

# The Fertility Cleanse Guide

The Complete Guide to Fertility Cleansing  
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# THE FERTILITY CLEANSE GUIDE

## The Complete Guide to Fertility Cleansing

Are you one of the millions of women that desire to have a baby? If so, there is something that you should take some time to think about before trying to get pregnant... Fertility Cleansing.

Why? Well, your reproductive organs not only play a major role in your fertility, but also in your overall health, both of which are extremely important when it comes to having a healthy pregnancy and baby. The time prior to conception is the best time to improve your health in order to optimize your fertility.



Fertility cleansing is a way to do just that - improve your fertility and increase the likelihood of a healthy conception and pregnancy.

Over the years, the body can accumulate toxins from chemicals in the air, earth, water, and from substances we consume daily or slather on our skin. Many of these toxins get stored in the fat tissues of the body and can be removed more quickly through cleansing.

Some of these toxins may be left from:

- Hormonal birth control
- Cigarette smoke
- Pesticides and herbicides
- Excess hormones
- Poor diet
- Alcohol

Ideally, we would like our bodies to be as healthy as possible during pregnancy, through cleansing we are able to support the body in its natural ability to rid itself of these substances. While cleansing is beneficial, not just any cleanse is going to be beneficial for fertility. A fertility cleanse is specific to the reproductive system and assists the body in eliminating the additional burden of substances that are not good for fertility.

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**Fertility cleansing focuses on key areas of health that play a vital role in reproduction: the liver and uterus...**

### **The Liver**

The liver is the body's chemical processing plant, not only does it remove toxins from the body, it also metabolizes our own internal chemical messengers - hormones. A healthy, strong liver is crucial to hormonal balance. By gently supporting natural liver detoxification while also encouraging liver cell renewal through the use of specific herbs in the first half of the Fertility Cleanse, you are in turn promoting hormonal balance.

The menstrual cycle relies on balanced hormone levels to function properly. When the liver is burdened (under stress) by toxins and excess hormones, it has a harder time metabolizing the hormones related to fertility, our sex hormones. In this situation, the liver will focus first on metabolizing the hormones necessary to keep the body alive instead of the ones that have to do with fertility. This can compromise our ability to get pregnant and can even lead to hormonal imbalances that can contribute to the development of fertility health issues.

[Learn more about the role of liver health in fertility here...](#)

### **The Uterus**

We all know that the uterus is a baby's first home, but we don't necessarily think about its health. The uterus is quite an amazing organ - strong, efficient, and soft, the perfect cradle for a baby. The uterus goes through a lot of changes in pregnancy. It must expand not only in size but also in blood and tissue volume. It contracts and relaxes repeatedly throughout pregnancy, building up strength for the hard work of labor and childbirth. This is why you will want your uterus to be as healthy as possible prior to pregnancy.



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The second phase of the Fertility Cleanse utilizes key herbs to cleanse and strengthen the uterus in preparation for pregnancy. Why cleanse the uterus? Well, there are some factors which can compromise circulation to the uterus. This can make the uterus weak and menstruation inefficient, meaning the uterus may not be able to expel all of the uterine lining each cycle. We want to help the uterus get rid of any old blood that may be lingering and promote the development of a fresh, new, healthy uterine lining in preparation for implantation.

What causes the uterus to not fully release its contents every month? Some factors may be...

- Poor circulation
- Hormonal imbalance
- Unhealthy diet
- Misplaced uterus

Through the use of specific cleansing and uterine herbs, you can help support your uterine health, increase circulation, and help tonify the uterine muscles, all helping to promote a healthy uterine environment.

[Learn more about improving uterine health here...](#)

### Do You Need To Cleanse?

- ☐ Do you experience PMS?
- ☐ Do you experience unexplained fatigue?
- ☐ Do you feel congested?
- ☐ Have you been on birth control?
- ☐ Do you have acne?
- ☐ Do you have less than 1 bowel movement a day?
- ☐ Do you have dark circles under your eyes?
- ☐ Do you have liver spots or itchy skin?
- ☐ Have you been on medication or antibiotics for longer than 1 week?
- ☐ During your menses do you have dark blood, cramps, or blood clots?
- ☐ Do you eat conventional meats and dairy?
- ☐ Are you experiencing hormonal imbalance?
- ☐ Do you experience frequent colds and flu?

