



The Fertility Cleanse Guide

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



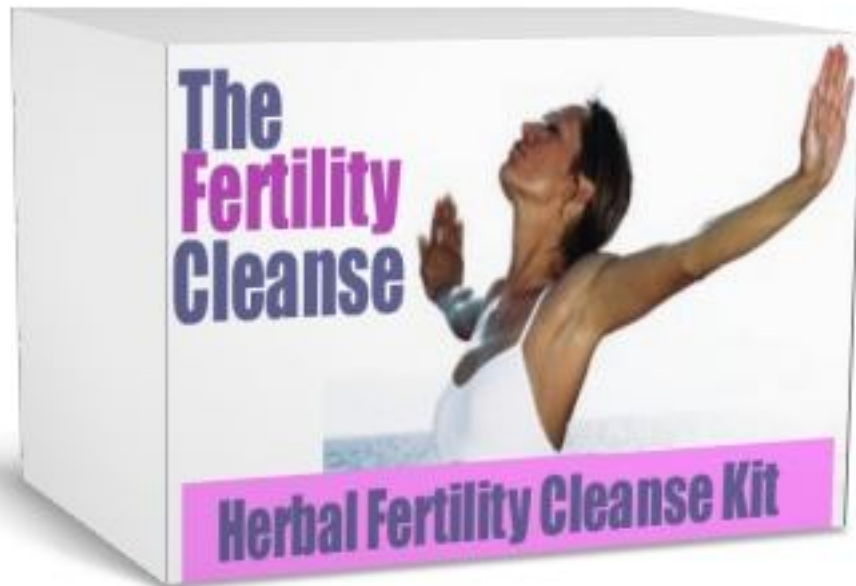
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The Fertility Cleanse Guide

Guide for the Natural Fertility Cleanse

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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.

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. This is a great first step to a healthier body and hormone balance.

The fertility cleanse is the first part of the complete Fertility Success Formula program. 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. For more complete instruction on the fertility cleanse including self fertility massage and castor oil packs, check out the Fertility Success Formula Program.

If you have any questions along the way give you can contact me at my website www.natural-fertility-info.com and I will be happy to help you.

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 "Fertility Success Formula" a 90 day program that helps women boost there fertility naturally. You can learn more about Hethir and her programs here: 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.

I personally have cleansed, as well as doing years of research on cleansing and have found that the Fertility Cleanse Kit to be both simple to use and have amazing effects. 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.FertilityCleanse.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, too many to share with you here. But this 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 is a popular Chinese herb that is highly regarded as a fertility promoter. Best results are attained when Dong Quai is taken during the days between ovulation and menstruation and stopped from the beginning of menstruation till ovulation. Also use Dong Quai only in combination with other herbs.



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.FertilityCleanse.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 three times a day in water for ten days after your period.

****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 3 capsules three times a day for ten days beginning right after your period has ended.

******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: Add 1/2 a cup of the herbs to one quart of water. Let boil for 10 minutes. Let steep for 15 minutes, strain and drink. This tea can be drunk warm or cold. You may add agave nectar or stevia to sweeten the tea if you find it too bitter.

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 3 capsules three times a day starting on day 17 and continuing until your period begins.

