

THE REAL TRUTH ABOUT INFERTILITY AND FERTILITY CLEANSING

The Hidden Truth About Infertility: And How You
Can Comfortably Deal With It

By Teejayworld Publications

<https://teejayworld.com/the-fertility-cleansing-routine-2/>

INTRODUCTION

I must congratulate you for making it here, reason is because we are going to expose you to the right information you need at this trying now. And I bet with you, no doctor can give you this information that is if he/she knows all I am about to reveal to you. Even if he does, you know how much you will be getting the information. Of course you can't get it for N10,000. Please

sit down comfortably with a cup of fresh juice, reason is because your aim of having a baby has come to stay now.

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? Reason is, 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 has been found to accumulate toxins from chemicals in the air, earth, water, and from substances we consume daily or put on our skin. Many of these toxins get stored in the fat tissues of the body and can be removed more quickly through cleansing.

You should understand that even a low level of toxin exposure is a major cause of fertility problems that has been found to hinder many from birthing their baby.

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.**

Therefore, infertility can be defined as not being able to get pregnant (conceive) after one year of unprotected sex or even six months as the case may be. Women who do not have regular menstrual cycles, or are older than 35 years

and have not conceived during a 6-month period of trying, should consider making an appointment with a reproductive expert - **an infertility specialist**. These experts may also be able to help women with recurrent pregnancy loss or more spontaneous miscarriages.

Infertility diagnosis can be annoying. With 1 in 6 couples now being diagnosed with infertility, there is no doubt the time to work to change how we educate and manage fertility health is Now.

Couples who are given an infertility diagnosis have usually gone through extensive fertility testing. **What couples may not know is that there are often natural options to help correct many fertility problems without exposure to the unwanted and side effects of most drugs.**

We have several articles dedicated to aiding couples who have been diagnosed with infertility. We are dedicated to providing information on natural options for healing and restoring healthy fertility. You will have access to some of this article during the consultation process if your case needs such.

Quickly note these two types of infertility

Primary infertility is defined as a couple that has not been able to conceive after trying for a year or more of unprotected intercourse.

Secondary infertility is defined as couples who have had children previously, but are unable to achieve another pregnancy.

Let us look at some **major causes** of infertility.

- **Ovulation Disorder**

There are a variety of reasons a woman may have no ovulation or irregular ovulation cycles. Hormonal balance is the number one reason women have ovulation disorder.

There are many factors which play a role in regulating the menstrual cycle. When the delicate communication between the pituitary gland, the ovaries and the follicles does not work properly, ovulation does not occur.

Here are some reasons why hormonal imbalance may occur, causing ovulation disorder:

Poor	egg	health
Problems with one or more of the	endocrine	glands
Poor		nutrition
Stress		
Poor	lifestyle	choices

Low	Body	Weight
Obesity		
Long-term use of fertility medications containing hormones, for example birth control pills and even the common postinor		
		2
Genetic predisposition, very important		

To get pregnant -

A woman's body must release an egg from one of her ovaries (**ovulation**).

A man's sperm must join with the egg along the way (**fertilize**).

The fertilized egg must go through a fallopian tube toward the uterus (**womb**).

The fertilized egg must attach to the inside of the uterus (**implantation**).

NOTE: Infertility may result from a problem with any or several of these steps.

Women need functioning ovaries, fallopian tubes, and a uterus to get pregnant. Conditions affecting any one of these organs can contribute to female infertility. Some of these conditions are listed below and can be evaluated using a number of different tests.

- **Ovarian function (presence or absence of ovulation and effects of ovarian age)**

Ovulation. Regular predictable periods that occur every 24–32 days likely reflect ovulation. Ovulation can be predicted by using an ovulation predictor kit and can be confirmed by a blood test to see the woman's progesterone level. A woman's menstrual cycle is, on average, 28 days long. Day 1 is defined as the first day of "full flow." menses

A woman with irregular periods is likely not ovulating. This may be because of several conditions. Potential causes of anovulation (not ovulating) include the following:

Polycystic Ovarian Syndrome (PCOS) - PCOS is a hormone imbalance problem that can interfere with normal ovulation. PCOS is the **most common cause** of female infertility.

