

# THE FERTILITY CLEANSING ROUTINE

How You Can Comfortably Conceive By Following This Fertilty  
Cleansing Routine

By Teejayworld Publications

<https://teejayworld.com/the-fertility-cleansing-routine/>

## INTRODUCTION

Thank you for investing in this helpful report which is going to be worth far more than the amount you paid for it.

I promise you that.

Recently, some reasonable amount of women go through life frustrated with their ability to conceive after trying various method. Some are even 38 years now without a child.

This report will show you how you can cleanse your body systematically in such a way that the next time you try to have a baby, your dream will come true.

The best part is that you won't have to depend totally on drugs with this approach, thus minimising side effects.

Please note, I am not saying taking drugs are bad, this is because there are drugs and supplement you can take that are healthy to your body. But my point is that with this fertility cleansing routine, you won't have to depend solely on drugs. Infact, you only need it in minimal amount.

That is why there is a special bonus that comes with this report, which gives you access to important informations on how to go about it for at least a month.

so, I want you to enjoy this report and I hope to get some positive feedbacks from you soonest.

**A QUICK ONE.....Before we continue, what you need to know**

The journey to conceive isn't always as easy as some make it out to be. In fact, there has always been challenges in one way or the other. Anyone who has had difficulty conceiving can attest to this. whether you're suffering through physical pain from intensive IVF treatments or coping with feelings of hopelessness after facing another negative pregnancy test. The good part is that, there are many tools at your disposal to increase fertility and help you build the family you've always desired. Whether you're searching for ways to enhance your current fertility treatments or simply trying to discover the best natural fertility treatments available, there are many ways for women to optimize their lives when trying to conceive.

**Now, to the real task....sit comfortably and enjoy**

Firstly, Do you know there are activities you can engage yourself in at the comfort of your home that will help boost your chances of getting pregnant? If yo don't know, start reading now to explore what those activities are...

**The 4 Simple Activities that Will Help You Increase Your Fertilty**

- Exercise & Massage
- Hydrate
- Take Supplements
- De-stress

Increasing fertility is a more common problem than you might think—and it's a problem that isn't always accompanied by a medical diagnosis. "One in six women or couples experience infertility. 40% of infertility is attributed to women, 40% is to men, and the last 20% is 'unexplained,

There are many ways to increase fertility that simply involve tailoring your lifestyle to a healthier, happier way of life. It's no secret that eating healthy, staying active, and maintaining a positive attitude are the foundation of any fertility treatment.

### **1) Exercise & Massage**

Whether you're speaking to a medical professional or a naturopath, there's one thing that everyone can agree on: Circulation and increased blood supply are essential for increasing fertility. "Because we tend to have more sedentary lifestyles, our pelvis becomes very stagnate and that means there's not a lot of bloodflow going to our pelvic floor and our reproductive organs,"

So, in order to increase the flow of blood to these important regions..you need to get involved in certain forms of exercise. You do not necessarily need drugs or supplement here. Engaging yourself in the exercises I am going to talk about now alone is what you need to do this magic.

**It includes:**

- Instant Aerobic Exercises: Aerobic exercises are the type that involve your legs like running and walking. Some may prefer to use machines like treadmills.

The basic aerobic exercises you need are: skipping( if you can), jogging on a spot, climbing stairs (if you have one in your area). You can also carry out brisk walking, but might not just be effective as jogging and climbing stairs because these ones actually relax your tightened muscles and pelvic region.

- Yoga: Yoga is beloved by fertility experts because of its gentle yet enhancing effects on circulation, muscular strength, and flexibility. “Any type of movement within the yoga poses really help increase circulation to the pelvic floor and opens up the hips...Our muscles can become so tight that they start constricting blood vessels and nerves and they can't get enough oxygen to those tissues,”

Yoga involves stretching various part of the body. We have to remember that when we exercise, we incorporate a lot of stretching to the pelvis so that it doesn't get too tight,”

- Uterine Massage: increase circulation to your reproductive organs while relaxing tightened muscles

Technique involves massaging the reproduction organs in circular, clockwise motions—focusing on any areas where scar tissue might be. However, women with certain conditions should be wary of massaging too aggressively. “If you know you have ovarian cysts, you want to be very cautious when you go over that area when massaging because it can actually rupture the cyst.

## 2) Hydrate

Considering that water is one of the most essential components for life to begin, it may come as little surprise that staying hydrated is a natural fertility booster.

First and foremost, your body must be hydrated in order to perform at optimum levels—a goal that you should be striving for if you're trying to conceive.

Staying hydrated improves liver function, allowing it to filter out more harmful toxins from your system that might be hindering you from getting pregnant.