Conceptions Tea

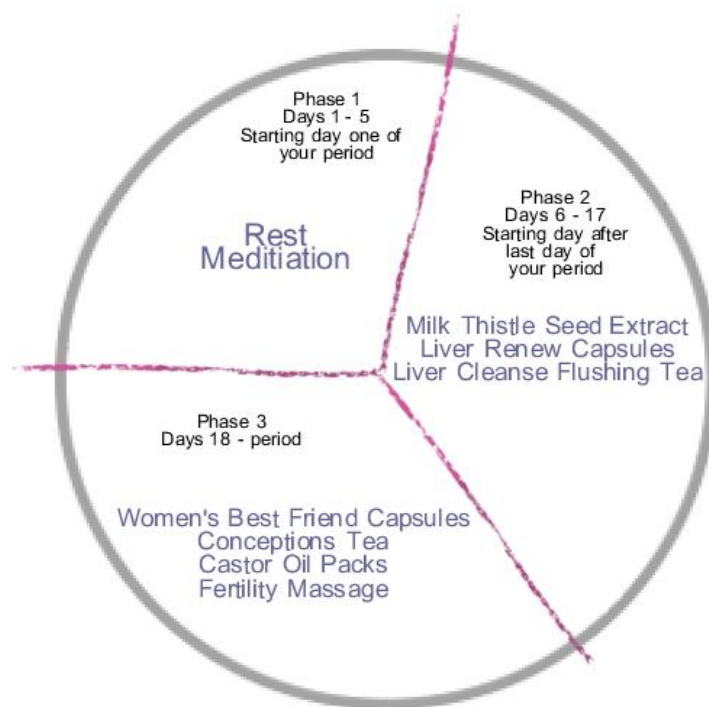
This blended tea contains herbs that help to nourish and tone the uterus. The herbs are also balancing to the endocrine system, helping to balance hormones.

Directions: Add 1/2 a cup of the herbs to one quart of water. Let boil for 10 minutes. Let steep for 15 minutes. Strain and drink. This tea can be drunk warm or cold. You may add agave nectar or stevia to sweeten the tea if you find it too bitter.

You can purchase the fertility cleanse kit from www.FertilityCleanse.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 - 7

Day one is the start of your period.

This is the period of time that you rest and meditate.

Let your uterus cleanse itself naturally. If you want to use any herbs at this time you can use the teas.

Phase 2: Days 7- 17

This is right after your period is over.

Take the Milk Thistle Seed Extract- thirty drops in water three times a day.

Drink two cups of Liver Cleanse Flushing Tea a day, hot or cold.

Take 1 - 2 Liver Renew Capsules, 3 times daily before meals

Take warm baths if possible

Phase 3: Days 18 – 1st day of period

This is after the liver cleansing phase all the way until the moment you get your period.

Take Women's Best Friend Capsules— three capsules, three times a day

Drink two cups of Conception Tea day

You can purchase the fertility cleanse kit from www.FertilityCleanse.com.

Dietary Information for the Fertility Cleanse

This cleanse focuses on supporting and nourishing your body, so the first step is to remove all of the toxic foods from your kitchen. Second create a fertile kitchen full of life. And third have fun and be gentle.

You can do this 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 well by your standards. Do the best you can to begin switching to the Fertility Diet (www.natural-fertility-info.com/nutrient-dense-fertility-diet) one step at a time. But get going on your Fertility Cleanse while you are making baby steps towards the Fertility Diet.

The following Diet guidelines will help you during your cleanse:

Remove from your kitchen and diet:

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...

Foundation of the Fertility Diet

- Eat all vegetables organic.
- Eat low amounts of Dairy products and they must be organic.
- Eat fish at least three times a week.
- 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 (gram to gram)
- 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.



Fresh fruits and vegetables- Fruits and vegetables supply the body with minerals, vitamins, enzymes, antioxidants and water. You should eat a wide variety of colors to get all of the different nutrients we need. I like to eat a smoothie a day, which provides all my fruit and supplements. I also strive to eat one salad a day in addition to a dark green vegetable with dinner, such as broccoli or swiss chard.

Protein- Proteins are needed for every function of the body. Protein can come from fish, organic poultry, organic meats, and beans. For this food plan we will need to eat 70-100 grams of protein a day.

Carbohydrates- Carbs are a misjudged villain. The types of carbs we are talking about are whole grains that are in their natural state, full of fiber. Fiber helps the body to metabolize the excess estrogens out of the body. There is a catch.. eat whole grains is always with a protein, never alone. Eat them in equal amounts together, for example 4 oz. of rice should have 4 oz. of chicken or tempeh. This prevents the blood sugar spikes that affect fertility and egg attachment.