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### Fertility Cleansing vs. Traditional Cleanses

Are you wondering what the difference is between a cleanse specifically for fertility and other cleanses? General body cleansing is wonderful and a great way to help support the body, but if you are preparing for conception a fertility cleanse is more specific and focused on your needs.

### Works with the phases of the menstrual cycle

When doing a fertility cleanse, we focus on cleansing certain parts of the body during specific phases of the menstrual cycle. For instance, the liver phase of the fertility cleanse is done from the first day after your period has ended up until ovulation. We do this because this is a stimulating time of your cycle, perfect for encouraging the liver to work a little harder.

The uterine phase of the fertility cleanse should be done from ovulation until the first day of your period. This is more of a nourishing and building stage of the cycle, when uterine herbs can help to support hormonal balance, improve uterine muscle tone, and increase circulation right before the period begins.

General cleanses do not focus on the most supportive times of your cycle or fertility at all.

### Gentle, Effective Fertility Cleansing Utilizing Whole Herbs

When it comes to fertility cleansing, we want to do what is most effective and specific. Using whole herbs in the form of teas, capsules, and liquid extract is the most holistic, effective, and gentle way of cleansing.



When preparing for conception, you do not want to do anything really dramatic, depleting, or potentially harmful, so we focus on cleansing in a gentle yet effective way that is supportive of reproductive health. While doing a fertility cleanse, you are able to continue going to work



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and to function in your everyday life. We don't require any dramatic dietary changes, but we do suggest that you begin transitioning to a fertility diet.

The only side effect associated with fertility cleansing is the possibility of minor moodiness due to the liver cleansing itself. When toxins and hormones are being released, this can sometimes make one cranky, similar to PMS. This can be helped by drinking more water and getting a little more rest each day.

While there are many great cleanses out there, a cleanse specifically for fertility is going to be the safest, most gentle, and most supportive while you are preparing for pregnancy.

[To learn more about normal symptoms of detox click here...](#)

### Herbs for Fertility Cleansing

Fertility cleansing is best done using whole herbs as they are the safest way to encourage cleansing in the body. Below are some of the herbs used in fertility cleansing.

#### Liver Cleansing Herbs

**Burdock Root:** Aids in the detoxification of the liver and blood. Burdock is also nutrient rich, making it great for pregnancy preparation and hormonal balance.

**Milk Thistle Seed:** This herb is antioxidant rich and a potent detoxifying herb for liver cleansing and renewal.

**Dandelion:** Dandelion leaves and roots are very nutritious and bitter, making this common weed a nourishing food and digestive aid. The root specifically supports liver health to help encourage hormonal balance.

**White Tea:** A sister of Green Tea, White Tea is three times as rich in antioxidants as Green Tea, making it protective for cellular health. White Tea also aids the body's natural detoxification processes.



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**Yellow Dock:** This herb is a traditional blood purifier. It is also mineral rich, which is helpful for “building the blood”.

**Oregon Grape Root:** Supportive of liver and blood detoxification.

### Uterine Cleansing & Tonic Herbs

**Goldenseal Root:** Goldenseal Root supports a normal inflammation response which may help to prevent scar tissue and adhesion formation. It is also cleansing, antibiotic, and antimicrobial, helping the body to fight infection and occasional uterine discomfort.

**Jamaican Dogwood:** This herb is one of the most effective pain relievers and uterine relaxing herbs available. Jamaican Dogwood helps to manage occasional monthly uterine discomfort.

**Damiana Leaf:** A female aphrodisiac, Damiana has been used for centuries to help increase circulation to the reproductive system as well as to increase libido.

**Dong Quai Root:** Dong Quai increases circulation to the reproductive organs and is iron rich, two important aspects of building a healthy uterine lining. It is also relaxing to the uterine muscles, helping the uterus to function without tension.

**Peony Root:** Overall, this herb has excellent hormone balancing support. It also aids in pain reduction and relaxation. Peony encourages proper circulation in the pelvic area, making it useful for uterine stagnation.

**Raspberry Leaf:** Raspberry Leaf works to tone the uterine muscles and normalize blood flow during menses. This is one of the best normalizing herbs for the female reproductive organs.



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### How to Perform a Fertility Cleanse with The Fertility Cleanse Kit

The Fertility Cleanse Kit consists of five herbal products taken in two phases based on your monthly menstrual cycle. You will begin the Fertility Cleanse once your period has ended.

