez*

Hethir Rodriguez

Hethir Rodriguez is a Holistic Healthcare Practitioner who specializes in natural fertility and women's health. She is author and creator of the Natural Fertility Info.com a website that helps women boost their fertility naturally. You can learn more about Hethir and her programs here: [www.Natural-Fertility-Info.com](http://www.Natural-Fertility-Info.com)

## Preparing for your cleanse

This is a step by step outline of what to do to prepare for your fertility cleanse.

The Fertility Cleanse Kit is an easy to use, effective cleanse that is designed to be used before conception. You will not have to swallow nasty concoctions of clay and fibers, everything comes in easy to digest veggie caps. It is totally safe, herbal and easy to use.

You can purchase the fertility cleanse kit from [www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com).

## How the herbs in this program work to cleanse your body in preparation for conception

The Fertility Cleanse Kit uses many different herbs in the herbal preparations, some of which I would like to share with you here. Here is a listing of some of the main herbs in the formulas and how they work in the Fertility Cleanse.

### Milk Thistle

Milk Thistle is a wonderful liver cleanser. The seed is the medicinal part of the plant. It is used in the Fertility Cleanse to help the liver detoxify itself of toxins and excess hormones.



#### *Actions:*

-Cleanses and nourishes the liver

### Burdock Rt.

Burdock loves to grow everywhere, in fields, by fences, in the woods. Burdock's roots are very deep and strong. When I harvested burdock for the first time, I got my butt kicked because the roots are so strong and deep, but that is what



makes burdock full of minerals and bitters.

*Burdock root is best known for:*

- Cleansing the blood
- Moving the lymph
- Flushing the kidneys
- Aids in digestion
- Neutralizes toxins
- Cleansing the uterus
- Clearing out the lungs

## **Dandelion**

Dandelion is a nutritious and detoxifying herb. In the Fertility Kit we use both the root and the leaf. The root being more detoxifying for the liver and the leaf contains minerals and digestive bitters that help with digestion.



*The leaves and the roots are full of minerals that help to:*

- Cleanse the liver
- Cleanse the kidneys
- Aid the stomach
- Rich in calcium, iron and vitamin A, and C.
- Moves the lymph

## **Goldenseal**

Goldenseal is an herb that has a strong antibacterial, antimicrobial, and antiseptic action. It helps to cleanse the reproductive area and the blood.



*Actions:*

- Cleanses the reproductive area
- Cleanses the blood

## **Dong Quai**

Dong Quai (*angelica sinensis*) is one of the most powerful female tonics and fertility herbs. Dong Quai tonifies and strengthens the uterus by regulating hormonal control, improving uterine tone, and improving the timing of the menstrual cycle.

In traditional Chinese medicine Dong Quai is referred to as a blood tonic as it has a general effect on circulation. This could be helpful for women experiencing pale menstrual flow, absent periods, and weakness after periods (in TCM this is called blood deficient).



### *Actions*

- Normalizes the menstrual cycle

## **Red Raspberry lf.**

Raspberry leaves are commonly found growing in the wild where I live.

The leaves are one of the best herbs (I know I say that about every one of them listed) for preparing the body and uterus for conception.

Raspberry leaves taste mild and can be consumed daily, especially once you are pregnant.



### *Actions*

- Raspberry leaf is a uterine tonic
- Contains a large amount of absorbable calcium
- High in minerals and vitamins

You can purchase the fertility cleanse kit from [www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com).

## **What comes in the Fertility Cleanse Kit**

### **Milk Thistle Seed Extract**

Milk Thistle is a very special herb that cleanses the liver of excess hormones and toxins.

*Directions:* Take 30 drops 2-3 times a day during phase 2 (days 6-17 of your cycle)

**\*\*This herb should not be used during pregnancy.**



## **Liver Renew Capsules**

This supplement is a powerful blend of herbs that cleanse the liver of hormones, toxins, and anger.

*Directions:* Take 2 capsules 2 times a day during phase 2 (days 6-17 of your cycle)

**\*\***You may be somewhat emotionally sensitive during your cleansing due to the hormones being cleansed from the liver. Create some time to be alone, and let others around you know that you need them to be sensitive and understanding.

## **Liver Cleanse Flushing Tea**

The cleansing tea is a blend of nourishing herbs that gently cleanse and nourish the deep tissues of your reproductive system. The herbs used supply organic, absorbable minerals and vitamins.

*Directions:* Drink 1-2 cups a day during phase 2 (days 6-17 of your cycle)

## **Women's Best Friend Capsules**

This supplement is a special blend of herbs that help to cleanse the uterus of old blood, stagnant tissue, clots, and increases circulation to the reproductive system.

