

B O N U S

## CREATING A BABY FRIENDLY BODY

YOUR WEEK BY WEEK JOURNEY TO A HEALTHY PREGNANCY

### *Fertility Cleanse Diet*

Today I'm introducing you to a really good, but gentle cleanse which was inspired by [Dr. Ben Kim](#).

This diet has the huge potential of moving old hormones and toxins out of your body in a rather short period of time. This will help you to ovulate more regularly, create better fertile mucus and will help you to have a better chance of avoiding early miscarriage. If your husband chooses to join you in this cleanse (wouldn't THAT be nice) it will also benefit his sperm, so that they are the fastest, heartiest and most plentiful little swimmers they can be.

Vegetables and fruit are easily digestible by most people and most of them will alkalize the body. Grains and meat tend to pull the body in an acidic direction. Most people are overly acidic due to the diet they regularly consume (which doesn't have enough fruits and vegetables), so an alkaline diet is very helpful in restoring energy and fertility in most people.

You can follow this diet for however many days you desire. You may want to start on a Friday and follow it through the weekend to initially try it out. A 5 day diet is manageable for most people and when they notice their energy level rise it becomes obvious the cleanse is beneficial. If you can keep it up for 7, that's even better.

Don't be surprised if your bowels loosen a little and you find yourself having 3 good bowel movements a day. Not diarrhea – you don't want diarrhea, and in most people, this cleanse won't produce diarrhea. Please check with your doctor before starting this cleanse if you have any concerns at all.

I have included first an explanation of what the cleanse consists of and following this is a sample diet you can follow. If the diet contains foods you can not eat or don't like, feel free to use the directions below and the food list from lesson 7 to substitute the same type of food.

Be sure to eat the foods in the order listed. If it says have a green salad, followed by steamed vegetables, followed by a potato, don't have your potato first. The reason for this is because the raw vegetables will digest fastest, followed by the steamed vegetables, followed by the potato. So eating the potato first would back everything up, and that's NOT what we want in this cleanse. We want everything moving out quickly, and taking old hormones, overabundant hormones and toxins out rapidly.

Avoid vinegar, salt, spices (no pepper) and honey during this cleanse. You can add those back in later.

**Your goal should be to eat at least one head of green leafy lettuce every day.** Romaine is a good choice, not just romaine hearts, but the whole head with the dark green leafy leaves too.



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If the fruits and vegetables together bother you, or you find you don't digest them well (burping, bloating, gas or nausea) then eat your fruit first, followed by the vegetables. Fruits digest faster than any other food group, and melons digest the fastest of all fruits so if you're going to have melon, have it before anything else.

#### **A few things to consider before starting...**

**Beverages:** Throughout the day you should keep your water intake up and use some specific teas that help with relaxation and cleansing. Pure water (or tap, if you don't have pure), nettle tea (good for liver), dandelion root tea (good for liver), chamomile tea (good for relaxation) or peppermint tea. It's best to drink your water at room temperature, rather than cold. Sometimes cold water tastes better, but it puts more stress on your body because the body has to work to bring it to temperature. Try to eventually transition to room temperature water. You can squeeze 1/2 of a fresh lemon into a cup of warm water first thing in the morning. This is an excellent way to start your day, every day, even during pregnancy and after.

A little sparkling water with added freshly squeezed juice (or juice from the store if you can't juice your own) can be a treat during your cleanse, though most of the water you drink should be "still" water (not bubbly).

**Lifestyle:** During your cleanse, get as much fresh air as possible. If the weather is nice, sit outside while you have lunch. If you're working, go outside during break time and take a walk around the complex or just sit on a bench and think about all the good this cleanse is doing to help you get pregnant faster. Take a stroll through the park or along the water. Go for a leisurely bike ride. Lay on a blanket surrounded by green grass while you pray, listen to soothing music or read a good book. The color green is soothing and relaxing.

You need to do your best to relax during the cleanse. This is not the time for power walks or work-outs. Stretching, deep breathing and taking naps are good goals this week.

**Medications:** You need to continue taking your prescriptions during the cleanse unless your doctor says otherwise. I would also encourage you to continue with your prenatal vitamins during the cleanse just in case you get pregnant this month. As I mentioned in lesson 7, you want to try your best to take a food grade multi-vitamin like [New Chapter Organics](#), but if you can't afford that, then taking a synthetic prenatal is better than not taking anything at all.

**A Word Of Caution** for those who have blood sugar challenges. If you are diabetic, have PCOS or have any other condition that has to do with insulin resistance, you will need to reduce the number of fruits, potatoes, green peas, corn and carrots you eat, and increase the other vegetables in the diet.

If you get diarrhea, then you may need to stop the cleanse. Be wise and listen to your body. If you start to get headaches, be sure you're drinking enough water to help flush out the toxins. If you want to dive right into the cleanse without having given up sugar, white flour and the other foods already, you may find that this cleanse is



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harder on you than if you had done those things before. This is why I wanted to take you through, step by step, to make sure you had enough time to do each step before we embark on this wonderful cleanse that will jumpstart your body into higher fertility more quickly.