Here are the two phases:

#### THE "AVERAGE" MENSTRUAL CYCLE LENGTH IN DAYS



#### Liver Cleansing

Phase 1: Days 6 - 17 of your menstrual cycle

- Fertilica Milk Thistle Seed Extract
- Fertilica Liver Cleanse Flushing Tea
- Fertilica Liver Renew Capsules

#### Uterine Cleansing

Phase 2: Days 18 - 1st day of your period

- Fertilica Women's Best Friend Capsules
- Fertilica Conceptions Tea



[To learn more about the Fertility Cleanse Kit click here...](#)



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### The Role of Nutrition in Fertility Cleansing

What you eat daily plays a major role in your body's ability to naturally detoxify. If you are overwhelming your system with unhealthy foods and habits, it is going to be more challenging for your body to fully cleanse itself and be healthy. There are many foods that place an unnecessary burden on the liver, the hormonal system, and digestion, which in turn can impact your health and ultimately your fertility.

The foods you want to be consuming are ones that are as close to their natural state as possible. We call these *whole foods* because they are the least processed. Whole foods contain the most nutrients. Your baby is going to be drawing nutrients from your body's own stores, as well as from the foods you are eating. By eating a fertility specific diet, you are going to be providing your body with the nutrition it needs to get pregnant and have a healthy pregnancy. By eating a fertility diet, you are also going to encourage natural detoxification by optimizing digestion and assimilation of nutrients, and avoiding unwanted chemicals used in non-organic and processed foods.

[Click here to learn about the Fertility Diet....](#)



#### What to Eat

- organic vegetables and fruits
- low amounts of organic dairy products
- fish 2 - 3 times a week
- make sure all red meat you eat is either grass-fed or organic
- all chicken free range/organic
- whole grains in their most natural form
- carbohydrates in equal amounts with protein
- foods high in enzymes with every meal
- limited amounts of fermented soy such as miso or tempeh
- fresh made juices
- Fertility Smoothies
- drink lots of clean water

#### What to Remove

- alcohol
- cigarettes
- non-organic meats and dairy
- processed foods
- NutraSweet® & aspartame
- white processed grains
- white sugar
- fried foods
- processed foods
- soy foods
- pre-bottled fruit juice or fruit juice concentrates

*"There is no question whatsoever about the fact that we are exactly what we eat. There is no other way in which the cells and tissues of our body can be replenished, except from what we eat and drink, and REPLENISHMENT is the great law of life."* – Norman Walker

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### Supportive Natural Therapies to Help You Detox

#### Castor Oil Packs

Castor oil has been used for thousands of years as a natural therapy. Castor oil comes from the castor bean plant and is used externally as a compressor health promoting pack.



#### What is a Castor Oil Pack?

A Castor Oil Pack is a cloth soaked in castor oil which is placed on the skin to enhance circulation, stimulate lymph detoxification, and promote healing of the tissues and organs underneath the skin.

Castor Oil Packs are encouraged for use throughout the Fertility Cleanse to support the body's own detoxification abilities. Castor Oil Packs stimulate 3 important parts of the body: lymphatic and circulatory systems and the liver. The stimulation of these body systems aids the body in healing the organs and tissues beneath where the castor oil pack is applied.

#### What can a Castor Oil Pack be used for?

Castor oil has been traditionally used to aid in cases with inflammation, pain, growths, or when increased circulation was desired. When it comes to fertility, Castor Oil Packs could be a great, supportive, and relaxing therapy for:

- Supporting ovarian health
- Supporting fallopian tube health
- Supporting uterine health
- Detoxifying before conception
- Supporting egg health

[Click here to learn more about Castor Oil Pack therapy...](#)

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### 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.



Self Fertility Massage is an incredible tool to use while you are doing your Fertility Cleanse and beyond. In addition to all of its fertility supporting benefits, it also encourages circulation and lymph draining, both of which are important while cleansing.

[Learn all about Self Fertility Massage here...](#)

### How often should you do the Self Fertility Massage?

During the Fertility Cleanse you can apply Self Fertility Massage all month long except during your period (menstruation). Once you've completed the Fertility Cleanse and are actively trying to conceive, you can do the Self Fertility Massage after menstruation has ended and up until ovulation occurs.

For best results Self Fertility Massage should be done at least 4 times a week.

### What is the best oil to use during Self Fertility Massage?

If you plan on doing Castor Oil Packs during the Fertility Cleanse, then it is best to follow the pack with Self Fertility Massage. Your abdomen will be warmed and softened by the castor oil, plus there will be oil left on your abdomen which you can use for the massage. You can also use Fertilica Radiant Womb for the massage as well.