*Directions:* Take 2 capsules 2 times a day during phase 3 (days 18 – your period)

## **Conceptions Tea**

This blended tea contains herbs that help to nourish and tone the uterus. The herbs are also balancing to the endocrine system, helping to balance hormones.

*Directions:* Drink 2-3 cups a day during phase 3 (days 18 – your period)

**You can purchase the fertility cleanse kit from [www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com).**

## Instructions for the Fertility Cleanse

The Fertility Cleanse is a 30 day program. The chart below outlines which herbs you take, and at which phase of the program. You will want to start your cleanse the day after you have stopped menstruating and continue until the first day of your next menstrual cycle.



## **Phase 1: Days 1 – 5**

Day one is the start of your period. **This is the phase that you should rest and allow your uterus to cleanse itself naturally.** If you want to use any herbs at this time you can use the teas.

## **Phase 2: Days 6- 17... Liver Cleansing**

Milk Thistle Seed Extract + Liver Renew Capsules + Liver Cleanse Flushing Tea

Your cleansing journey begins with cleansing the liver. You will begin your cleanse on the day after your period has ended. But that is not all. Excess hormones are also processed through the liver, so proper liver health is essential to hormonal balance. During this part of the cleanse your liver will be expelling excess toxins and hormones, while the herbs also help to nourish the liver.

### **Product Instructions for phase 2**

Milk Thistle Seed Extract- thirty 30 drops 2-3 times a day in water.

Liver Renew Capsules: Take 2 capsules 2 times a day with water.

Liver Cleanse Tea: Drink 1-2 cups of tea a day (hot or cold)

*Optional:* You can include Self Fertility Massage and Castor oil packs daily at this time.

## **Phase 3: Days 18 – 1st day of period**

Women's Best Friend Capsules + Conceptions Tea

This phase begins after the liver cleansing phase and continues until the moment you get your period. This phase is focused on helping the body to cleanse the uterus. The herbs in this blend support the body in cleansing the old blood, excess hormones and tissues from the uterus. The herbs in Conceptions Tea also helps to prepare the body for conception and promotes hormonal balance.

### Product Instructions for Phase 3

Women's Best Friend: 2 capsules, 2 times a day with water.

Conceptions Tea: 2-3 cups a day (hot or cold)

*Optional:* You can include Self Fertility Massage and Castor oil packs daily at this time.

You can purchase the fertility cleanse kit from [www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com).

## What to Eat While on the Fertility Cleanse...

The Fertility Cleanse focuses on supporting and nourishing your body, so the first step is to remove all of the toxic foods from your kitchen. The second step is to create a fertile kitchen full of nourishing foods that make up a fertility diet. Always remember with lifestyle changes... be patient and gentle with yourself.



You can do the Fertility Cleanse regardless of what your diet looks like or what your diet philosophy is. Please do not wait to do this cleanse until you are eating perfect. Do the best you can to by starting to transition the [Fertility Diet](#) one step at a time. But you can start your Fertility Cleanse while you are making baby steps towards the Fertility Diet.

The following Diet guidelines will help you during your cleanse:

### Top 10 items to remove from your kitchen

- ☐ Alcohol
- ☐ Cigarettes
- ☐ Non-organic meats and dairy
- ☐ Processed foods
- ☐ Nutra-sweet & aspartame
- ☐ White processed grains
- ☐ White sugar
- ☐ Fried foods
- ☐ Processed foods
- ☐ Soy foods

**Now, on to what you can eat...**

- ☐ Eat all vegetables organic.
- ☐ Eat low amounts of Dairy products and they must be organic.
- ☐ Eat deep water fish.
- ☐ Eat all red meats Grass Fed and Organic.
- ☐ Eat all chicken free range/Organic.
- ☐ Eat all grains in whole, natural form.
- ☐ Eat carbohydrates in equal amounts with protein
- ☐ Eat something high in enzymes with every meal.
- ☐ No soy of any form unless fermented- miso, tempeh.
- ☐ No refined sugars or fruit juices (unless freshly juiced).
- ☐ Drink lots of clean water.

## 9 simple food guidelines for you to follow:

### 1. Eat one large salad a day

Fiber helps to cleanse excess estrogen from the body. We also get most of our minerals from green, leafy vegetables.

### 2. Drink a fertility smoothie a couple of times a week

Fertility Smoothie Recipe:

1 C. Frozen Fruit (I love mangoes, cherries, strawberries and blueberries)

Liquid of choice (fresh squeezed juice or rice milk)

1 scoop [Fertilica Whey](#)

1T hemp seeds or EFA's

1 T. [Maca powder](#)

1 t. [Fertilica UltraGreens](#)

Blend and enjoy!

