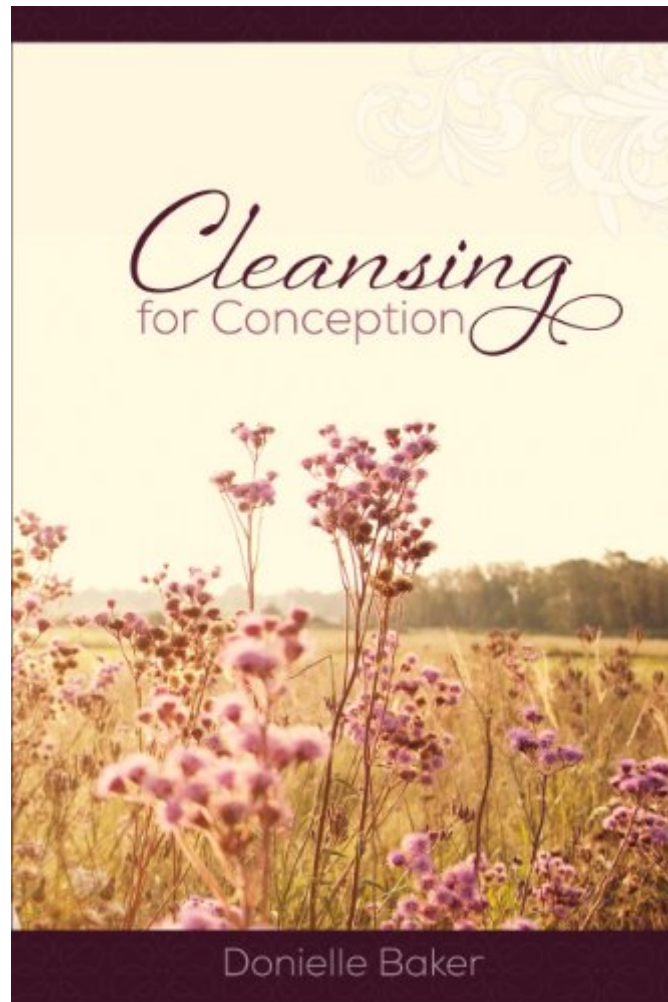


The book was found

Cleansing For Conception



Synopsis

Looking to get pregnant and confused about cleansing protocols? In this book you'll find a natural approach to cleansing that will help you prepare your body prior to pregnancy. There is no denying we live in a toxic world, surrounded by chemicals and toxins on a daily basis. This can cause an increase in the amount of toxins our bodies store, many of which are problematic for fertility, pregnancy, and our babies. *Cleansing for Conception* will give you ideas on how to naturally cleanse your body before trying to conceive. Drawing from traditional wisdom you'll learn what foods are best to avoid during a cleanse, what herbs and treatment are beneficial, and simple strategies that you can implement into your current lifestyle.

Book Information

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> Health, Fitness & Dieting > Diets & Weight Loss > Detoxes & Cleanses

Customer Reviews

This was a helpful overview of cleansing for a novice, but a bit too basic for my taste. The book is pretty short and a significant portion of it is spent reviewing concepts that are not directly linked to the cleansing itself (like some nutrition and pollution issues) - all very useful, but, given the relatively short number of pages devoted to the cleansing itself, I could have done without that information (I knew most of it, and many who come to this book probably do as well). Overall, however, a useful

overview.

Excellent read, all doable ideas.

Super informative and helpful, anyone looking to cleanse before getting pregnant should read this book! And cleanse they should, so many health issues in children can be avoided if a women cleanses and then boosts up her nutrition before getting pregnant!

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