



30 Day Fertility Cleanse

I am often asked over and over is how can doTERRA help with infertility? Unfortunately, I think we have a rise in fertility issues over the last couple of decades. Much of it has to do with our gut. Cleaning up our diet would help many of those women who are on the rollercoaster ride of infertility. This often puts a strain on relationships and it definitely plays havoc on one's emotional state of wellbeing sometimes to the point of depression.

This is why I recommend cleaning up your environment and lifestyle as well as your diet. Are you washing all your fruits and veggies before eating them? I like to do this with lemon essential oil in a sink of water. Have you switched to doTERRA's brand of hair products with all the good stuff and none of the bad? What kind of toothpaste are you using? What Chemicals are you using to clean your toilets, sinks, and bathtub with? These and many more questions are good to ask yourself as you are paying attention to what your body is taking in.

Stress also plays an important role in this infertility topic. When our bodies are under stress we produce the hormone cortisol. Its nickname is the stress hormone, and it inhibits our production of progesterone. Grapefruit essential oil helps prevent cortisol from blocking the production of progesterone.

Keep in mind, this clean-up we are doing may take months to create the balance you are looking for. It's definitely not a "get pregnant quick" plan, be patient and know that you are serving your body well.

GX Assist on day 1-10 1-3 a day for 10 days to cleanse the gut.

PB Assist on days 11-15 1 cap 3 times a day to feed your body the good bacteria and help support your immune system. Specially formulated to release in the GI tract where it can be the most beneficial for your gut.

Zendocrine Complex 2 a day to target the nutritional needs of the liver as well as the other internal organs. It encourages all of your filtering organs, including your skin, to function optimally. When your filtering organs do their job, the result is a more robust operating system overall.

Zendocrine gel caps 2 a day to protect the liver and help open up the liver ducts so it doesn't become clogged with the cleansing you are about to do.

TerraZyme 1-3 with every meal as a whole food enzyme helps with supporting digestion and absorption of your food. 1-2 in am and pm on an empty stomach is excellent in supporting connective tissues.

Lemon essential oil in all your water to assist the liver in its work.

Life Long Vitality take as directed, a whole food based supplement to nourish your body with the perfect amount of vitamins, minerals anti-oxidants, and Omega 3's it needs.

DDR Prime helps to repair and protect DNA or destroy damaged DNA. Cells have a limited lifespan for performing their many unique and specialized functions in an organism. A normal and natural mechanism for maintaining optimal cell function is a process of cellular renewal called apoptosis in which older cells are eliminated through a process of self-regulated destruction, and new cells are made to replace old cells. Through this process, humans replace the approximate equivalent of their body weight in new cells every year! If cellular apoptosis and regeneration are compromised, sub-optimal health conditions may follow.

Avoid sugar, grains, dairy, fruit juice and caffeine.

Follow this protocol until pregnant, then discontinue GX Assist. I will be there to support and guide you throughout the process.

You can order the products here: <https://doterra.me/Hdw1yUVZ>

You can download the checklist **here** to follow the protocol. After you order, I will be in touch so I can assist you with the program. Already a customer – great! You can enjoy the free downloads that come with this cleanse.

Fertility Diet Guidelines

The fertility diet consists of eating more of certain types of foods known to increase fertility, support the endocrine system and the reproductive organs, while avoiding those types of foods known to disrupt hormonal balance, impair ovulation, increase acidity in the body, and suppress the immune system.

How you eat before conception makes a world of difference both in your ability to conceive and in your ability to carry a healthy pregnancy to term.

Here are some fertility guidelines for both partners to improve quality of sperm and eggs.

1. Eat organic fruits and vegetables as often as possible in order to avoid harmful pesticides and herbicides. This is so important when making your food choices.
2. Eat organic dairy products that do not contain hormones or antibiotics. If you suffer from endometriosis or fibroids, you should avoid dairy products altogether because they naturally contain estrogen which stimulates their growth. If you have polycystic ovarian syndrome you should avoid dairy also.
3. Eat only lean red meat that is grass fed or organically grown. Conventionally grown cattle contain hormones, antibiotics and other contaminants that contribute to excess estrogen. Eat red meat only once or twice a week. Eat a very small amount, no more than 4 oz. at a time.
4. Eat only white meat like chicken that is free range or organically grown to avoid hormones and antibiotics which can disrupt your hormonal balance.
5. Eat fish that is fresh and comes from deep sea waters. Select fish like sole, tilapia, cod and salmon. Avoid farmed salmon, tuna, shark and sea food because they may contain high levels of heavy metals.
6. Eat plenty of legumes because they are high in fiber which helps regulate blood sugar reducing fertility issues associated with polycystic ovarian syndrome and contain a good source of protein.