Functional hypothalamic amenorrhea (FHA) - FHA relates to excessive physical or emotional stress that results in amenorrhea (absent periods).

Diminished ovarian reserve (DOR) - This occurs when the ability of the ovary to produce eggs is reduced because of congenital, medical, surgical, or unexplained causes. Ovarian reserves naturally decline with age.

Premature ovarian insufficiency (POI) - POI occurs when a woman's ovaries fail before she is 40 years of age. It is similar to premature (early) menopause.

Menopause - Menopause is an age-appropriate decline in ovarian function that usually occurs around age 50. It is often associated with hot-flashes and irregular periods.

- **Tubal patency (fallopian tubes open, blocked, or swollen)**

Tubal Patency (whether fallopian tubes are open, blocked, or swollen).

Risk factors for blocked fallopian tubes (tubal occlusion) can include a history of pelvic infection, history of ruptured appendicitis, history of gonorrhea or chlamydia, known endometriosis or a history of abdominal surgery.

Tubal evaluation may be performed using an X-ray which is called a hysterosalpingogram (HSG), or by chromopertubation (CP) in the operating room at time of laparoscopy, a surgical procedure in which a small incision is made and a viewing tube called a laparoscope is inserted.

Hysterosalpingogram (HSG) is an X-ray of the uterus and fallopian tubes. A radiologist injects dye into the uterus through the cervix and simultaneously takes X-ray pictures to see if the dye moves freely through fallopian tubes. This helps evaluate tubal caliber (diameter) and patency.

- **Uterine contour (physical characteristics of the uterus)**

Depending on a woman's symptoms, the uterus may be evaluated by transvaginal ultrasound to look for fibroids or other anatomic abnormalities.

What things increase a woman's risk of infertility?

Female fertility is known to decline with **age**. Many women are waiting until their 30s and 40s to have children. In fact, about 20% of women in the United States now have their first child after age 35, although this is less common in Nigeria, and this leads to age becoming a growing cause of fertility problems.

About one-third of couples in which the woman is older than 35 years have fertility problems. Aging not only decreases a woman's chances of having a baby but also increases her chances of miscarriage and of having a child with a genetic abnormality. Aging decreases a woman's chances of having a baby in the following ways...

- Her ovaries become less able to release eggs.

- She has a smaller number of eggs left.

- Her eggs are not as healthy.

- She is more likely to have health conditions that can cause fertility problems.

- She is more likely to have a miscarriage.

My point here is start trying to conceive early.

Smoking

Excessive alcohol use.

Extreme weight gain or loss.

Excessive physical or emotional stress that results in amenorrhea (absent periods).

Some health problems also increase the risk of infertility. So, women should deal with them as soon as possible.

They include

- Irregular periods or no menstrual periods.
- Very painful periods.
- Endometriosis
- Pelvic inflammatory disease
- More than one miscarriage.

Some common medicines used to treat infertility in women include -

Clomiphene citrate (Clomid®) is a medicine that causes ovulation by acting on the pituitary gland. It is often used in women who have (PCOS) or other problems with ovulation. This medicine is taken by mouth.

Human menopausal gonadotropin or hMG (Repronex®; Pergonal®) are medicines often used for

women who don't ovulate because of problems with their pituitary gland-hMG acts directly on the ovaries to stimulate ovulation. It is an injected medicine.

Follicle-stimulating hormone or FSH (Gonal-F®; Follistim®) are medicines that work much like hMG. It causes the ovaries to begin the process of ovulation. These medicines are usually injected.

Gonadotropin-releasing hormone (Gn-RH) analog are medicines often used for women who don't ovulate regularly each month. Women who ovulate before the egg is ready can also use these medicines. Gn-RH analogs act on the pituitary gland to change when the body ovulates. These medicines are usually injected or given with a nasal spray.

Metformin (Glucophage®) is a medicine doctors use for women who have insulin resistance and/or PCOS. This drug helps lower the high levels of male hormones in women with these conditions. This helps the body to ovulate. Sometimes clomiphene citrate or FSH is combined with metformin. This medicine is usually taken by mouth.

Bromocriptine (Parlodel®) is a medicine used for women with ovulation problems because of high levels of prolactin. Prolactin is a hormone that causes milk production.