[Click here to learn more about the Self Fertility Massage DVD and Radiant Womb...](#)

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### Juicing & Fertility Smoothies

When people ask me what the one biggest dietary change they can make when trying to boost their fertility, I have to say it is fresh juices and smoothies. Fresh juices and smoothies make it so much easier to get a wide variety of healthful fresh fruits and vegetables in an easy to digest form.



Regardless of what your diet is like right now, juices and smoothies can help make you healthier and reduce cravings for other foods that are not so good for health. Juices and smoothies help the body to cleanse and renew itself, making it a perfect companion to the Fertility Cleanse.

### The Health Benefits of Juices and Smoothies

The cells within our bodies are constantly dying and being created over and over again. Everything in the body is made up of cells, including the uterus, blood, eggs, ovaries, etc. In order to create and maintain the health of our cells, the body relies on nutrients from the foods you are eating. If you are eating fresh, whole foods and lots of them, your body is going to have the ingredients it needs to protect and produce healthy, vibrant cells. Fresh juices and smoothies help you get a wide variety of nutrient-dense whole foods all in one glass!

[Click here to learn how to make fresh juices...](#)

[Learn about Fertility Smoothies here...](#)

[Learn more about Fertility Superfoods & Recipes to make your own Fertility Smoothies here...](#)

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### Yoga

Yoga is an excellent way to move your body, calm your mind, and soothe your spirit. Did you know that there is yoga that is specific for fertility? It is an excellent way to support your body while performing a Fertility Cleanse. I encourage my clients to practice Fertility Yoga to help increase reproductive health because it has a positive impact on the endocrine system which is the hormonal operating system in the body.



There are a variety of Fertility Yoga practices, so do some research and decide which one may be best for your needs.

[You can learn all about Fertility Yoga practices here...](#)

### Exfoliation

Exfoliation with a dry body brush, exfoliation gloves, or salt scrub prior to showering or bathing is a great way to ramp up the body's own natural detoxification processes. Exfoliation helps to move the lymph, increase circulation, take off old dead skin, and improve liver health.

1. Use a dry body brush, exfoliation gloves, or salt scrub.
2. Scrub skin in a circular motion toward the heart.
3. Spend 10 seconds on each part of the body (arm, leg, abdomen, etc.)
4. Follow with a hot shower or bath.





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### Hot baths

Taking a hot bath is a form of hydrotherapy that will not only a way to help you relax, it will induce sweat and increase circulation, two natural ways the body cleanses itself of toxins. To make your hot bath even more effective for cleansing, you can utilize the power of aromatherapy...

#### How to take a Detoxifying Aromatherapy Bath:

1. Run very hot water until the tub is half full.
2. Put ¼ cup sea salt into a bowl and add 10 drops of rosemary, lavender, or geranium essential oil.
3. Add to the bath.
4. Take the bath – When the water is cool enough to enter, completely immerse and soak in the bath for about 20 - 45 minutes. Keep adding hot water to keep the bath hot.



After the bath is a great time to do the Castor Oil Pack and Self Fertility Massage.

[Click here to learn more about the benefits of hydrotherapy for fertility...](#)

### Meditation & Relaxation

Fertility Cleansing is a time to not only cleanse the body, but to cleanse the mind and spirit. Setting aside some time daily for quiet contemplation and meditation is going to help you feel great and stay focused. During your Fertility Cleanse, focus your thoughts on what you want to have come into your life. Avoid focusing on what you don't want. There may be some emotions



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that come up for you at this time, it is completely normal. Take this time to listen to them and see if they are creating any type of block for you, whether physically or mentally, these emotions can affect your life. Take at least 5 - 20 minutes daily to meditate.

Our Senior Herbalist, Dalene Barton-Schuster created a great fertility meditation to help you get started, [access the Positive Fertility Meditation here...](#)

### What to Do After You Have Finished Fertility Cleansing

Now that you have completed your Fertility Cleanse you may be wondering what to do next. This depends on what, if any fertility issues you may currently have.

For women who are just wanting to prepare for pregnancy and **do not** have any fertility health issues, what to do post Fertility Cleanse is going to be very different than for someone who has reproductive health needs that need to be addressed first, prior to trying to conceive. Fortunately for you, we are 100% committed to helping you figure out what your next steps need to be! We have a great guide to help you get started on creating your natural fertility plan, with a step-by-step system to help you lay out your plan.