7. Eat whole grains and avoid processed and refined white flour foods. Select pasta and breads made with spelt flour or kamut flour, brown rice, amaranth, millet, buckwheat, or quinoa. Avoid flours that are made with GMOs (genetically modified organisms)
8. Make sure your fertility diet is high in fiber because it helps the body eliminate excess estrogen. Also, it lowers your blood glucose.
9. Do not eat soy products unless they are the fermented type like miso or tempeh. Soy has an estrogenic effect and it is not indicated if you are trying to conceive but most importantly, you should avoid it during pregnancy and lactation.
10. Avoid drinking soy beverages. Select brown rice beverages instead.
11. Drink fresh juices. Learn how to juice your own fruits and vegetables. You will greatly increase your chances of getting pregnant because they have lots enzymes, minerals and vitamins.
12. Avoid commercial fruit juices because the pasteurization process destroys vitamins, minerals and enzymes.
13. Avoid refined sugars. Choose natural sweeteners like maple syrup, honey, stevia or agave nectar.
14. Drink lots of water – 6 – 8 glasses a day. Avoid drinking tap water at all costs because it can contain harmful chemicals. It is a good idea to invest in a filtration system and only drink filtered water. Avoid bottled water because the plastic can be harmful to your health.
15. Include essential fatty acids into your diet. Make sure you eat plenty of omega 3, 6 and 9 essential fatty acids. Select healthy vegetable oils like flaxseed oil, oil of olive, hemp oil and coconut oil.
16. Give up smoking, drinking alcohol and coffee.

Fertility Diet Before Ovulation

Your body is attempting to do different things at different times during your monthly cycle. It needs specific nutritional support before ovulation for the development of healthy follicles, which much contain the healthiest eggs and be capable to maturing the most perfect egg to be released.

During this time you should increase your body needs for proteins and foods containing vitamin E, vitamin C and antioxidants.

Make sure to eat plenty of the following foods as they should be integral part of your fertility diet.

1. Cold pressed oil of olive, sesame oil and flaxseed oil.
2. Organic meat (absolutely avoid any meat that has been fed synthetic estrogen at this time as it can delay ovulation.
3. Lots of organic legumes like lentils, chick peas, black eyed bean, etc.
4. Lots of leafy green vegetables like kale, spinach, broccoli, containing B vitamins important for egg release.
5. Avocados are high in essential fatty acids.
6. Sweet potatoes.
7. Raw nuts and seeds that are high in healthy fats and minerals.
8. Whole grains like spelt and kamut.
9. Eat lots of organically grown fruits if you can find them (strawberries, cherries, mangoes, citrus fruits, etc.)

10. Eat deep fish that has been wild caught (salmon, cod, sole, tilapia, sardines, etc.)

Fertility Diet During Ovulation

Many women know when they are about to ovulate. If you are charting your cycle, you will know approximately when you ovulate each month. This is the time to eat more foods that support healthy ovulation.

Eat Royal jelly; take Maca and green super foods in order to make healthy eggs.

Remember that you also need to have lots of fertile mucus at this time so you should eat foods like Evening Primrose Oil and drink lots of water.

Fertility Diet After Ovulation

If your egg was released by your ovary and successfully fertilized, the embryo has the difficult task of implantation during this time of your cycle.

It is recommended to eat pineapple as it contains bromaline, an enzyme that promotes implantation to take place. During this time you should avoid drinking icy cold beverages and cold raw foods. Cold foods deprive your body heat that is necessary to nourish your uterus.

Your body needs foods that increase vital energy. Eat soups that are prepared with lots of legumes and vegetables at each meal.

Make sure your food is also properly cooked in case you are pregnant to avoid food poisoning.

Do not eat refined carbohydrates, sugars and processed foods. Avoid drinking tap water, and make sure to drink purified water or spring water from a reliable source.

Not only do you need to drink the correct quantity of water each day, but also the best quality. Water is important to help you make fertile mucus to support the sperm fluids and for the maintenance of healthy blood pH. All important metabolic reactions occur in the presence of water; in fact your body is made 70% of water.

The amount of water you need is calculated as follows:

Take your weight in pounds and divide by two. This should be the equivalent in ounces of water you need to drink each day.