A smoothie is one of the easiest ways to get fertility superfoods into your diet.

### Fertility super foods:



**\*Maca**

Maca has been shown to increase fertility, balance hormones, and enhance libido.

**\*Fertilica UltraGreens**

Fertilica UltraGreen's Concentrated Superfood is a great way to make sure you are getting all of your greens on a daily basis. A healthy fertility diet that is rich in whole foods and dark green vegetables builds a strong foundation for healthy fertility.

**\*Whey Protein**

Whole whey protein to nourish the body and create a balanced meal.

**3. Eat organic greens with both lunch and dinner**

Conventional produce contain harmful herbicides and pesticides which have been shown to negatively affect both male and female fertility. The fiber that is found in dark greens such as broccoli is important for helping the body to get rid of excess hormones and helps to keep the blood sugar balanced.

**4. No dairy unless it is organic.**

Dairy that is not organic contains added hormones and antibiotics which can contribute to increased estrogen levels in the body. Also keep dairy products to a minimum because of their congesting nature.

**5. Drink a fresh vegetable juice (4-8oz)**

An easy way to get lots of vitamins and minerals everyday. You can also take a green powder supplement like Fertilica's UltraGreens if you do not have a juicer.

**6. Eat lots of fiber**

Fiber cleanses excess estrogen out of the body, broccoli is the best for this but any dark leafy greens will do. Dark greens supply the body with amazing minerals, cleansing fiber, and blood building chlorophyll.

## 7. Drink lots of water

Water is a big part of this cleanse, drink at least 2 quarts of fresh, purified, clean water daily.

## 8. Be present while you eat

During this cleanse take time to eat your meals while sitting in a quiet environment. Chew each bite as if it were your first bite of food ever.

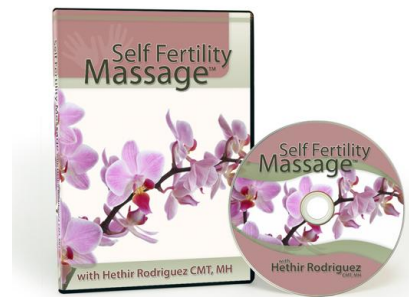
Really be present with where that food came from, what the view that food had from where it grew, what the farmer is like who picked it, and how far has it traveled to get to your table.

## Tips to Help Your Body Detox

### Self Fertility Massage

Self Fertility Massage™ is a series of massage techniques that are used to help support reproductive health, the menstrual cycle, and your fertility. I created this natural fertility therapy to help women apply the fertility massage techniques for themselves.

Self Fertility Massage™ is a very effective and low cost way to boost your fertility naturally and help reduce the effects of fertility issues on your body.



Using Self Fertility Massage during your cleanse helps the body to clear itself of old contents and bring fresh blood to the uterus and ovaries. It is also helpful for women who have blocked fallopian tubes, endometriosis, and scar tissue.

[Click here to learn more about Self Fertility Massage](#)

### Castor Oil Packs

A Castor Oil Pack is a cloth soaked in castor oil which is placed on the skin to enhance circulation and promote



healing of the tissues and organs underneath the skin. It has been used traditionally for thousands of years as a cleansing and healing therapy.

[Click here to learn more about Castor Oil Packs](#)

## Yoga

Yoga is a great type of natural fertility treatment that you can practice to increase reproductive health. Yoga has an effect on the endocrine system, which has an effect on the hormones of the body. Here are some of the benefits of practicing fertility yoga:

- Balance hormones
- Release physical blockages in reproductive organs
- Calm peaceful conception journey
- Stress relief
- Over all health improves

[Click here to learn more about Fertility Yoga](#)



## Exfoliate

Exfoliate before taking a shower or the Detox bath. Exfoliation helps to:

- Move lymph
- Increases circulation
- Takes off old dead skin
- Makes your skin glow
- Aids the liver in detoxifying

## How to exfoliate

## Fertility Cleanse Guide

1. Use exfoliation gloves or make your own salt scrub.
2. Scrub skin in circular motions towards the heart.
3. Spend 10 seconds on each limb (leg or arm, etc.)
4. Follow with a shower or Detox bath.

### **Baths**

#### *Detoxifying Aromatherapy Bath:*

Run very hot water until the tub is half full.

Put ¼ cup sea salt into a bowl and add 10 drops of rosemary essential oil. Add to the Bath.

Take the bath - When the water is cool enough to enter, completely immerse and soak in the bath for about 45 minutes. Keep adding hot water to keep the bath hot. After bath apply Detox essential oil blend on lower abdomen.

### **Body work**

Set aside some time for some cleansing body work. This can be in the form of receiving a massage, reflexology, shiatsu or acupuncture.