You can be sure how pretty expensive those drugs would be. But how will you feel if you can get a natural remedy to those problems..

Let's continue...

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- **Symptoms of Infertility**

The main symptom of infertility is failure to conceive after a year of unprotected sex. This is the point at which most doctors recommend seeking fertility care. For women over age 35 who did not conceive after 6 months of trying or who have irregular menstrual cycles, seeing a fertility doctor as soon as possible is recommended. Male infertility is just as common as female infertility, so it's important that both partners be evaluated.

- **Male Infertility**

Male factors are responsible in about 40% of infertile couples. Male factors can include low sperm count, abnormal sperm appearance, blocked sperm ducts, or

Tracking Ovulation

- **Low Sperm Count**

Doctors have found that 20 million sperm per mL or more is a healthy sperm count. Anything less than that is determined low sperm count.

Low sperm count may be due some or a combination of the following reasons:

- Poor lifestyle choices; smoking, drinking alcohol, poor diet, stress, environmental pollution, tight clothing.
- Antisperm antibodies
- Genetic predisposition
- Damage to the reproductive organs
- Illness, for example cancer treated with chemotherapy

- **Poor Sperm Health**

This includes sperm motility (movement of the sperm, tail whip) and morphology (shape/proper formation of the sperm and DNA). 25% of infertility cases are due to poor sperm health. The causes of poor sperm health are often the same as those for low sperm count, though not all men with low sperm count will also have poor sperm health and vice versa.

Bad timing can contribute to a failure to conceive.

Over-the-counter ovulation tests can help you figure out the time of ovulation (egg release) and determine the best time for sex. The tests measure levels of a hormone that increases 12 to 36 hours before ovulation. If the test results are unclear or consistently negative, consult experts like us. About one-third of all cases of infertility are related to irregular ovulation.

- **Surgery for Blocked Fallopian Tubes**

Blockage or scarring of the Fallopian tubes prevents pregnancy in some women. This may be due to endometriosis (overgrowth of uterine lining tissue outside the uterus), previous surgeries, or damage as a result of previous pelvic infections. Laparoscopic surgery can remove scar tissue in some women, increasing their chances for pregnancy.

- Blocked Fallopian Tubes

The fallopian tubes are the pathways in which the ova travel from the ovaries down into the uterus, and if there is a blockage in these tubes it can prevent this from occurring.

The main cause of blocked fallopian tubes:

- Pelvic Inflammatory Disease (PID), often from STD's
- Endometriosis
- Uterine fibroid
- Ectopic Pregnancy

25% of infertility cases are due to blocked fallopian tubes.

- Endometriosis

Endometriosis is when excess endometrium lining of the uterus that normally grows in preparation for the implanting of the egg begins, does not completely shed during menstruation. It then begins to attach to other places of the body besides the uterus. When menses comes not only does the lining in the uterus bleed

the endometriosis that has grown in other places of the body also bleeds.

35-50% of infertility cases in women are due to endometriosis. This is two to three times the rate of infertility in the general population.

- **In Vitro Fertilization (IVF)**

IVF combines the egg and sperm in a laboratory, and can be an option when other treatments have failed. Embryos created in the lab are placed inside the uterus. IVF involves hormone injections and a surgical procedure to retrieve eggs from the female partner, and it can be costly. However, success rates are improving. Pregnancy rates per cycle range from 10% in women aged 43 to 44 to 46% in women under 35. Several cycles of treatment may be necessary.

- **Polycystic ovary syndrome (PCOS)**

This syndrome is attributed to hormonal balance in the female body. The hormone imbalance may cause menstrual cycle irregularities, weight gain, insulin resistance, skin problems, small cysts in the ovaries, and hirsutism (excessive body hair/thinning head hair). Not all women who are diagnosed with PCOS have all of the symptoms or may only have a couple. PCOS is not very well understood and because each woman

varies in her symptoms it can be difficult to properly diagnose and treat. PCOS is a very common condition, affecting 4-18% of reproductive age women.

- Poor Egg Health

There are many factors that may impact the health of the ovaries and eggs including environmental factors, hormones in the diet, stress, lifestyle choices and aging.