Top 10 Foods for Natural Fertility

These foods are chosen because they are dense with the particular nutrients that bring about natural fertility.

Eggs: *Vitamin D, B12, Protein*

Eggs which are farm fresh and have deep orange/yellow yolks are what you are looking for. They may cost more but they are worth the extra cost because they provide much more nutrients and are cleaner than factory or farmed eggs.

Nuts and Seeds: *Omega 3, Zinc, Vitamin E, Protein*

Nuts and seeds in their raw form are best. Essential fatty acids and zinc are sensitive to heat and can be destroyed if cooked.

Best seeds and nuts for omega 3 are:

- Walnuts – ¼ cup
- Flax seeds – 2 tbs
- Hemp seeds – 3 tbs
- Chia seeds – 1 tbs

Best seeds and nuts for zinc are:

- Pumpkin – ¼ cup
- Sesame – ¼ cup

Best seeds and nuts for vitamin E are:

- Sunflower seeds – ¼ cup
- Almonds – ¼ cup

Best seeds and nuts for iron are:

- Pumpkin seeds – ¼ cup
- Sesame seeds – ¼ cup



Grass-fed meats: *Omega 3, Iron, B12, Protein*

Grass-fed meats come from animals which have grazed in grass pastures and eaten fresh grass for most of their life. Therefore, the meat has less fat and a little stronger taste than corn fed meats.

It also provides a lot more nutrients and the essential fatty acid omega 3, because they have had their natural diet. They are not given hormones and antibiotics which most of the meat in grocery stores contain.

Dark leafy vegetables: *Iron, Folic acid, B6, Vitamin E*

These veggies are packed with minerals, antioxidants and vitamins essential to healthy fertility. Spinach, kale, Swiss chard and collards are examples of dark leafy green vegetables.

Fruit: *B6, Vitamin C*

Fruits have the highest amounts of antioxidants per serving. Prunes, pomegranates, raisins, blueberries and strawberries are the best. Antioxidants are sensitive to heat so eat them fresh, raw and ripe.

Colorful vegetables: *B6, Vitamin C*

A vegetable's color will tell you what nutrients and benefits it will provide for your body. Vegetables that are red or green in color are high in Vitamin C. Those that are orange have high Vitamin A. The easiest way to get a bunch of nutrients is to eat a wide variety of vegetables. Make sure you are having a variety of colors daily.

Fish and Shell Fish: *Vitamin D, Omega 3, Zinc, Selenium, B12, CoQ10*



Fish and shell fish (muscles, clams, etc.) are some of the most nutrient dense foods we can eat. They provide lots of essential fatty acids, vitamin D, zinc, B12, selenium and CoQ10. Try to avoid farmed fish as their levels of omega 3 are not as high and have been fed antibiotics.

Liver: *Vitamin D, Zinc, Selenium, Iron, Folic Acid, B12, CoQ12*

Liver is one of the most nutrient dense foods available. Just 4 oz. has over 200% of your daily Folic Acid needs. Making a pate' and spreading it on whole grain crackers each week is one way to make it tasty. Remember, use liver from grass-fed/free range animals only.

Lentils and other Beans: *Iron, Folic Acid*

Lentils are the second highest source of iron of **ALL** foods and the second highest source of folic acid. One cup of cooked lentils provides 90% of your daily folic acid needs. Use them to make soup, hummus or a side dish or stir—fry.

Raw of cultured dairy – *Vitamin D, B12, Zinc*

Raw dairy is milk products which have not been pasteurized so they still have their important enzymes and delicate nutrients intact. Raw dairy comes from cows that are grass/pasture fed and don't receive hormones or antibiotics. It is very different from the milk available in the grocery store. You can culture your organic pasteurized milk you buy from the store to help improve its nutritional profile and digestibility.

Important Nutrients for Fertility

There are some nutrients that have been specifically shown to have a direct impact on fertility.

Vitamin D: Vitamin D is needed to help the body create sex hormones which affects ovulation and hormonal balance. Most of us have a Vitamin D deficiency.

Food sources: *eggs, fatty fish, dairy, cod liver oil. Also, sitting in the sun for 15 – 20 minutes a day is a good way to get it.*

Vitamin E: Vitamin E improves sperm health and motility in men. The meaning of Vitamin e – Tocopherol – means to bear young! Vitamin E is also an important antioxidant to help protect sperm and egg DNA integrity.

