



30-DAY

# NATURAL PRE-PREGNANCY CHECKLIST

[www.naturalfertilityshop.com](http://www.naturalfertilityshop.com)

# Welcome!

## THIS COULD BE THE MOMENT THAT CHANGES EVERYTHING...

Hey there!

I am so excited to have you've found my Pre-Pregnancy Checklist – your dedicated guide to helping you prepare for a healthy pregnancy.

Starting the path to bringing new life into this world is truly special and full of emotions, expectations, and transformative moments. It's not just a process, but a journey of creating and nurturing life.

My checklist is carefully designed to walk alongside you, ensuring that every step you take is rooted in strong reproductive health and overall well-being.

I truly believe that every aspiring mother deserves access to knowledge and a gentle companion to support her throughout the pre-pregnancy phase, leading to a healthy and joyous pregnancy.

My Pre-Pregnancy Checklist is more than just a list; it's a compassionate companion that aims to provide insight, nurture, and conscious preparation. My hope is to surround your pre-pregnancy journey with understanding, kindness, and the right steps for a thriving pregnancy.



With open hearts and warm wishes, I invite you to explore this nurturing space, learn, and prepare yourself for the miraculous journey of motherhood that lies ahead.

Sending baby dust and positive energy!

*Hethir Rodriguez*



# NATURAL PRE-PREGNANCY 30 DAY CHECKLIST



Welcome to our Natural Pre-Pregnancy Checklist. This checklist is a great tool to use in preparation for pregnancy or when starting a natural fertility program. It's a great way to make sure that everything is in order and that you are taking the necessary steps to prepare for a healthy pregnancy. This checklist contains vital information on lifestyle, nutrition, and supplements that can help support fertility health. We also include details on each of the steps, links to resources on how to incorporate each step into your lifestyle and a Q&A to answer the most common questions.

Please note that the 30-day checklist must be followed when not actively trying to conceive during the same month. This will ensure completion of all therapies, such as the Fertility Cleanse, Womb Care Packs, and Self Fertility Massage, for the entire duration of 30 days. (In the months following - these therapies should not be done during the luteal phase when actively trying to conceive.)

## WEEK 1

- |   |   |
|---|---|
| <input type="checkbox"/> Fertility Cleanse                | <input type="checkbox"/> Womb Care Castor Oil Packs 3-4x per week |
| <input type="checkbox"/> Daily Fertility Charting         | <input type="checkbox"/> Self Fertility Massage 3-4x per week     |
| <input type="checkbox"/> Daily Radical Fertility Smoothie |   |
| <input type="checkbox"/> Drink 8, 8 oz. glasses           |   |

## WEEK 2

- |   |   |
|---|---|
| <input type="checkbox"/> Fertility Cleanse                | <input type="checkbox"/> Womb Care Castor Oil Packs 3-4x per week |
| <input type="checkbox"/> Daily Fertility Charting         | <input type="checkbox"/> Self Fertility Massage 3-4x per week     |
| <input type="checkbox"/> Daily Radical Fertility Smoothie |   |
| <input type="checkbox"/> Drink 8, 8 oz. glasses           |   |

## WEEK 3 & 4

- |  |   |
|--|---|
| <input type="checkbox"/> Fertility Cleanse   | <input type="checkbox"/> Womb Care Castor Oil Packs 3-4x per week |
| <input type="checkbox"/> Daily Fertility Charting                                    | <input type="checkbox"/> Self Fertility Massage 3-4x per week     |
| <input type="checkbox"/> Daily Radical Fertility Smoothie                            |   |
| <input type="checkbox"/> Drink 8, 8 oz. glasses                                      |   |
| <input type="checkbox"/> Start transitioning to a Radical Nourishment Fertility Diet |   |



***"I was absolutely elated to find a positive pregnancy test the following month! I had to take three different tests just to be sure!" ~ Jennifer, 39***

# HETHIR'S 30 DAY PRE-PREGNANCY GUIDE

Use this guide to reference the checklist items. All products mentioned can be purchased at our website [www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com). Links are included below.

## FERTILITY CLEANSE



Performing a one month Fertility Cleanse is one of the best first steps you can take in preparation for conception and to support normal hormonal balance.

The Fertility Cleanse Kit supports the body's own detoxification abilities to help you achieve optimal reproductive wellness. The Fertility Cleanse Kit focuses on assisting the body's natural ability to remove excess hormones, support the uterus and promote normal liver function.