Hydration also prevents cervical mucus from becoming too viscous, allowing sperm to easily penetrate the cervix and reach the egg inside the uterus. Being dehydrated has also been associated with increased levels of fatigue and anger, both of which are detrimental to conception.

Most health professionals recommend drinking at least 8 glasses of water a day, which is about the equivalent of half a gallon.

### **Keep Yourself Hydrated By Taking These Two Types Of Water**

There are two types of water that you should be using to hydrate yourself on a daily basis.

They are:

- Pure water and
- Water from fruits like water melon, oranges and other watery fruits.

One of the best habits you can ever create for yourself is to pour down a full cup of water when you wake up in the morning.

This alone helps you to cleanse your body systematically and gets your system ready, energetic and effective.

And also make sure that you continue to take in more water as you go along during the day. It is that simple.

### **3) Take Supplements**

Though having a quality diet as a foundation to your fertility efforts is essential, taking fertility supplements can also increase your chances of becoming pregnant.

While many of the products advertised as natural fertility supplements can be counterproductive for conception (thus, the need to see your doctor or pharmacist before taking any drug/supplement...very important).

**However, there are some supplements that are safe to take when actively trying to conceive.**

- The B-complex vitamins—particularly the folic acids—seem to improve egg quality. These essential fertility vitamins have been prescribed for years to help lower the chance of birth defects, but studies also show that the supplement seems to help women who suffer from egg production complications.
- Evening Primrose oil - This is an oil rich in essential fatty acids polyunsaturated fats that are as essential as vitamins and minerals for the maintenance of good reproductive health. Evening primrose oil is used for conditions affecting women's health, such as breast pain associated with the menstrual cycle, menopausal symptoms and premenstrual syndrome (PMS) which are all linked to fertility in one way or the other.
- CoQ-10, also known as Ubiquinol, has shown recent promise for improving fertility. Studies reveal that this antioxidant eliminates free radicals that damage cells and alter DNA. For men, it has also

been shown to increase sperm motility. Though the evidence is still rolling in, CoQ-10 could make a great addition to your fertility supplement routine.

**P.S:** Before taking any fertility vitamins or supplements, you should consult with your doctor or pharmacist.

**4) De-Stress:** Going through infertility can be stressful, something that should be really natural and done in the privacy of your bedroom...Of course this is going to affect every part of you. While most cases of fertility are rooted in diagnosable medical problems, there's plentiful evidence that shows that **eliminating stress is a natural fertility booster.**

- Practice Meditation and Mindfulness

Destructive thought patterns are a leading cause of stress, and sometimes issues with infertility can inspire you to turn against yourself. "A lot of women become discouraged and they repeat these thought patterns like 'Why can't I get pregnant?' or 'I'm not good enough,' or 'Maybe my partner should be with someone else that can conceive,' or 'What's wrong with my body?'" .

Recently, many studies have been performed on the effects of meditation and mindfulness on the human mind and body. The majority of these studies have yielded promising results, finding that the practice increases self-compassion and reduces self-destructive thinking.

In today's chaotic world, **setting aside 15 minutes each day** to clear your mind may seem difficult, but taking this time to yourself is vital for improving your overall sense of wellbeing.

- Be Self-Loving

When you feel like your body has turned against you, it can be difficult to love it the way you should.

According to studies, many women suffer from depression and low self-esteem when experiencing infertility—particularly when the **causes of this fertility is unknown.**

Studies show that practicing mindfulness and meditation can help you defeat self-destructive thought patterns, but what are some other techniques for encouraging self-love in the face of these challenges? : **Write “I love and accept myself” on an index card every day for 21 days straight.**

It takes 21 days to create a habit and...you start off your fertility journey being positive, but you then start having doubts. If you can overlay that with some other practices, that keeps you connected with your focus.

- Create a Support System

Going through issues with infertility can be an isolating experience, particularly when you don't know anybody else who has had to cope with these issues.

While your friends and family can be helpful, they won't always be able to fully understand what you're going through. “You need to add a different kind of support system.

Even if no one in your circle is going through difficulties, there are many other ways to reach out and create a support system for yourself. See if your **local hospital or fertility treatment center offers a support group** for couples that are trying to conceive.

You can even find groups or information online that can offer remote support. Or you might even be lucky to get a fertility coach like the one you have access to now.

There is also an intuitive way that you can tap into your friends, family, and significant other, which is an easy, non-confrontation method for communicating exactly what you need.

**I will suggest taking an index card and writing down three things that you need from an important person in your life,** while also asking them to do the same. “It’s so powerful because you’re clearly asking for what you need to get through this life-altering journey.