Important note: Poor ovarian reserve (low follicle count) with poor egg health before the age of 40 may be a sign of Premature Ovarian Failure (POF). This is something you will want to talk to your doctor about, including testing options to rule this out.

Poor egg health may be due some or a combination of the following reasons:

- Poor lifestyle choices; smoking, drinking alcohol, poor diet, stress, environmental pollution and sedentary lifestyle (poor circulation).

- Hormonal balance

- Genetic predisposition

- Damage to the reproductive organs

- Illness, for example cancer treated with chemotherapy

- Auto-immune disorder

- Age plays a role

- Unexplained Infertility

Of all the the couples diagnosed with infertility, **15% are diagnosed with unexplained infertility.** This means the doctors cannot find a reason why pregnancy is not occurring. Both partners have done all the tests and nothing comes back as a definitive cause of infertility. While it may feel good to know you don't have a specific problem, it can be confusing on what to do next. This is where natural therapies can be very effective. The focus with natural therapies is geared toward bringing the body back into balance. If after reading through this you're still unsure where to start, you will get to know what to do at the end of this article.

Boost Fertility With Natural Methods

A few lifestyle changes can increase your chance of a healthy pregnancy, no matter where you are in the treatment process. Both partners, if smokers, should quit. Smoking reduces fertility and is known to reduce pregnancy rates. A study of sperm counts showed dramatic increases in men who stopped smoking. Eat a nutritious diet, and ask your fertility expert which dietary supplements are good for your body type.

PREPARE FOR CONCEPTION WITH A FERTILITY CLEANSE...CREATE AN HEALTHY INTERNAL ENVIRONMENT PRECONCEPTION

Probably you have heard about cleansing from one place or another, cleansing has been around for thousands of years, used by the Japanese, Egyptians and Native Americans. Cleansing has been used as a natural way to keep the body healthy and may be one of the most beneficial things to do before you get pregnant.

- **Fertility Cleansing**

The time while you are preparing for conception is one of the most important times to create a healthy body in preparation for pregnancy. It is also the best time to do a fertility cleanse. Fertility cleansing is a way to support the body in preparation for conception by cleansing the uterus and liver. A fertility cleanse encourages the liver to cleanse the body of toxins and excess hormones. It also supports the uterus to cleanse itself of old stagnant blood and increases circulation to the uterus while tonifying the uterine tissues.

Note: Do not cleanse during pregnancy or breastfeeding. You do not want to expose your baby to your body's toxins as they

circulate in your blood on the way out.

Many of these toxins get stored in the fat tissues of the body and can be released quicker through cleansing. Some of these toxins may be due to:

Hormonal birth control

Cigarette smoke

Pesticides

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 not good for fertility.

A fertility cleanse focuses on three major areas that can help the body to prepare for conception.

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.

Increasing Circulation to the Uterus
In order for the uterus to function at its best, it requires proper circulation. With proper circulation, the communication loop between the uterus and ovaries, with the rest of the endocrine system, is able to function smoothly. This is necessary for proper hormonal balance and all of the functions dependent on it such as ovulation, menstruation, and hormone production. Herbs may be beneficial in helping to increase the circulation to the uterus, as well as exercise and massage.

- **Who Also Need To Cleanse?**

Do you experience PMS (post menopausal symptoms)?

Do you experience unexplained fatigue?

Do you feel congested?

Do you have dark circles under your eyes?

Have you been on birth control?

Do you have acne?

Do you have less than 1 bowel movement a day?

Do you have liver spots or itchy skin?

Do you eat conventional meats and dairy?

Are you experiencing hormonal imbalance?

Do you experience frequent colds and flu?

Here are **common misconceptions** about what natural fertility and preconception care really is.

Natural preconception methods are just healthy eating and healthy lifestyle tips

This is a common misconception that you may even hear from a fertility clinic doctor who is not well versed in natural fertility or preconception care. Part of the problem with this misconception is that the word ‘healthy’ means different things to different people.

Moreover eating to restore fertility is not quite the same as eating for weight loss, athletic performance or energy.

The diet and lifestyle for optimal fertility is a specific approach.

What’s more, different fertility conditions have differing dietary and nutritional needs. Many couples who got our fertility coaching report are very health conscious people who exercise regularly and eat carefully.

