

### Fertility Cleansing

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#### Abstract

A fertility cleanse is a cleanse especially designed to help remove toxins and other chemicals from body, and make it easier to become pregnant. Fertility cleansing helps to cleanse both the uterus and the liver, which can help to prepare the body for conception. It is very important that women do not ever take part in fertility cleanse while they are pregnant or while they are breastfeeding, because it can be dangerous to expose the baby to toxins either through the womb or through breast milk as the toxins make their way out of the body<sup>1</sup>.

**Key Words:** Breast feeding, Cleansing, Conception, Fertility.

#### Introduction

The time while a mother preparing for conception is one of the most important time to create a healthy body. 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 from 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.

#### Importance of fertility cleanse

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 released quicker through cleansing. Some of these toxins may be left from:

- Cigarette Smoke
- Pesticides
- Excess hormones
- Poor diet
- Alcohol
- Old fecal matter
- Blood left over from previous menstrual periods

- Birth control medications or chemicals
- Other medications
- Mercury.

#### The Fertility Cleanse is meant to:

- Increase circulation to reproductive system, for optimal health.
- Provide eggs nourishment, to provide an optimal environment for conception and ovulation.
- Dissolve adhesions or cysts that might be blocking conception.
- Cleanse the uterus of old clots, blood, and hormonal excess
- Cleanse the liver of toxins and excess hormones<sup>2</sup>.

#### Fertility cleanse focuses on major areas that can help the body to prepare for conception

##### Liver

The liver helps to filter toxins from the body including excess hormones. If there is an over abundance of estrogen it is the liver's job to remove it from the system. Some times, due to poor diet, lifestyle or general health, the liver may need some stimulation and support to get rid of these substances. By using whole herbs to support the liver the body can better cope with our industrial

world and the impact it could be having on reproductive health.

### **Uterus**

Uterine health is very important for reproductive health. Every cycle the uterus is supposed to release the lining that was built that month for the embryo to implant. In some cases the uterus is not completely cleansed every cycle, so old stagnant blood remains. So this is not the best environment to house a newembryo<sup>1</sup>.

### **The benefits of cleansing specifically for fertility**

#### **Works with the phases of the menstrual cycle**

When doing a fertility cleanse which 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 period has ended up until ovulation. Because this is a stimulating time of 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 the period. This is more of a nourishing and building stage of the cycle, when uterine herbs can help to support hormonal balance, increase uterine muscle tone and bring circulation right before the periodbegins.

### **Herbs**

Cleanses come in many different forms, some are capsules and teas, some are fiber powders and drinks, while others are dramatic diet shifts. It is found that using whole herbs in the form of teas, capsules and a tincture to be most holistic, effective andgentle.

### **Gentle on the system yet effective**

While doing a fertility cleanse one can able to continue going to work and function in every day life. It doesn't require any dramatic dietary changes, but do suggest to switch to a fertility diet. This is good and can be helped by drinking morewater.

### **Supportive of Fertility and Reproduction**

Cleansing for fertility is very supportive and encouraging for fertility and the reproductive system. Through using specific cleansing and uterine herbs can help support the uterine health, increase circulation and help tonify the uterine muscles, all helping to promote a healthy uterineenvironment.

### **Increasing circulation to the uterus**

In order for the uterus to function at it'sbest, it requires 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 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 andmassage<sup>3</sup>.

### **Fertility Cleansing Herbs**

Fertility cleansing is best done using whole herbs as they are the safest way to encourage cleansing in the body. Below are some of the herbs used in fertilitycleansing.

#### **Ginger**

Ginger reduces inflammation while increasing oxygen and blood flow to your uterus, say AsaHershoff and Andrea Rotelli in "Herbal Remedies." Ginger is actually a good whole-body detoxifier because it supports liver function, boosts circulation and promotes healthy sweating, says Ann

Louise Gittleman, author of "The Fat Flush Foods." It is safe to take during pregnancy and is in fact a proven remedy for nausea in pregnant women according to the National Center for Complimentary and Alternative Medicine.

### **Marigold**

Marigold is a good cleansing herb that can be used to support uterine health according to "Essential Herbal Wisdom," by Nancy Arrow smith. The fact that it has cleansing qualities but does not irritate mucous membranes makes it especially useful for a hardened uterus. Drinking marigold tea, or combining marigold and chamomile in tea, can help regulate menstrual bleeding and ease cramps. It should be used for a week prior to menstruation for this purpose, Arrow smith advises. Avoid marigold if you are pregnant.

### **Raspberry**

Red raspberry has long been used as a uterine tonic to regulate and tone uterine muscles according to "The Complete Herbal Guide," by Stacey Chillemi and Michael Chillemi. It can help return your uterus to its normal tone and reduce swelling and bleeding after giving birth. Its ferulic acid content may ease menstrual flow by stimulating the muscles that support the uterus while also reducing excessive menstrual bleeding<sup>5</sup>. In the past, raspberry was used during pregnancy, but this is no longer recommended due to the possibility of stimulating contractions, says Chillemis. Raspberry is rich in nutrients that support the reproductive system as well as other body systems. These include flavonoids, tannins, beta-carotenes, alpha-carotenes, alkaloids, calcium, leutin, iron, manganese, phosphorus, magnesium, selenium,

potassium, zinc, B vitamins and vitamins E and C, says Chillemis.

All of the following foods have wonderful cleansing properties and contain plenty of antioxidants, sulphur compounds, and/or specific nutrients that can help increase bile production.

- Dandelion leaves and spinach
- Carrots Beets
- Broccoli and brusselsprouts
- Asparagus
- Garlic
- Lemon
- Avocado
- Eggs<sup>4</sup>

### **Other foods to include**

**Probiotic Foods:** Fermented vegetables, yogurt, kombucha, and homemade lacto fermented dressings all add to the beneficial bacteria within the system. This bacteria is essential for good health and keeps body's immune system functioning properly.

**Sea food.** More specifically, wild caught seafood is not near as "heavy" as other animal meats and offers a multitude of essential nutrients

**Berries and "Sour" Fruits.** Lower in natural sugar, many types of berries and the more sour or tart fruits can help the body cleanse as well as help deal with any sugar craving that come up during a cleanse<sup>4</sup>.

### **Conclusion**

Fertility cleanse is one of the best way to boost up fertility and prepare for pregnancy

Cleansing is a simple, but effective natural method to release toxins from the body that are affecting fertility. Cleansing before

conception may be one of the last opportunities to rid the body of toxins that could be passed onto your baby in uterus. Once pregnant you should not cleanse. Cleansing releases toxins that could harm the baby during pregnancy<sup>6</sup>.

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