- Take a Break

When you’re focused on building a family, trying to conceive can start to become the only thing you think about. However, putting this kind of stress on your body and your psyche can actually work against you.

However, **taking a break from this overthinking allows your body to come back to its own equilibrium** so you can start again at that restful high point mind, body, and soul.”

Having gone through the above, **here is a summary** of what you need to do:

- i. Drink a full cup of water when you wake up in the morning
- ii. Do any of the aerobic exercises for 10 minutes minimum, which can be jogging, skipping or climbing of staircase
- iii. Stretch the various part of your body (Yoga)
- iv. Massage your reproductive organs in a circular clockwise motions
- v. Practice meditation and mindfulness
- vi. Be self loving
- vii. Create a support system
- viii. Take a break from overthinking
- ix. You can also take any of the supplement listed above.

*Now, to another important aspect which is*

**Fertility Diets and Cleanses:** We will be considering 3 major fertility booster here;

- The Fertility Diet
- Fertility Foods
- Fertility Cleanses

Eating healthy is proven to be one of the best natural fertility boosters. In fact, many doctors believe that what a woman eats has a greater impact on her ability to conceive than her weight. “A lot of people focus on obesity and weight for fertility, which is important, but when you look at fertility rates, overweight people who are eating healthy don’t have a hard time getting pregnant.

### **The Fertility Diet**

Though there has always been an emphasis on healthy eating when it comes to fertility, certain nutrients play larger roles in priming the body for conception than others.

#### *The Ideal Fertilty Diet*

- Based on studies conducted by some reproductive team and many others. They recommend that women trying to conceive should follow a high protein, low carbohydrate diet. The fertility diet, as it has come to be known, is rooted in the idea of **lowering carbohydrates and boosting the intake of proteins and healthy fats.**

A research was carried out on some people who decreased their carbohydrate intake to less than 40% a day and increased their protein intake. “What we found was a **dramatic increase in the number of better quality eggs, better quality embryos, and more embryos available** for them to be able to transfer back to their uterus.

They conceived at a four-time increase than they did initially,” he said. This study, along with others that produced similar results, inspired most reproductive expert in prescribing this diet to their patients across the board.

Therefore, I recommend that women hoping to become pregnant drop their carbohydrate intake to less than 40% a day and increase their protein intake between 40-50% a day.

### **Summary**

- i. Change the time table of what you eat daily
- ii. Eat proteinous food like two times a day
- iii. If you need to take carbohydrates at all, let it be in small amounts.  
For example yo can do a cup of rice and two cups of beans. This is one of the secrets some of my clients that testified used.

### **Fertility Foods**

Many women suffering from infertility have been faced with the challenges of which food to eat that will increase their chance of conceiving. Science is just starting to explore the effects that diet has on fertility and it seems to be substantial.

Like I will always say, if you want to increase your fertility, eat the right food. It is the easiest way to increase fertility. However, some foods are better than others.

Here you'll find some of the best fertility foods you can eat when trying to conceive. While none of these will magically wipe away physical ailments, they do contain many healthy properties that promote egg health, ovulation, and overall health.

These days, our normal diet consists a lot of **canned and industrialized foods** that explains why a lot of women out there are losing their fertility to this simple thing easily.

### **Talking about fruits.**

Whenever fruits are mentioned, a lot of people quickly start to ask if they can take the fruit juices that are being sold. I mean stuffs like Five Alive, Chivita, e.t.c

It is of the fact that these products **contain a lot of chemicals** including sugar that is not good for your reproductive health.

*The naturally preferred fruits you can take but not limited to these are:*

- Oranges
- Avocado
- Pears
- Water melon
- Apples
- Pineapples
- Grapes e.t.c

You have probably heard this saying that "an apple a day keeps the doctor away".

Now, you can be sure of why they say that.

**Green vegetables and fruits:** Ask the average Nigerian to eat some green salad and she will say she is not an animal.

Of course, she is not an animal because animals are far stronger than her because they feed mainly on these organic vegetables.

- Avocado

Avocados have been a popular food in recent years for a reason. These nutrient powerhouses are high in folate, potassium, and monounsaturated fats—all essential nutrients for women trying to conceive.

- Greek Yogurt

High in protein and healthy fats, Greek yogurt is a health superfood—even for those trying to get pregnant. Greek yogurt boasts a number of beneficial nutrients, including calcium, zinc, vitamin B, and probiotics.

- Eggs

Considering that protein is a huge part of the fertility diet, it should come as little surprise that eggs would be considered a natural fertility booster. Despite the fact that it has cholesterol, eggs are now known for being one of nature's superfoods.