[You can purchase the Fertility Cleanse Kit here.....](#)

## FERTILITY CHARTING



Fertility Charting combines the use of daily temperature taking and tracking that temperature on a chart or with an app. Fertility Charting will reveal empowering insights to your fertility such as if and when you are ovulating and reveal any possible imbalances.

## RADICAL FERTILITY SMOOTHIE



Drinking a Radical Fertility Smoothie every day is one of the easiest and tastiest ways to begin to incorporate fertility friendly foods into your diet. It takes less than 5 minutes to make and is nature's healthiest fast food. Check below for a starting recipe for Radical Fertility Smoothies or for more recipes check out [Hethir's ebook \*Radical Fertility Smoothies\*.](#)

## WOMB CARE CASTOR OIL PACKS



Womb Care Therapeutic Castor oil kit is a powerful tool that includes a special blend of organic castor oil and organic therapeutic essential oils designed to enhance circulation, promote detoxification and support healing wherever it is applied.

[Learn more about Womb Care Castor Oil Packs here...](#)

## 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. The Self Fertility Massage Workshop shows you step-by-step how to perform fertility massage therapy on your own body. [Learn more here...](#)

# HOW TO DO WOMB CARE THERAPEUTIC CASTOR OIL PACKS

## PREPARE YOUR WRAP

1. Lay your Womb Care Wrap on a flat surface. The wrap will hold your castor oil pack in place so you can go about your day.
2. Place your cotton flannel on top of the wrap. This is where you will apply your Womb Care Therapeutic Castor Oil.



## APPLY WOMB CARE THERAPEUTIC CASTOR OIL

3. Pour 1-2 Tablespoons of Womb Care Therapeutic Castor Oil to the cotton flannel. Try to evenly disperse all over the cotton flannel, avoiding the edges and wrap.



## WEAR WRAP FOR 30 - 60 MINUTES

4. Place the Womb Care Wrap and flannel directly to your skin on either your lower abdomen (reproductive support) or upper right abdomen (liver support). Adjust straps for a firm but comfortable fit. You can do other activities while you are wearing your wrap! Yay!



# HOW TO EAT FOR FERTILITY

# RADICAL NOURISHMENT

Nutrition will be one of the most important steps when preparing for a healthy pregnancy. Below is a quick summary of the foods to include on a daily basis. For more detailed instruction, refer to the *Radical Nourishment* book and program.



## RADICAL JUICE

Drinking 16-32 ounces of fresh Radical Juice daily will help to supply your cells with the nutrients they crave. If you are not able to start juicing right away, add FertiGreens powder to your day and add a juicer high on your wish list.



## RADICAL SMOOTHIE

One of the most important aspects of Radical Nourishment. Bless your day with a Radical Fertility Smoothie that is packed with greens, protective fruits and fiber.



## RADICAL SALAD

Enjoy a Radical Salad daily to help provide your body with anti-inflammatory powers, vitamins, minerals, healthy fiber and fats. Top with a Radical Salad Dressing and this meal will be one you look forward to every day.



## RADICAL FATS

Include servings of Radical Fats which are plant-based fats high in omega 3. Flax and chia seed are my favorite go-to's. Have a minimum of 2 tablespoons of flax or chia seeds per day.



## RADICAL LEGUMES

Include a legume in your day, every day, for a blast of folate, fiber, protein and flavor. My two favorite go-to's are black lentils, and garbanzo beans. Cook from scratch or used canned (look for BPA free). Tofu is also a great and versatile option.



## RADICAL SUPERFOODS

Top off your daily nutrition checklist by adding Radical Superfoods to your smoothie and enjoy a boost in energy, hormone health and endocrine support.

## RECIPE: RADICAL SMOOTHIE FOR PRE-PREGNANCY NUTRITION

### INGREDIENTS

4-8 ounces spinach  
1 cup cherries  
1 cup pineapple  
1 banana  
1 cup + plant-based milk or water  
2-3 tablespoon ground flax seed  
1 serving Fertility Superfoods or FertiGreens

### INSTRUCTIONS

Place greens, superfoods powder and flax into the bottom of the blender first. Add fruit and liquid. I like 1 cup of plant-based milk and add more water if additional liquid is needed. Switch out any fruits for others you prefer. Blend until smooth. Enjoy!

Note: Use frozen fruit for best taste. They are amazing at covering up any greens flavor.