



Crystal Star™
whole herbs for the whole person™



Fertility Cleanse Kit

NUTRITION PLAN

Congratulations!

You've decided to commit to a fertility cleanse! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created special kits to help. Each custom kit contains items that I recommend specifically to enhance your health, along with this free instructional plan. Keep this plan handy during your program, because it has important information about how to get the best results from your program.

Good luck on this health adventure. A safe, gentle nutrition program can keep your body functioning at peak levels. You'll look better and feel better!

Fertility Cleanse Kit includes:

- **Women's Best Friend™ caps (60 caps, a 10 day supply)**
- **Liver Renew™ caps (60 caps, a 10 day supply)**
- **Milk Thistle Seed Extract (1 oz., a 30 day supply)**
- **Conceptions™ Tea (3 oz., about a 3 week supply)**
- **Liver Cleanse Flushing™ Tea (3 oz., about a 3 week supply)**

Information about the Fertility Cleanse products and how to use them:

Conceptions™ tea: Herbal allies for a healthy conception and pregnancy. Normalizes, tones and elasticizes the female reproductive system. Counteracts depression and anxiety with hormone supporting nutrients. Provides calming inner energy, not stimulative, caffeine-type energy. Supports nerve health and provides a feeling of well-being. Directions: Take 2 cups daily for 4 to 6 months.

Liver Cleanse Flushing™ tea: Boosts liver cleansing to help remove blood toxins and enhance immunity. Directions: Drink 2 cups, twice daily for 1 month, then drink 1 cup daily as needed.

Liver Renew™ caps: Accelerates liver detoxification for improved fat metabolism, waste elimination and acid neutralization. Gall bladder and spleen activity are also enhanced. Directions: Take 1 - 2 caps, 3 times daily before meals for 1 - 2 months. For maintenance, take 2 caps daily as needed.

Milk Thistle Seed Extract: A potent tonifying and detoxifying herb for the liver, rich in anti-oxidant properties that prevent free radical damage. Supports healthy cell production. Directions: Take 10 - 15 drops under the tongue daily as needed for 1 - 3 months.

Women's Best Friend™ caps: Takes down painful inflammation. Strengthens, cleanses and normalizes the ovarian uterine area. Directions: Take 2 caps, 3 times daily for 2 months. Then, 2 caps, morning and evening for 1 - 2 months. Rest one month before resuming if needed.

24-hour Fertility Cleanse for Women:

Choose organic foods as much as possible. Note: Pesticide residues on commercially grown foods can disrupt conception efforts and possibly affect the future hormonal health of a developing child.

The evening before you begin... have a green leafy salad to give your bowels a good sweep. Dry brush your skin before you go to bed to open pores for the night's cleansing eliminations. Take an herbal laxative. (not if you're already pregnant). Drink 8 to 10 glasses of water a day to hydrate, and flush wastes and toxins from all cells. Note: Avoid all liquid diets or long cleanses (more than 24 hours) if you're already pregnant.

The next day: over the next 24 hours take fresh juices, herbal drinks, water, and a long walk.

On rising: take 2 tbsp. fresh lemon or lime juice, 1 tbsp. maple syrup and 1 pinch cayenne in water.

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Breakfast: have a fresh juice with 1 pear, 2 apples, 4 oranges, 1 grapefruit; or cranberry juice from concentrate. **Now is a good time to take your fertility cleanse supplements.**

Mid-morning: have a tea blend like Crystal Star Conceptions Tea™.

Lunch: juice 4 parsley sprigs, or a handful of dandelion greens, 3 tomatoes, 1/2 green bell pepper, 1/2 cucumber, 1 scallion, and 1 lemon wedge; or a glass of apple juice with 1 packet chlorella granules dissolved. **Now is a good time to take your fertility cleanse supplements.**

Mid-afternoon: have a cup of Crystal Star Liver Cleanse Flushing Tea™.

Dinner: take a glass of papaya-pineapple juice for enzymes; or try a High Mineral Broth: 7 carrots, 7 celery stalks, beet tops from 1 bunch, 2 potatoes, 1 onion, 4 garlic cloves, 3 zucchini, 1 handful of parsley. Place in a large soup pot, cover with water, bring to a boil, simmer 30 minutes. Remove and discard veggies. **Now is a good time to take your fertility cleanse supplements.**

Before Bed: have a cup of mint tea, or nutritional yeast broth or miso soup.

After your 24 hour cleanse, continue taking your supplements as directed. Many women continue using the supplements along with a healthy lifestyle plan for 1-4 months.

Ongoing Diet Tips:

An ongoing “fertility nutrition” program for a woman includes plenty of salads and greens, is very low in sugars, and contains a smaller volume of whole grains and nuts.

The diet should be low in saturated fats and trans fatty acids, and rich in essential fatty acids from sea greens and Omega-3 oils. I recommend fish and seafoods during pre-conception and after conception, rather than meat, (unless certified organic, because much of America’s meat and poultry is antibiotic or hormone laced). A British study reveals women who eat more Omega 3 fatty acid rich fish during their last trimester give birth to bigger babies, who are less prone to problems like high blood pressure later in life. Foods with vitamin E like wheat germ, seeds, nuts and vegetable oils offer more body moisture. Magnesium-rich foods, like almonds, green leafy vegetables, avocado, carrots, citrus fruits, lentils, salmon counteract stress reactions that reduce fertility. Drink a cup of green tea every morning. Watchwords: Limit dairy foods. Too much dairy clogs the female system. Avoid refined carbs and sugar that feed candida yeast and imbalance androgen production. Avoid tobacco and alcohol. They have devastating consequences for a developing fetus. (Moderate wine is ok until conception.)

Important note: Hormone imbalance problems like endometriosis, polycystic ovary syndrome, and fibroids routinely lead to fertility problems for women. Acupuncture and natural hormone balancing therapies show particular success in reducing these obstructions and restoring female fertility. Also, my specially designed whole herb formulas can help normalize from fibroids and endometriosis. Learn more on healthyhealing.com.

If you dedicate yourself to this program I’m sure you will be pleased with the results. Everyone is different. The directions I’ve outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb nutrition kits, please visit my website, healthyhealing.com, or call 800-736-6015.

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