They not only provide large quantities of protein, but also contain ample amounts of essential nutrients like iron, selenium, magnesium, vitamin B, zinc, and many other elements. This nutrient-dense food is a great addition to any diet, but especially for those who are trying to get pregnant.

- Asparagus

Commonly used as a fertility food in India, this nutrient-rich veggie should regularly be on your menu if you're trying to conceive. Not only do they stimulate the immune system and act as anti-inflammatories, but they also have been thought to increase circulation—an important factor for healthy reproductive organs.

Regularly eating asparagus also increases activity in the kidneys, causing higher rates of urine production that flushes toxins out of your system—leaving you with a healthy, clean system that's primed for baby-making!

- Wild-Caught Alaskan Salmon

Alaskan Salmon has been long-known as a health food, but its high levels of protein and dense levels of omega-3 fatty acids helps make it a fertility food. Omega-3 fatty acids are chock full of vitamin D, help create the building blocks of a healthy fetus, and are even speculated to **help regulate reproductive hormones.**

Though there are a number of farmed salmon options at the grocery store, opting for wild caught is ideal, since farmed salmon can have a higher chance of carrying disease. Fish in general can be a fantastic source of lean protein, though raw or deep water fish that may contain high levels of mercury should be avoided.

- Walnuts

Nuts are regularly praised as a healthy snack, particularly with adhering to the fertility diet. Walnuts not only contain a substantial amount of healthy fats, but are also high in Vitamin E—a nutrient with antioxidant properties that may also improve the thickness of uterine lining in women.

Walnuts are also high in omega-3 fatty acids compared to many other nuts. Eating nuts in general has shown some signs of combating ovulatory issues associated with infertility.

For men, studies have also shown that eating walnuts can increase sperm count and vitality, making it a well-rounded fertility food for couples that are trying to build their families.

### **Summary**

- i. Try as much as possible to avoid canned juices, in fact if you are trying to have a baby, avoid it totally for that period of time.
- ii. Make it a habit to take at least two to three fruits per day
- iii. Also, make green vegetables your friend. Eat as much of them as you can per day

### **Fertility Cleanses**

Fertility cleansing has begun to rise in popularity in recent years as a natural fertility treatment. Using special herbs, these cleanses are regularly administered by naturopaths and offered online as fertility cleansing kits.

Their purpose? Flush out the heavy metals, toxins, and inflammation that have accumulated in the body—factors that may lead to infertility.

“These toxins are basically just sitting in our fat cells where they can be released very easily when we detoxify,”.

This usually involves administering a two-fold cleanse that focuses on cleaning the liver and uterus. The fertility cleanse also consists of orally administering specific herbs that detoxify the body and promote healthy physical function, leaving women and men with a healthy, happy body that is prepared for conception.

### *Why cleanse?*

For women who are struggling with infertility, cleansing can be important for ensuring that their bodily systems are completely ready to conceive. “After we detoxify, we get pregnant faster because of egg quality and the environment of our womb is much healthier for conception. This is especially important to consider for **patients whose infertility causes are unknown.**

Fertility cleansing not only gives women the perfect “blank slate” for conceiving, but can also **improve the quality of her pregnancy in general.**

We need to make sure that our eggs and our sperm are the best quality possible before conception takes place, because if you’re conceiving with eggs that are poor quality, you’re increasing the risks of miscarriage, childhood leukemia.

There are different fertility cleanse kits offered in online natural foods stores- many of the constituents of these fertility cleanse kits are questionable.

### *So what makes a quality fertility cleanse stand apart from these online kits?*

Our methods **take into consideration the individuality of the person.** We look at what is going on in that person's body, because even one fertility diet for one person is not the same as it's going to be for the next person.

We can put out information about what components have benefits for fertility and that may be true for the masses, but it's important that you

always discuss this with a practitioner because it may not be right for you.

Many women also use these cleansing kits while actively trying to conceive, possibly consuming herbs that are contraindicated to pregnancy.

## **CLEANSING HERBS**

Let me end this report by telling you what I think about supplements and drugs and how they can either help or harm you.

*The first thing you need to know is that out of every 100 fertility enhancement drug out there, 70% of them are fake and you are probably going to lose your health and money trying to find the effective 30% all by yourself.*

### **Cleansing majorly involve the Liver and Uterus**

There are certain cleansing herbs that are generally selected to detoxify the liver and uterus.

**For the liver-** milk thistle in tandem with the nutritious dandelion root for digestion and licorice root to support the hormonal system.

Ginger is a great amplifier for any of these herbs, boosting their effects.