This can be a combination of meats, fish, and dairy (raw), eggs (the best), protein powders (rarely), vegetables and carbohydrates. Once you learn how to eat a nutrient dense diet it will not be hard to get your daily protein.

Organic raw dairy or calcium foods - Getting plenty of calcium is important for an alkaline body (which is a friendlier environment for the sperm and fertilized egg). Calcium rich foods are sesame seeds, seaweed, almonds, quinoa, organic dairy, yogurt, cottage cheese, and dark leafy green vegetables.

Fats-Fats are necessary to produce hormones. Fats are not the enemy, they provide essential vitamins (Vitamin A) not found anywhere else. We also need to eat a variety of fats. (So no low fat eating) That is not a healthy way to eat. Focus on clean fats from clean animals and coconut, olive, flax and fish oils.

Unheated sweeteners- Use sweeteners such as agave nectar or maple syrup. Avoid processed sugars like white sugar and artificial sweeteners like NutraSweet or anything containing aspartame.

9 simple food guidelines for you to follow:

1. Eat one large salad a day

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

2. Drink a fertility smoothie everyday

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 Organic Whey Protein Powder

1T flax Oil or Primrose Oil

1 T. Maca powder

1 t. Spirulina

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 proven to increase fertility, balance hormones, and enhance libido.

You can get the best maca at: <http://www.natural-fertility-info.com/maca>

***Spirulina**

A super green food that has tons of iron, chlorophyll, protein, it is detoxifying and nourishing.

***Whey Protein**

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

3. Eat greens with both lunch and dinner

4. No dairy unless it is organic.

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

6. Eat lots of fiber

Fiber cleanses excess estrogens 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

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

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

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.

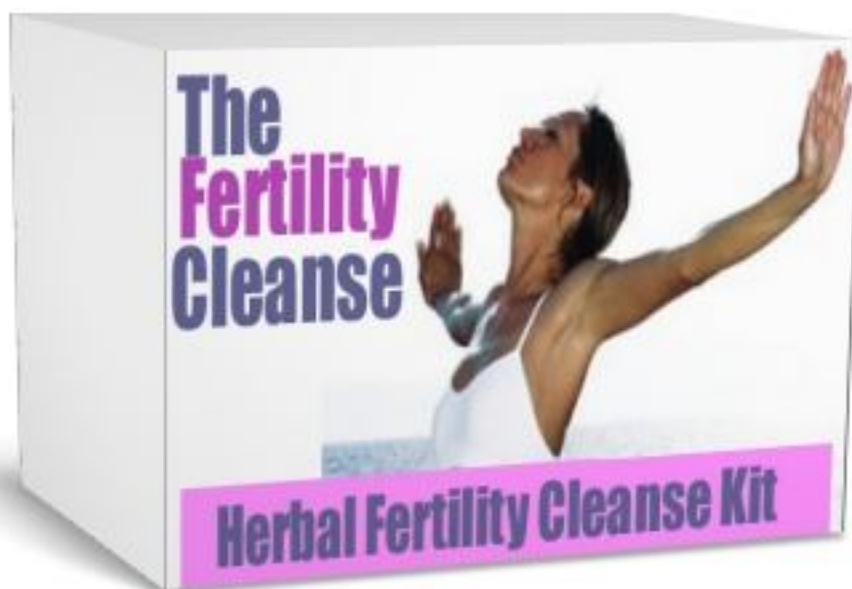
During your cleanse focus your thoughts on **what you want to have come into your life**. Do not focus on what you don't want. There may be some emotions that come up for you at this time, listen to them and see if they are creating any type of block for you, whether physically or mentally affecting 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.

What to do after your cleanse

The next step to increasing your fertility and preparing your body for conception is to eat the Nutrient Dense 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 . 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 me know. I would love to hear from you!

Best wishes,
Hethir Rodriguez



To purchase the Fertility Cleanse Kit go to:

www.FertilityCleanse.com