Food sources: *Sunflower seeds, almonds, olives, spinach, papaya, dark leafy greens*

CoQ10: This is necessary for every cell in the body having energy to function. It also increases sperm motility in semen. It also has an antioxidant that helps to protect cells from free radical damage which may impact egg health as well.

Food sources: *Seafood and organ meats – the amounts in our body decline with age*

Vitamin C: Vitamin C improves hormone levels and increases fertility in women with luteal phase defect. It also helps to keep sperm from clumping together, making them more motile.

Food sources: *Plants and fruits – red peppers, broccoli, cranberries, cabbage, potatoes, tomatoes, and citrus fruit*

Lipoic Acid: Lipoic acid helps to protect the female reproductive organs and has been shown to improve sperm quality and motility and helps the body to continually re-use the antioxidants in the body.

Food sources: *Small amounts found in potatoes, spinach and red meat*

B6: Vitamin B6 may be used as a hormone regulator. It also helps to regulate blood sugars, alleviates PMS, and may be useful in relieving symptoms of morning sickness. It also helps with Luteal Phase Defect.

Food sources: *Tuna, bananas, turkey, salmon, cod, spinach, bell peppers, turnip greens, collard greens, garlic, cauliflower, mustard greens, celery, cabbage, asparagus, broccoli, kale, Brussels spouts, chard*

B12: Vitamin B12 helps to boost the endometrium lining in egg fertilization, decreasing the chances of miscarriage. A deficiency of B12 may increase the chances of irregular ovulation, and in severe cases may stop ovulation altogether.

Food sources: *Clams, oysters, muscles, liver, caviar (fish eggs), fish, crab, lobster, beef, lamb, cheese, eggs*

Folic Acid: Folic Acid is one of the best known vitamins necessary for pregnancy. It helps prevent neural tube defects and urinary tract anomalies in developing fetuses. A deficiency may increase the risk of going into preterm labor, low birth weight and fetal growth retardation. A deficiency may also increase the homocysteine level in the blood which can lead to spontaneous abortion and pregnancy complications such as placental abruption and pre-eclampsia.

Food sources: *Liver, lentils, pinto beans, garbanzo beans, asparagus, spinach, black beans, navy beans, kidney beans, collard greens*

Iron: Women who do not get sufficient amounts of iron may suffer anovulation (lack of ovulation) and possibly poor egg health, which can inhibit pregnancy at a rate 60% higher than those with sufficient iron stores in their blood.

Food sources: *Lentils, spinach, tofu, sesame seeds, kidney beans, pumpkin seeds (raw), venison, garbanzo beans, navy beans, molasses, beef*

Selenium: This antioxidant helps to protect the eggs and sperm from free radicals-free radicals can cause chromosomal damage which is known to be a cause of miscarriage and birth defects. Selenium is also necessary for the creation of sperm. Low sperm counts have been found in men who have low levels of selenium.

Food sources: *Liver, snapper, cod, halibut, tuna, salmon, sardines, shrimp, crimini mushrooms, turkey*

Zinc: Zinc works with more than 300 different enzymes in the body to keep things working well. Cells cannot divide properly without it; estrogen and progesterone levels can get out of balance and your reproductive system may not be fully functioning. Low levels have been linked to miscarriage in

the early stages of a pregnancy. It is one of the most important trace minerals to date for male fertility.

Food sources: *Calf liver, oysters, beef, lamb, venison, sesame seeds, pumpkin seeds, yogurt, turkey, green peas, shrimp. Zinc can be damaged by heat so eat some foods high in zinc in their raw forms.*

Foods to Avoid

Sugar, soda and pasteurized juices – these can throw off your blood sugar levels and negatively affect your immune system and hormonal balance. Alternatives are stevia, honey and maple syrup.

Caffeine – Caffeine affects your hormonal balance, increases your chances for miscarriage and can prevent you from ovulating.

Soy Foods – these have been shown to contain estrogen mimicking properties. It is best to avoid processed soy foods such as soy milk, soy burgers, soy protein powder, soy chips, soy meats, and soy cheeses to avoid negative impacts on your hormonal balance.

GMO Foods – Genetically Modified foods are a problem when it comes to fertility causing an influx in worldwide infertility rates.

Fat-Free Foods – foods which are altered to be reduced in fat or fat-free are highly processed and high in sugar. Always choose foods as nature made them. Fat is what our bodies need to produce hormones.