[Get started today! Click here to learn how to create your own fertility program...](#)

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### Fertility Cleanse Tips and Q&A

#### **Can I take my other supplements while I am fertility cleansing?**

While fertility cleansing, it is best to not take additional “new” herbs or supplements unless they are your multivitamin, omega 3, or fertility superfoods. Herbs or supplements that were started previous to doing a fertility cleanse can be continued.

#### **How should I eat during my Fertility Cleanse?**

During the Fertility Cleanse, it is not mandatory that you change your eating habits BUT it is a great time to begin moving towards a fertility friendly diet. One of the most popular ways our clients do the Fertility Cleanse is to combine it with our [21 Day Fertility Diet Challenge](#) (you can find this explained in the eBook [The 21 Day Fertility Diet Challenge](#) at [www.NaturalFertilityShop.com](http://www.NaturalFertilityShop.com)). This challenge has you add 5 foods to your existing daily diet, making it easy to add fertility friendly foods to your day.

#### **Can we try to conceive the month I am doing the Fertility Cleanse?**

We suggest that couples refrain from trying to conceive during the month of a Fertility Cleanse. There are two main reasons for this. The first is that there are herbs in the Fertility Cleanse that are not suggested during pregnancy. The second is, the Fertility Cleanse works best in preparation before conception. It must be completed in its entirety for the best results. We do not want you stopping the cleanse before it is complete. If you think you may be pregnant, you should discontinue the cleanse.

#### **Can I do the Fertility Cleanse while I am on birth control?**

We do not suggest that the Fertility Cleanse be performed while on birth control or other hormonal medications. If you are currently using medications, check with your doctor before starting any herbal or nutritional supplement program.

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### **Is it safe to do a Fertility Cleanse while pregnant or breastfeeding?**

No, do not cleanse during pregnancy or while breastfeeding. The herbs in the Fertility Cleanse are not to be used while pregnant or breastfeeding.

### **How do I know that the Fertility Cleanse is working?**

Many women wonder what signs to look for to know that the Fertility Cleanse is working. Some women may feel different, get their periods back, see a shift in their cycles, experience relief from occasional menstrual cramps, and many may feel nothing at all. Just because someone may not feel any different does not mean that the Fertility Cleanse did not work. The Fertility Cleanse will help every person who performs it. Some women are more sensitive than others and feel a lot, while others will not feel anything, but still get great benefit. Remember, the Fertility Cleanse is supporting the body in its normal functions. It works for each person to help nourish and support the liver and uterus in preparation for conception.

### **Will the Fertility Cleanse help me get my period back?**

There could be many reasons someone is not menstruating – diet, hormonal imbalance, stress, nutritional deficiencies, etc. Many of our clients who were experiencing slight hormonal imbalances have gotten their periods back from only doing the Fertility Cleanse, but this will not work for everyone because it depends on the cause of the lack of menstruation. We see the Fertility Cleanse as the first step towards getting a period back, with additional steps to follow such as diet changes, additional herbs to be taken monthly, stress reduction plans, etc. If you do get your period back due to the Fertility Cleanse, think of it as a bonus! However, we do not depend on it alone, as the underlying imbalances/issues need to be addressed and the Fertility Cleanse is just the first step of many, but the best place to start.

### **Will the Fertility Cleanse be the only product I have to take to get pregnant?**

No, most likely not. We have had some clients conceive directly after completing the Fertility Cleanse; but it is not designed as a fertility booster, rather as a fertility preparation tool to help

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the body prepare for conception. It is the foundational program most of our customers begin with. Those clients without fertility issues complete a Fertility Cleanse as a great, healthy way to prepare for conception.

### **How many times can I do the Fertility Cleanse a Year?**

We suggest to complete a Fertility Cleanse twice a year.

### **Fertility Cleanse Success Stories & Reviews**

Do you want to read real life stories from women who have tried Fertility Cleansing? If so, we have pages of testimonials and success stories from women who have done the Fertility Cleanse. [To read Fertility Success Stories about the Fertility Cleanse click here...](#)

We also have received feedback from hundreds of women about the Fertility Cleanse over at our online store. [Read through the over 270 reviews for the Fertility Cleanse Kit here...](#)



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If you have questions you can contact us via phone 1-800-851-7957 or by chat or [email here...](#)

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We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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