**For cleansing the uterus-** Dong Quai which increases circulation to the reproductive organs and is iron-rich. It also helps relax uterine muscles, which is great for women who had recent miscarriages. Another favorite herb for this stage of the cleanse is white peony, which balances hormones, reduces pain, induces relaxation, and helps reduce pelvic blood stagnation.

- Cleansing Tips

When it comes to fertility cleansing, timing is everything. The two-fold fertility cleansing method takes place over the course of three months, following the cycle of the eggs.

The first part of the cleanse which has to do with the liver is done from the day after your menstrual cycle ends to the point of ovulation.

The Uterine cleansing is done in the last half of the cycle (during the luteal phase).

Beginning the cleansing process three months to a year before you will start actively trying to conceive is considered best practice for increasing your chances of conception.

### ***How do you take the herbs.***

All of the herbs should be taken orally. Many of the herbs are provided in supplement or tincture form, but some can also be consumed as teas, which tend to be much gentler on the system.

Note- A combination of fertility massage, various de-stressing techniques, a healthy diet and herbs help women create a healthy environment that's ideal for conceiving and birthing a new child into the world. These combination is a Boom. Try it today and give your testimony too.

When you're struggling with infertility, your odds of conceiving may sometimes seem hopeless. Luckily, there are a number of natural fertility treatments that can be used in conjunction with traditional medical approaches. From keeping your stress levels low to following healthy fertility diets.

- If you're reading this, you might be one of the thousands of couples feeling frustrated and tired of the heartbreak that comes with infertility.

- The pain and struggle is real. It impacts your entire life, your relationship, your emotions, your stress levels, and your health.
- If you've noticed your eating habits have changed after months of not getting pregnant, you're not alone.
- To deal with the pain, do you ever find yourself turning to food that makes you feel good, like bread, chips, chocolate, sugar, or fried foods? Perhaps you turn to these foods, or even wine, after a stressful visit at the fertility clinic, or when a negative pregnancy test stares at you in the face. Not only has infertility taken control over your life, food has even taken over as well.
- If this is you... It's time for a major change! It's time to feel empowered by doing something you never thought you could do.
- If there's one thing that you can start doing right now to get your power back, it's taking control of your diet with a fertility cleanse. It's one of the most important steps you can take to optimize conception and transform your reproductive health. Having worked with many women, just like you, I've witnessed how incredibly liberating it is when you're able to break free from addictive foods, gain control, and reach new nutritional heights you never knew existed, all while supporting your body in preparation for your baby!

A fertility cleanse can help:

- balance hormones
- regulate blood sugar
- reduce inflammation
- improve egg health
- boost blood flow to the reproductive organs

- relieve symptoms and manage conditions that impact fertility such as endometriosis, and hypothyroidism
- create a healthy internal environment preconception

Not only that...

- You'll be providing your body with an abundance of essential nutrients, vitamins, antioxidants, and beneficial bacteria that improve your immune system, digestive system and overall health
- Your periods will be more manageable with less pain, lighter flow, and you'll notice a reduction in PMS symptoms
- Your libido will get a nice healthy boost
- Your skin will start to clear up and you'll get that "healthy glow"
- You'll sleep like a baby
- Your mood will improve and you'll feel noticeably more energetic
- You'll feel calm, centered and focused
- Your cravings will start to disappear (yes, It's that real!)
- You'll generate momentum to continue nourishing your body daily, and give your future baby a better chance at a healthy start to life

### **Can this work for me?**

Fertility cleansing can provide numerous benefits for women who are trying to conceive and is an essential step to optimize fertility health.

That being said, some women may see an immediate shift in their cycles, and some may experience less noticeable, more subtle changes.

We are all biochemically unique, with different diets, hormonal imbalances, and health conditions prior to starting the program. Some couples may conceive directly after completing the cleanse and for some, it will take longer.

By completing the cleanse, you will still be nourishing and supporting the body's natural ability to re-balance, and build a solid, healthy foundation for yourself and the health of your baby

### **Can my husband do the cleanse as well?**

Absolutely! In fact, by having your husband participate, you're more likely to succeed in completing the cleanse. Cleansing also has fantastic benefits for male reproductive and sperm health

However, I will be drawing the curtain now by reminding you that you should get in touch with the Pharmacist (that's me anyways).

I have arranged a **free consultation** for you.

My name again is Pharmacist Adetunji John

Send me an email to .....**adetunji501@gmail.com**

I will also be able to identify and professionally recommend suitable drugs and supplements that will be okay for your body type and situation.

I hope this short report has helped you...

Please do not take any of the things in this report as a joke. These are simple things that some people pay Doctors huge amount of money just to learn.

You have heard them, but the question is will you do them?

Thanks for reading....

