



# The Infertility Cleanse: Detox, Diet and Dharma for Fertility

*Tami Quinn, Beth Heller*

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Women who are trying to conceive will find a holistic approach in this hands-on manual. Step-by-step guidelines help implement a three-part program—of yoga, hypoallergenic and anti-inflammatory nutrition, and stress-reduction techniques—to cleanse the body, mind, and spirit in preparation for pregnancy. In addition, this program draws on cleansing methods from traditional Chinese medicine and Ayurveda and has been specifically designed for women who are trying naturally or with assisted-reproduction plans. Also based on new clinical research that suggests that gut health, chronic inflammation, and environmental toxins may be root causes of infertility, this important book offers all women a natural, holistic approach to readying the womb for a child and includes a DVD of yoga exercises.

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The Infertility Cleanse: Detox, Diet and Dharma for Fertility can be one of your starter books that are good idea. Most of us recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to set every word into delight arrangement in writing The Infertility Cleanse: Detox, Diet and Dharma for Fertility yet doesn't forget the main place, giving the reader the hottest along with based confirm resource facts that maybe you can be considered one of it. This great information could drawn you into new stage of crucial imagining.

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