



THE

Fertility Cleanse Guide

THE COMPLETE GUIDE TO
FERTILITY CLEANSING

Welcome

Do you have a growing desire to have a baby? Are you preparing to become pregnant?

If so, I'm glad I caught you at this important moment in your journey.

Right now, before you are pregnant, is one of the most important times you will have to make an impact on the health of your pregnancy and your child to be.

In this guide, I will share how to optimize your health BEFORE becoming pregnant and how to prepare your body using herbs and natural therapies.

Let's get started!

Hethir

Hi, I'm Hethir Rodriguez! I am an herbalist and nutritionist who has helped hundreds of thousands of women support their fertility naturally for over 14 years now. I am so happy we have connected!



Why Cleanse for Fertility?

Preparing for 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
- Smoking
- Pesticides and herbicides (ie; glyphosate)
- 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 detrimental to fertility.



Why Cleanse for Fertility?

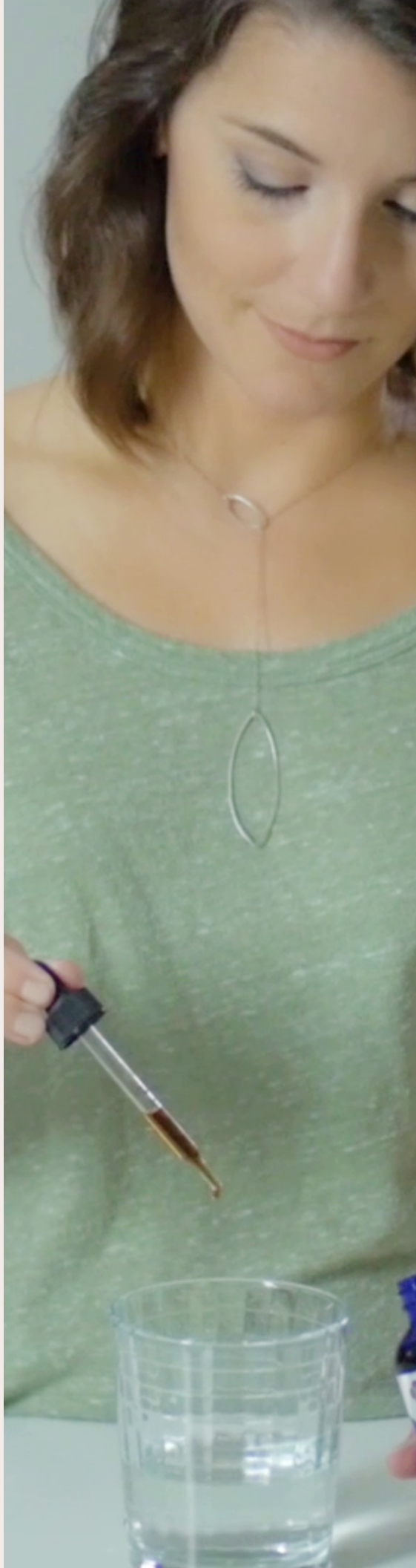
Fertility cleansing focuses on key areas of health that play a vital role in reproduction: the liver and uterus...

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 thereby 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.



THE FERTILITY CLEANSE GUIDE

Why Cleanse for 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.

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.



Why Cleanse for Fertility?

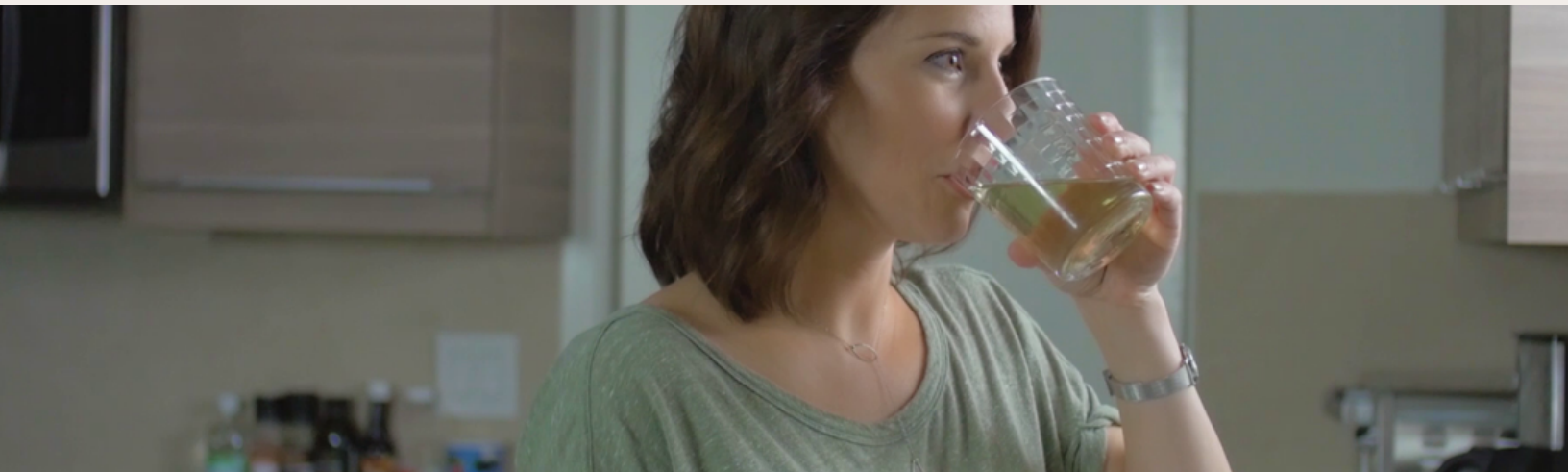
The second phase of the Fertility Cleanse utilizes key herbs to cleanse and strengthen the uterus in preparation for pregnancy. Why cleanse the uterus? Well, there are some factors which can compromise circulation to the uterus.

