

Jumpstart Fertility Guide Detox



4 Tools to Jumpstart Your Fertility

Welcome to the Jumpstart Your Fertility Detox - easy guide. In this guide you'll find 4 easy ways to start detoxifying your body and hopefully resetting your fertility!

Are you interested in the full RESET Fertility Detox Program?

During the RESET Fertility Detox you will learn about effective and safe ways to "detoxify" your body to prepare for pregnancy. Just hearing the words "cleanse" or "detox" can ignite thoughts of starvation, mega weight loss, or low energy. We are here to show you how to cleanse in a healthy and supportive way that does not involve juicing or fasting. During this Fertility Reset Detox you will be nourishing your body with real, whole foods, and giving the body all the nutrients it needs to effectively balance your hormones and filter out toxins.

**<<CLICK HERE FOR MORE INFORMATION
ABOUT THE FULL RESET DETOX PROGRAM >>**

Dr. Marc Sklar

The Fertility Expert

For more than 15 years, The Fertility Expert, Dr. Marc Sklar, has been helping couples struggling to conceive and have healthy babies.

In addition to his Doctor of Acupuncture and Oriental Medicine, Dr. Sklar trained at the Harvard Medical School, Mind/Body Medical Institute. He is the creator of MarcSklar.com and ReproductiveWellness.com, the co-author of Secret to Conception and a Fellow of the American Board of Oriental Reproductive Medicine and Medical Advisor for Natural Health International.

Dr. Sklar lives in San Diego, with his wife and two sons. If you're ready to start a family, The Fertility Expert can help! He can help you get pregnant, wherever you are through his online consultations and programs.

Amy Krasner

Holistic Nutritionist and Natural food Chef.

Amy's journey in the nutrition field began in 2011 when she started experiencing chronic health issues. A combination of digestive issues, low energy, anxiety, and difficulty losing weight led her to seek out nutritional support.

After receiving her Natural Chef Certification from Bauman College a Holistic Health Coaching certification from the Institute for Integrative Nutrition, Amy went on to get her Clinical Nutritionist certification at The Natural Healing Institute.

As a holistic nutritionist, Amy addresses all of the elements that influence health, including but not limited to: stress, sleep, physical activity, digestive issues, food sensitivities, weight loss, and decreased energy. She believes that health is not only about the food that we eat, but the way we move, the thoughts we think, and our relationships with others.

Amy has been part of the Reproductive Wellness team since 2013, supporting women with their fertility and health goals.

WHO ARE WE?



Food toxins are mostly found in processed foods. When it comes to detoxing we want to give the body a break from processed foods and add in nourishing foods to support your health. A great place to start is to clear out food products in your pantry that contain artificial/ toxic ingredients.

Some ingredients to look out for are:

Cane sugar
White flour
Enriched white flour
Artificial sweeteners: Splenda,
Equal, Aspartame, Sweet N'Low
Soy protein isolate
Whey protein isolate

High Fructose Corn Syrup (HFCS)
Artificial colors: blues, reds, yellows and
greens that you find in yogurt and cereals
Processed oils: canola oil, sunflower oil, safflower oil, vegetable oil
MSG
Nitrates and nitrites: commonly found in processed meats

