

The Fertility Cleanse Guide

Welcome to The Fertility Cleanse Guide!



From the desk of Hethir Rodriguez, H.H.P.
Written Monday, 10:46 AM

Subject: **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.FertilitySuccessFormula.com

The Fertility Cleanse Guide

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.

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.

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

Milk Thistle Seed Extract

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

This herb should not be used during pregnancy.

Take 30 drops three times a day in water for ten days after your period.

Liver Renew Capsules

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

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

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deep tissues of your reproductive system. The herbs used supply organic, absorbable minerals and vitamins.

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.

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.

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.

Choose the start date for your 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.

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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

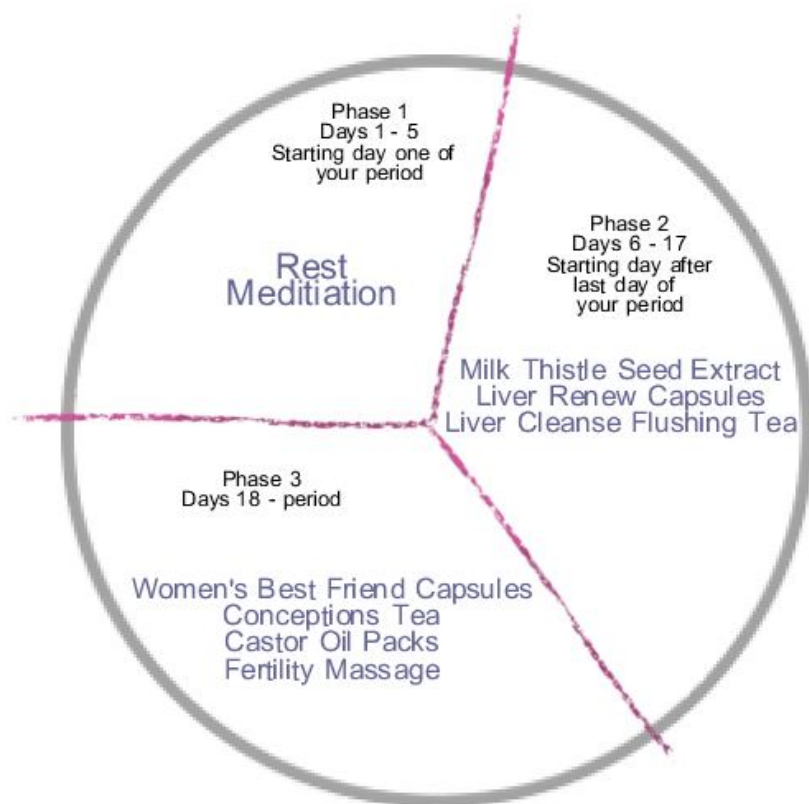
Phase 3: Days 18 – 1st day of period

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.



What to eat during your cleanse

We are focusing 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.

What you want to remove from your kitchen and diet:

alcohol
cigarettes
non-organic meats and dairy
processed foods
nutra-sweet & aspartame
white processed grains
white sugar
processed foods

Now on to what you can eat...

Foundation of a cleansing fertility diet

Green vegetables
Whole grains
Organic meats and fish (no more than 4oz. per meal)
Fermented foods
Fruits
Plant oils

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

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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.

***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.

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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 following the program that I have created from years of research and testing... The Fertility Success Formula. This program is a step by step guide to increasing your fertility and becoming pregnant sooner rather than later. If you have any questions or comments please let me know. I would love to hear from you!

Best wishes,
Hethir Rodriguez



The Fertility Success Formula for Endometriosis

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The Fertility Cleanse Guide

In this 90 day program specific for women with endometriosis, you will learn how to boost your fertility naturally through a step-by-step holistic program.

Learn more here:

www.FertilitySuccessFormula.com/main-endo1.html



The Fertility Success Formula

A step-by-step program to help you increase the health of your eggs, promote ovulation and boost your fertility naturally! Join Hethir in this 90 day program to prepare you for healthy conception.

Learn more here:

www.FertilitySuccessFormula.com/main-og1.html



The Fertility Success Formula for PCOS

This program is created specifically for women with PCOS. It is a 90 day program that focuses on reducing the effect PCOS has on your fertility while balancing hormones and promoting ovulation.

Learn more here:

www.FertilitySuccessFormula.com/main-pcos1.html



The Fertility Success Formula for Recurrent Miscarriages

This program is created specifically for women who have experienced multiple miscarriages. It is a 90 day program that focuses on reducing the chances of having another miscarriage through balancing hormones, nourishing your body, and reducing any immunological attacks on the embryo.

Learn more here:

www.FertilitySuccessFormula.com/main-rm1.html