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.



Would You Benefit From a Cleanse?



DO YOU EXPERIENCE

- PMS
- Unexplained fatigue
- Feel congested
- Acne
- Less than 1 poop a day
- Dark undereye circles
- Liver spots on hands
- Itchy skin
- Used antibiotics this year
- Dark period blood
- Cramps during period
- Blood clots during period
- Eat conventional meat/dairy
- Eat wheat products
- Hormonal imbalances
- Frequent colds & flu

Fertility Cleansing vs. Traditional Cleanses

1

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.

Fertility Cleansing vs. Traditional Cleanses

2

GENTLE, EFFECTIVE FERTILITY CLEANSING UTILIZES 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 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.

Herbs for Fertility Cleansing

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 ROOT

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.

YELLOW DOCK

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

GOLDENSEAL ROOT

Goldenseal Root is cleansing and antimicrobial, helping to support a normal inflammation response which may help to prevent scar tissue and adhesion formation.

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.

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.

How to use 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.

1

Liver Cleansing

Phase 1: Days 6 -17 of your menstrual cycle

- Fertilica Milk Thistle Seed Extract
- Fertilica Liver Cleansing Support Tea
- Fertilica Liver Support Capsules

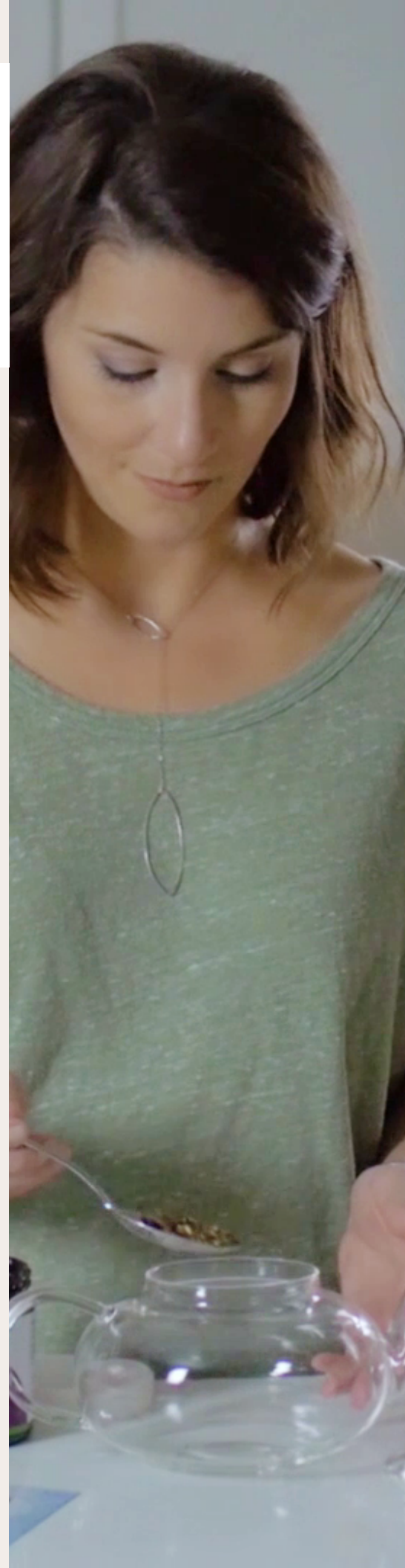
2

Uterine Cleansing


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

- Fertilica Women's Best Friend Capsules
- Fertilica Reproductive Support Tea

[Click here to get started today and purchase your Fertility Cleanse Kit](#)




What Other's Have Experienced ...

★★★★★ Hayley  Verified Email


My fiancé and I had been trying to get pregnant for 2 years. Went to our doc and had everything set up to start fertility treatments but I was dragging my heels because I REALLY didn't want to have to go that route. I was told by a friend of this cleanse, I completed it and !BOOM! I was pregnant the next month. I am now 13.5 weeks pregnant. Highly recommend this.

★★★★★ Margaret M  Verified Buyer

I have endometriosis and infertility, I have had surgery 3 years ago but I had 2 miscarriages since so when I read about the fertility cleanse I thought it would be good to try it. I did it for a month and now I am 6 wks pregnant! We really hope and pray this is a successful pregnancy!

★★★★★ Kiara L  Verified Buyer

This cleanse is awesome. I didnt conceive this cycle, but i feel a complete change in my body as i have been sleeping much better, my constant migraines have subsided drastically, and (TMI) my feminine odor is gone. You guys are truly a blessing and i will continue to use your products for achieving conception. And Sonia is amazing!! Thank you guys.