STEP #1 : Clear out your pantry



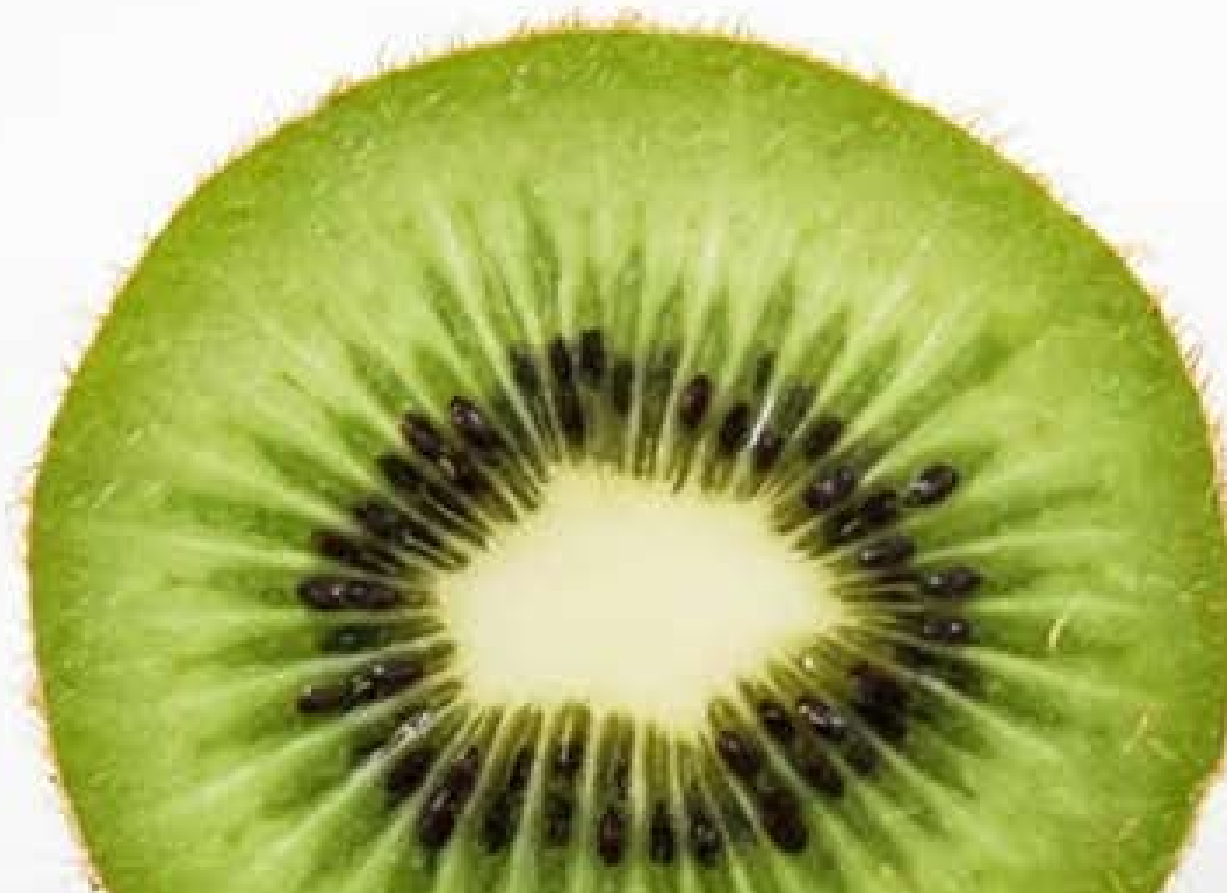
Foods that are not certified organic contain chemicals and pesticides that are not supportive for detoxification or fertility. Pesticides and chemicals have been linked to birth defects, nerve damage, and cancer. We know that it might not be possible for you to buy Organic versions of every food item, that is why we have some guidelines on what to focus on!

Start with..

Your animal products- whenever you are buying chicken, eggs, meat, pork, or any dairy products (milk, cheese, cream etc.) make sure to buy organic.

Look at the various different types of produce. Fortunately the Environmental Working Group (EWG) has put together a helpful guide called the Clean Fifteen and Dirty Dozen list. The items found on the Dirty Dozen list have been tested as containing the highest amounts of chemicals and pesticides. Therefore you it's best to buy the Organic version of fruits and vegetables on the Dirty Dozen list

STEP #2 : Start To look for Organic whenever possible



The crazy thing about this whole Organic vs. Non-Organic conversation is that just a few decades ago we didn't even need to label anything Organic because fruits and vegetables were naturally grown without pesticides and chemicals on them.