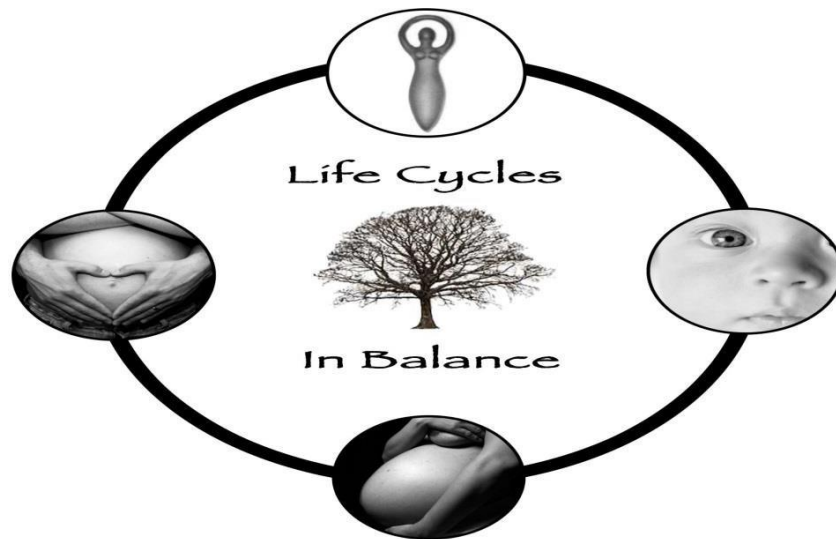
Foods to avoid that are usually made with partially hydrogenated oils:

- Cake mixes, biscuit, pancake and cornbread mixes, frostings
- Cakes, cookies, muffins, pies, donuts
- Crackers
- Peanut butter (except fresh-ground)
- Frozen entrees and meals
- Frozen bakery products, toaster pastries, waffles, pancakes
- Most prepared frozen meats and fish (such as fish sticks)
- French fries
- Whipped toppings
- Margarines, shortening
- Instant mashed potatoes
- Taco shells
- Cocoa mix
- Microwave popcorn

Many of these foods are made with partially hydrogenated oils:

- Breakfast cereals
- Corn chips
- Potato chips

- Frozen pizza
- Frozen burritos
- Most frozen snack foods
- Low-fat ice creams
- Noodle soup cups
- Bread
- Pasta mixes
- Sauce mixes



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Cleansing for Overall Fertility Health

When preparing for conception, starting out with a cleanse to renew your body, blood and uterus is a good idea. This may be one of the last opportunities you have to rid your body of toxins that could be passed onto your baby in utero. Once pregnant, do not cleanse as toxins are released that can harm the baby.

Why Cleanse:

There are many toxins that accumulate in the liver, uterus, intestines and fat tissues over the years. Toxins such as mercury, medications, birth control, smoke, pesticides, old menstrual blood, excess hormones, old fecal matter, alcohol, are some that can accumulate.

If you have been experiencing heavy periods, cramping, dark blood or blood clots during your period, a fertility cleanse is a must for you.

What is a Fertility Cleanse:

This is a special cleanse that uses specific herbs, foods and techniques to help detoxify the body and uterus prior to becoming pregnant.

Detoxifying the Liver:

The liver helps to filter toxins from the body including excess hormones. If there is an over-abundance of estrogen, the liver will be overloaded.

Cleansing the Uterus:

Sometimes the uterus is not able to empty its entire contents every cycle. This is happening when imbalances show up when you are experiencing PMS, cramps, brown blood/dark blood/purple blood during menstruation, blood clotting during menstruation, endometriosis, PCOS, absence of menstruation, long cycles or bleeding less than 4 days per cycle.

If the uterus is not completely cleansed every cycle, old stagnant blood remains. Low circulation, excess hormones, unhealthy diet, misplaced uterus all contribute to the uterus not completely emptying each cycle.

The uterus to function its best needs proper circulation. With proper circulation the communication loop between the uterus and ovaries with the endocrine system is able to function smoothly. This is necessary for proper hormonal balance. A Fertility Cleanse can be a starting point for successful pregnancies.

