

Detox or Fertility cleansing is one surest way to get rid of toxins (unwanted things) from your body. Knowing what to do and how to do it effectively can be a major limitation for many and that is why I have put up this short report to help a lot of women who are looking for the fruit(s) of the womb.

My name is Atanda Olanrewaju, I am a natural fertility health coach, and I have been able to help over 10,000 women to resolve their fertility issues.

I am not going to bore you with long stories...follow me as I lead you on how to quickly cleanse your body in 24 hours.

**Number one** thing you want to do to detox your body in a day is to take a hot lemon-ginger drink on empty stomach, first thing in the morning before eating or doing any other thing.

So, how do you prepare this herbal tea?

- Squeeze half sized lemon in a cup
- Grate some ginger and then add hot water

**Number Two** – Foods to Avoid

Have you ever heard the phrase “you are what you eat”?

Yes, what we eat becomes a part of us and sometimes, it may also meant avoiding some kind of food from getting into our body. So, for this day try to avoid these food below:

- Dairy and anything made from milk
- Sugar and related products
- Processed foods

### **Number Three** – Exercises

Get involved in some yoga exercises or exercises that makes you sweat. You don't have to overdo this to get the required benefits. A 30 minutes mild exercise can make you sweat and that will be good for you.

### **Number Four** – Fertility Detox Smoothie

Try this detox smoothie whose recipe is below:

Detox Smoothie:

- 1 Banana
- 1 Cup coconut water
- 1 cup frozen pineapple
- 1 tbsp powdered ginger (try half if you don't want it spicy!)
- 2 tbsp lemon juice

- 1-2 dashes cayenne pepper
- 1 tbsp chia seed (optional)
- 1 tsp maca powder (you can replace with avocado)

Blend all ingredients in a blender until smooth. Add ice until desired consistency.

Enjoy!

### **Number Five** – Water

Yes, water is so important when you are trying to detox and cleanse your body.

And you shouldn't be taking water alone. Add ginger and cucumber to your water, because they have the right properties needed to flush out toxins in your body.

### **Number Six** – Detox Bath

To crown your day for a total cleanse, have a bath with Epsom salt and baking soda bath, you can also add your favourite essential oil. It is recommended that you take a lot of water because undergoing detox can leave your body dehydrated and it is recommended that you take enough water.

### **Number Seven** – Sleep

Try to get enough sleep, when you don't get enough sleep your body tend to retain water. Take enough sleep and your body will thank you for you.

These 7 simple fertility detox tips can help increase your chances of conception.

Prepare your body and make your body to be more receptive and also create an enabling environment for your unborn baby.

However, this might not be enough for some people and that is why a team of fertility experts and scientist came up with a premium fertility program which you can find at this link <http://bit.ly/getpregnant2019>