★★★★★ Kendis C  Verified Buyer

So far so good 😊 My husband and I both used the cleanse products. We have seen our energy levels increase and the tea tastes are not too bad. We haven't started our TTC process as of yet, as we're both on phase 2 of the cleanse. I will come back to update, as we are trying a few more products from NFS to help with conception. Good luck to everyone!!!

★★★★★ Kayla M  Verified Buyer

I love this.... this is my second time using and last time I was pregnant within 3 months with my now 4 year old twins

★★★★★ Naomi H  Verified Buyer

I'm incredibly thankful for the Fertility Cleanse Kit. This is the third time I've done it over the past 5 years or so, and it has always helped!! I've recommended it to numerous friends and family because it's been so beneficial. The first time I did it we were super blessed to get pregnant after two years of trying, and since then I've used it to regulate heavy cycles and volatile PMS symptoms. Honestly I'm so thankful for this product and always will be.

What Other's Have Experienced ...



INDIA R.

I have frequent unexplained miscarriages. After suffering through one of many I had had enough and did a little praying and research on what I could do to help my body in achieving a healthy pregnancy.

I found this company and we took a shot even though funds were tight. After I completed the cleanse, two months later we conceived our daughter and had our first successful pregnancy.

Quickly after that we conceived our son and thought we were done with our loss.

Since his birth we have had 3 more miscarriages. We immediately bought this kit when we were able and are now excitedly expecting our 3rd 18 weeks along!

God has blessed us so much through this cleanse and we are so thankful to have discovered it!



Ready to Get Started?

ORDER YOUR FERTILITY CLEANSE KIT HERE

THE FERTILITY
CLEANSE KIT

WWW.NATURALFERTILITYSHOP.COM



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.

Fertility Diet Cheat Sheet

Step 1

CUT OUT TOXINS

By eating organic, you are reducing your exposure to herbicides, pesticides and antibiotics which add additional burden to the endocrine system.

Step 2

EAT YOUR FIBER

Eating a diet high in fiber helps to assist the body in getting rid of excess hormones and keeps your digestive track moving regularly. All food in their whole form are high in fiber.

Step 3

DRINK PLENTY OF WATER

Make sure you are drinking plenty of water on a daily basis. 3-4 quarts is a good starting point. Feel free to add some electrolytes (non-sugar) or fruit to your water for variety.

THIS

- Organic fruits & vegetables
- Low amounts of dairy products
- Organic and grass-fed meats
- Whole grains
- Fresh Foods in every meal
- Fresh vegetable juices
- Fertility smoothies
- Drink lots of clean water

NOT THIS

- Alcohol
- Cigarettes
- Non-organic dairy & meats
- Aspartame
- Processed grains
- Processed foods
- White sugar
- Soda

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 compress & 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 castor oil packs 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...](#)

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 apply 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.

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 as healthy.

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...](#)



Fertility Cleanse 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 CLEANSER?

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. The challenge is for 21 days and has you add 5 foods to your existing daily diet, helping to make it easy to add fertility-friendly foods to your diet every day. We call these the Important 5. Learn more about the 21 Day Fertility Diet Challenge [here](#)...

CAN WE TRY TO CONCEIVE THE MONTH I AM DOING THE FERTILITY CLEANSER?

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 that 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 CLEANSER 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.

Fertility Cleanse Q&A

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?

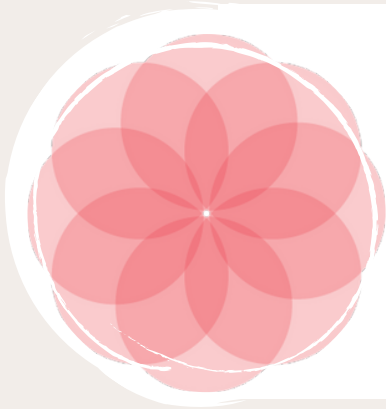
There could be many reasons someone is not menstruating –diet, hormonal imbalance, stress, nutritional deficiencies, etc. Many of our clients who were experiencing slight hormonal imbalances have gotten their periods back from only doing the Fertility Cleanse, but this will not work for everyone because 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 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.

What's Next?

This is just the beginning! There are so many ways we can help you on your journey towards motherhood...



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['YOUR FERTILITY NATURALLY W/ HETHIR RODRIGUEZ'](#)



1:1 NATURAL FERTILITY CONSULTATIONS

Consult with one of our herbalists and have a custom natural fertility program created just for you.

[LEARN MORE HERE](#)



GAIN FREE ACCESS TO OUR 5 STEPS TO SUPPORT YOUR FERTILITY MINI-COURSE

Learn how to use natural methods to support your fertility through our free video course and tips...

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The end.

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What to do After Your Fertility Cleanse...

What's Next?

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 supported, prior to trying to conceive.

Fortunately for you, we are 100% committed to helping you figure out what your next steps need to be!

Get in touch with us at help@naturalfertilityshop.com and we can help you figure out what your next steps are based on your personal needs!