Cleansing Foods

- You can eat an unlimited amount of vegetables from the list below. Use organic when possible.
- Average serving size = ½ cup
- No dried or canned fruit, only fresh or frozen

Vegetables

Artichokes	Celery	Pimentos
Asparagus	Chives	Radishes
Bamboo shoots	Cucumber	Sea vegetables
Bean sprouts	Eggplant	Squash-acorn,
Beets, red	Garlic	butternut,
Bok Choy	Kohlrabies	spaghetti
Broccoli or	Leeks	String beans
Brocciflower	Mushrooms	Sweet potatoes
Brussels sprouts	Okra	Turnips
Cabbage	Onions	Water chestnuts
Carrots	Oyster plan	Yams
Califlower	Parsley	Zucchini
	Peppers	

Lettuces

Arugula	Endive	Red/green leaf
Beet Green	Escarole	lettuce
Chicory	Kale	Romaine lettuce
Collard Greens	Mustard	Spinach
Dandelion	greens	Swiss chard
Greens	Radicchio	Watercress

Oils

- Average svg size = 1 tsp, 4-7 svgs per day
- Should be cold pressed and unprocessed

Coconut oil	Flax oil
Extra-virgin olive oil	Grape seed oil
Fish oil	butter (pasture-raised)

Meats and Fish

- You may eat wild caught fish, organic free-range chicken or turkey

Fruit

- Eat twice as many vegetables as fruit
- Fresh or frozen only, no dried or canned
- 2 servings per day max

Apples 1 med	Limes 1
Apricots 3 med	Loganberries 1
Avocados ¼	Mangos 1
Bananas ½	Mulberries 1 cup
Blackberries 1 cup	Nectarines 2
Cantaloupe ½ med	Papayas 1
Cherries 1cup	Peaches 2
Cranberries 1 cup	Pears 1
Figs 2	Pineapple ½ cup
Grapefruit 1	Plums 2
Grapes 15	Pomegranates 1
Guavas 1	raspberries 1 ½ c
Honeydew ¼	Rhubarb 1 cup
Kiwis 1	Strawberries 1½ c
Kumquats 1	Tangerines 2
Lemons 1	Tomatoes 1

Lentils, Quinoa, Wild/Brown Rice

- Average svg size = ½ cup
- 1-2 svgs of lentils or 1 svg of wild/brown rice or quinoa per day

Lentils have higher protein and less carbs, choose lentils more often

Refrain from Consuming or Using

- Alcohol, caffeine, tobacco or other stimulants
- Nuts/Seeds
- Dairy
- Grains – only wild/brown rich and quinoa
- Processed/refined foods – including condiments

Water

- Drink a minimum of 64 oz/day or half your body weight in ounces

Incorporate these foods a little bit each day. Eating raw foods daily as they will cleanse your digestive tract, contain more enzymes and have a higher level of antioxidants. Avoid eating late at night and keep your last meal of the day light.

A good guideline to follow would be to begin cleansings 4-6 months prior to conception so that you can effectively cleanse the body and then spend 2-4 months building nutrient stores.

Week One:

Goal: reduce consumption of processed foods, begin to eliminate coffee/soda, and sweets.

Week Two:

Goal: eliminate consumption of processed foods and cut out coffee, soda, and sweets by the end of the week.

Weeks Three and Four:

Goal: no processed foods, sweets, caffeine and add more foods known for their cleansing abilities.

Week Five: Moderate Cleansing

Goal: begin vegetarian fare in the evenings, eating animal protein and heavier meals in the mornings and during lunch

Week Six: Cleansing

Goal: all vegetarian fare, liberal use of soups and smoothies, fresh juice at each meal.

Detoxifying Herbs

Milk Thistle/Similaryin – stimulates bile flow. Protects the liver cells from toxic damage.

Dandelion – High vitamin and mineral content. Stimulates bile. Helps digest fats. Helps in the breakdown of hormones. Laxative and diuretic action.

Turmeric – The curcumin in turmeric is a powerhouse for reducing inflammation. Also helps increase bile flow.

Rosemary – High in antioxidants. Best not to use in medicinal amounts during pregnancy.

Alfalfa – High in nutrients, cleans liver and bowel tract.

Gentian – One of the strongest digestive tonics, it helps move toxins through the bowels.

Nettle – Contains vitamins A, C and K. Helps detoxify kidney and uterus.

Chlorella – Helps you detox of heavy metals.

Essential Oils Useful for Detoxifying

Angelica – *invigorating to the lymph system and stimulating sweat*

Geranium – *stimulates the liver and kidneys, also helps the immune system and promotes blood circulation*

Lemon – *supports the liver and kidneys, as well as promoting blood circulation and strengthening the immune system*

Mandarin – *stimulates the liver as well as promotes bile production and helps the body to break down fat*