Panic about age and declining fertility

We regularly read in the media statistics that women’s fertility falls after 35.

The truth is you probably have more time than you think.

Most statistics on age and fertility are based on IVF patients and not natural conception rates in the general population. Furthermore, much of the ‘age-related’ infertility in women pre-menopause is due to poor egg and cellular health which can often be addressed naturally.

Many of our clients have had babies in their early to mid 40’s after being told they had virtually no chance. Realise that the time you take to prepare your body properly will nearly always be time well spent in terms of improved egg, sperm and cellular health. Even if it means postponing your planned IVF cycle

My Doctor Didn’t Tell Me About These Natural and Environmental Factors. How Come?’

Well, because most western doctors are not trained in natural medicine or nutrition.

As such, your doctor simply has a different mindset. A conventional western doctor will study surgery in detail, but will have about four hours of nutrition training.

A natural doctor will not study surgery but will typically undergo four years of nutrition training. Your reproductive endocrinologist is a specialist in egg retrieval, embryo freezing,

implantation and other assisted reproductive technology methods.

Alternative fertility methods are simply a different perspective of thought and your doctor, despite their best intentions, is probably not sufficiently versed in this area to have a well informed opinion.

NOW, how can you maximise all these information you have heard and learnt to your benefit???

You may be wondering what type of infertility conditions can (and can't) this natural approach help with.

First of all,

- if you've got severely blocked fallopian tubes or
- if you are missing the fallopian tubes,
- if you had an ectopic pregnancy
- if you had a really big cyst and you had to have your tubes removed,

then you will not be able to get pregnant naturally.

The Fertility Cleansing Routine Plan would not be able to help you except if miracles happen.

Also,

- if a man is missing vas deferens, which means he cannot ejaculate the semen because he's missing the tubes through which semen has to pass through.

In those scenarios, your best option may be IVF

HERE IS THE GOOD NEWS

However, our natural approach has been successful in **helping couples overcome many forms of infertility** as outlined in our many client success stories and documented case studies.

The infertility-related conditions couples have overcome and gone on to have healthy babies after using our programs and services (especially the 23 paged fertility cleansing plan include:

- PCOS (Polycystic Ovarian Syndrome)
- Ovulatory Infertility
- Hypothyroidism (clinical and subclinical)
- Age-related Poor Egg Quality

- Advanced Age or Late Pregnancy Concerns (late 30's to mid 40's)
- FSH-related Infertility (hormonal imbalance)
- Poor Ovarian Function
- Fibroids and Polyps
- Endometriosis
- LPD (Luteal Phase Defect)
- Sperm Deficiencies / Abnormalities / Low Sperm Count
- Low Progesterone/Recurrent Miscarriages

Also,

- Weight-related Infertility
- Mild Scarring or Mildly Blocked Fallopian Tubes
- Antibodies or Immunity Problems
- Unexplained Infertility.

Yes!

So, if you are a male or female and your condition is listed in the above causes of infertility. Then, I must congratulate you because you are about giving birth to that child of your dream just as many of our couple clients with the same causes did.

So, how do I go about it...

I must confess to you, you only need our 23 paged fertility cleansing report that has been helping hundreds of couples to conceive.

In fact, this article you are reading is much more in terms of the pages. But the 23 paged fertility cleansing report, although not much, has been carefully designed by experts to guide you on how you can effectively carry out the cleansing on your own.

In fact, this 23 paged report is what does the magic.

So, if I want to get this 23 paged report now, how do I get it.

Please note: This 23 paged report is not a must for everybody. It is specifically designed for those that are ready to birth their baby now. It is only meant for people that can invest a token to save their marriage. So, I am not forcing anybody to get it. You can decide to back out after going through this free article.

I stopped forcing people to do things long time ago. Reason is because they still come back to get the 23 paged report after procrastinating for a while. What I do now is just to shake my head, because they are only shifting the time they have left to conceive forward.

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

So, if you part of the few people that will take the decision now. All you need to do is very simple. Just get a good browser, type in the link address below or just click on it and follow the instruction below to get your copy now.

Get your copy of the 23-paged report here =>

<https://teejayworld.com/the-fertility-cleansing-routine-2/>

Regards,

Your fertility coach.

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