Strawberries

Apples

Nectarines

Peaches

Celery

Grapes

Cherries

Spinach

Tomatoes

Bell Peppers

Cherry tomatoes

Cucumbers

Dirty Dozen

Clean Fifteen

Avocados

Sweet Corn

Pineapples

Cabbage

Sweet peas frozen

Onions

Asparagus

Mangos

Papayas

Kiwi

Eggplant

Honeydew Melon

Grapefruit

Cantaloupe

Hydration is very important when it comes to detoxification. Water helps to deliver vitamins and minerals to your cells and it helps to remove toxic waste from your cells. We need good hydrated to get rid of toxins from the body. Our recommended water intake is to drink half of your body weight in ounces. For example, if you weigh 140lbs, you would want to drink 70oz of water per day.

Some ideas for your Water:

Lemon

(to add flavor to sautés,
in water or tea)
alkalinizing, anti-oxidant/ anti-cancer properties.
Helps with liver detoxification

Ginger

(fresh ginger root- add to sautes and beverages)
Anti-inflammatory, specifically for digestive distress and joint pain. Reduces nausea/ vomiting

STEP #3 : Increase Your Water Intake



Green vegetables help to oxygenate your blood which provides you with more energy and better detoxification capacity. Bitter greens such as arugula, dandelion greens, broccoli rabe, and kale are especially helpful to support your liver in the detoxification process. Leafy green vegetables such as spinach and mixed greens are also supportive for creating a more 'alkaline' environment in the body which is one of the goals of cleansing/detoxing.

Start with..

Green Goddess Smoothie

- 1/2 cup shredded kale, fairly well packed
- 1/4 ripe avocado
- 1/2 banana
- 1/4 cup ice (about 4 cubes)
- 3/4 cup unsweetened almond milk, unsweetened coconut milk or water
- 1/4 tablespoon fresh ginger, finely chopped peeled
- 1 scoop vanilla protein powder

Green Tea Ginger Lemonade

- 4 cups water
- 4 1/2-inch slices fresh ginger,
- 2 green tea bags
- 1 Tablespoon freshly squeezed lemon juice
- 1 packet stevia (optional)

1. In a medium sauce pan, bring the water and ginger to a boil, then lower heat, cover and simmer for 10 minutes.
2. Remove from the heat, add the tea bags and steep for 10 minutes
3. Remove the tea bags and ginger, stir in the lemon juice and stevia. Let chill for about 1 hour before service over ice.

Source: The Cancer Fighting Kitchen

STEP #4 : Add More Greens to your Diet

Ginger- Garlic Broccoli

Ingredients

- 1 Tablespoon coconut oil
- 1 tablespoon toasted sesame oil
- 1 Tablespoon garlic, minced
- 1 Tablespoon fresh ginger, minced
- 2 lbs broccoli, trimmed into florets
- 1/2 teaspoon sea salt
- 2 Tablespoons coconut aminos
- 1/4 cup water



Directions

1. Place the oils in a skillet, heat over medium-high heat, and then add the garlic and ginger. Saute until fragrant
2. Add the broccoli and salt and stir-fry for 10 minutes
3. Add the coconut aminos and water and bring to a boil
4. Reduce heat, then cover and simmer for 3-5 minutes, until the broccoli is just tender and bright green.

NEXT Steps:

Now that you have the basic tools at your fingertips, you can get started detoxing and improving your health to support your fertility. **You'll be getting emails to help you with implementation of this guide and to encourage you to take your detox a step further.**

As a follow up to this guide, Amy Krasner and I will be doing a live Fertility Masterclass focused on resetting your fertility with a detox plan. You can sign up to join us on April 15th at 9am PDT by clicking here:

[REGISTER HERE FOR THE LIVE MASTERCLASS](#)

Once you start to see how good you can feel with just a basic detox, you might be ready to get in depth help and support for a full fertility detox. I am unveiling a new Fertility Detox plan that you can sign up for if you're ready to take the next step toward healing your body and your fertility so that you can get pregnant faster.

NEXT Steps:

**Interested in the
Full Detox Program?**

<< Click here >>

21 Days Program