Drink plenty of water after your treatments because they accelerate the release of toxins and you will want to help flush them out.

### **Meditation and Manifestation**

Set aside some time for quiet contemplation and meditation. During your cleanse focus your thoughts on **what you want to have come into your life**. Do not focus on what you don't want. There may be some emotions that come up for you at this time, listen to them and see if they are creating any type of block for you, whether physically or mentally affecting your life. You may want to create a manifestation map or write in a journal; however you would like to express yourself, try it this week.

## Fertility Q&A

**Q: Can I take my other supplements while I am on the Fertility Cleanse?**

A: While on the Fertility Cleanse it is best to not take additional herbs or supplements unless they are your multivitamin, omega 3, or medications that you must take.

**Q: If I don't have a period, when should I start my Fertility Cleanse?**

A: If you do not have a period due to PCOS or other reasons you would then choose your own start date.

**Q: Should my partner cleanse?**

Yes, men can also prepare for conception with a Male Fertility Cleanse. To learn more about this visit the [Male Fertility Cleanse](#) guide.

**Q: When is the best time of day to take my Fertility Cleanse products? Do I need to take them with food?**

A: The Fertility Cleanse Products are best taken at two different times of the day: in the morning and in the evening. It is not necessary to take them with food, but you can take them with a meal if you like.

**Q: When is the best time to try to conceive while I am on the Fertility Cleanse?**

A: It is recommended that while on the Fertility Cleanse you take a month off from trying to conceive. The reason for this is the herbs in the cleanse are not meant to be taken while trying to conceive. The actions of these herbs are to cleanse and clear out the body. The cycle following the cleanse would be fine to start trying to conceive again.

**Q: Can I do the castor oil pack after the cleanse also?**

A: Yes, the therapeutic castor oil packs can be done at any time as long as you are not menstruating or think you may be pregnant.



**Q: I am doing the Fertility Cleanse and using the Improve Egg Health Kit. How should I take these products? Can I take both kits at the same time?**

A: The Fertility Cleanse should be done first. Once the cleanse is complete then you would start on your next program, which in this case is the Improve Egg Health Kit.

Your program would look like this:

*Month 1: Fertility Cleanse*

*Month 2+: Improve Egg Health Kit*

**Q: What type of foods should I eat during the Fertility Cleanse?**

A: During the Fertility Cleanse it would be a good idea to begin your transition towards a fertility friendly diet. There are many resources on this site that will help you do just this:

[The Fertility Diet](#)

[What to Eat While Fertility Cleansing](#)

[9 Simple Fertility Cleanse Diet Guidelines to Follow...](#)

[21 Day Fertility Diet Challenge](#)

**Q: Is meat ok to eat while on the Fertility Cleanse?**

A: One thing that is unique about the Fertility Cleanse is that I created it to be a gentle cleanse that could be easily adapted to your lifestyle. The dietary suggestions while on the cleanse are not typically dramatic as many cleanses are. The focus of the Fertility Cleanse is to help your liver and uterus cleanse themselves and prepare the body for conception. This is a time of building nourishment and a healthy body without having to cut out major food groups. That being said I do think it would be beneficial to cut back on animal proteins to 4oz per serving (especially if you are experiencing endometriosis or PCOS) and make sure they are organic or/and free range/grass fed.

**Q: Are there any side effects that I should be aware of while I am on the Fertility Cleanse?**

A: I get asked this question quite a bit and have a couple of things to say. The first is to bring to light that the herbs in the Fertility Cleanse are whole herbs, which means they are not isolated or in any way similar to medications. There are some signs of cleansing that may show up such as moodiness from the cleansing effect on the liver and clots or tissues in the menstrual cycle following the cleanse that would come from the cleansing action of the cleanse (this is normal and healthy, you want this stuff to come out). If you follow the Fertility Cleanse instructions and drink plenty of water you should feel really good.

## What to do after your cleanse

The next step to increasing your fertility and preparing your body for conception is to eat the Natural Fertility Diet and to work on increasing your egg health. You can find out more information and guides at my website: [www.Natural-Fertility-Info.com](http://www.Natural-Fertility-Info.com) .

There you will find specific protocols for specific fertility issues and more information that can help you boost your fertility and become pregnant, naturally.

If you have any questions or comments please let us know. We would love to hear from you!

Best wishes,

Hethir Rodriguez HHP, MH, CMT

**To purchase the Fertility Cleanse Kit go to:**

**[www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com)**

## **Additional Fertility Resources**

[Natural Fertility Shop.com](http://NaturalFertilityShop.com)

[The Fertility Cleanse Community](#)

[21 Day Fertility Diet Challenge](#)

[Natural Fertility Coach.com](http://NaturalFertilityCoach.com)