**Equipment:** Is there any special equipment you will need for this cleanse? You can invest in a [good juicer](#) and a [strong blender](#) or you can use what you have on hand - it's completely up to you. If you choose not to use a juicer or blender to blend some of your vegetables then you'll need to be extra careful to chew your foods until they are liquid in your mouth. This will contribute to the best absorption of nutrients by your body.

- Sharp knife for chopping vegetables
- Cutting board
- Grater (like what you would normally use to grate cheese or carrots)
- Potato peeler
- [Juicer](#) (optional)
- [Blender](#) (optional)

If you have a good [blender](#) and a [juicer](#), you'll be able to make smoothies and fresh juices during your cleanse, but these aren't absolutely necessary. They are helpful, though.

### *Fertility Cleanse Principles*

Dr. Ben Kim has an incredible "Full Body Cleanse" [on his website](#). In fact, this cleanse is so good that I dropped the other cleanse I was going to give you and decided to create one based on Dr. Kim's principles (yes, many more hours invested, but totally worth what I've got for you now).

The key to creating the "perfect" fertility cleanse for you was that I wanted something that was gentle enough, yet effective, and something that would allow you to eat fruits, vegetables and smoothies while also setting the foundation for your future fertility diet.

So I contacted Dr. Kim and asked for his permission to give you a version of his diet that would help to increase your fertility, and he was very kind and generous to allow me to do this.



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### *Fertility Cleanse Diet*

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I've created a Sample Fertility Cleanse Menu for you, but before we get into that, I want to share Dr. Kim's basic principles so you'll understand how this works.

[Take a look at this page](#) to learn about what your lifestyle should be like during the cleanse.

One thing that I LOVE about this cleanse is that you can easily do it according to your tastes. It's not set in stone that you have to have grapefruit or mango or anything else for that matter - you get to choose the fruits and vegetables that you love (as long as you eat a variety). So I'm going to give you my adaptations of Dr. Ben Kim's guidelines for this cleanse, and I want you to use it and let it become part of your every day diet. You can add to it later. In fact you'll be adding beans and whole grain muffins and fish, eggs and meat to it later. This is your foundation for eating for the rest of our life (yes, even during your pregnancy) and I'm creating your fertility diet with these principles in mind. So let's get started...

### *The Fertility Cleanse Diet*

[Adapted from Dr. Ben Kim's Full Body Cleanse Diet](#)

#### **Morning**

Eat any raw, ripe fruits that you desire, along with any combination of lettuce, celery, and avocado, if desired. If you have trouble staying full on just raw fruits and vegetables, be sure to have avocado with your fruit, as the healthy fatty acids found in avocado should help you stay satisfied until your next meal.

If you'd like, you can blend your morning meal into a smoothie by throwing it in the blender with a little water.

#### **Afternoon**

Eat a large vegetable salad with as many different vegetables as possible - remember that "Rainbow Salad" I told you about in the first few lessons? That's the one - lots of different colors of vegetables gives you a broad spectrum of nutrients. If you would like a salad dressing, use extra-virgin olive oil mixed with fresh lemon juice, fresh orange juice or fresh lime juice. I'll often sprinkle the olive oil over my salad and then squeeze some lemon juice on or some orange juice. Yum!



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If you have trouble feeling full, again, try to include an avocado with your salad.

**If you don't think you can make it to dinner** on a raw vegetable salad with avocado, have a steamed Yukon gold potato, new potato, or sweet potato after your salad (sweet potatoes are best for those with PCOS as they help with insulin resistance).

Continue with your water and tea after lunch and feel free to have any fresh, ripe fruits that you desire after your vegetable salad (and before the potato if you choose to have one).

#### **Evening**

Eat any combination of raw vegetables and fruits that you desire, but aim to **have at least as many vegetables as fruits**.

**If you're still hungry** after eating raw vegetables and fruits, **have any steamed vegetables** that you enjoy, such as steamed broccoli, cauliflower, cabbage, or asparagus.

**If you're still hungry** after eating steamed vegetables, feel free to have steamed root vegetables, such as steamed potatoes, sweet potatoes or carrots.

If you still haven't finished your water for the day, you may want to do that - but be careful to stop drinking by about 6PM so your precious sleep won't be disrupted at night - we want to be sure you are getting good, full nights of sleep as this is also important for improving your fertility.

#### **Snacks**

Any raw fruits, vegetables, their juices, and smoothies made with raw fruits and vegetables are fine snack choices. For a dip to eat with raw vegetables, have guacamole (see my recipe below).

In conclusion, and before moving on to the sample menu, don't skimp on the fruits and vegetables that you love – splurge on yourself. Eat that whole avocado if you want it. Eat as much watermelon as you want. Buy a container of fresh raspberries and indulge! Choose organic produce that is in season, even if it costs a bit more. This is your body and your baby we're talking about and if you can enjoy this cleanse by indulging in more mellow than you normally would (go ahead and eat half of that cantaloupe) then by all means do so!



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### *Sample Fertility Cleanse Menu*

#### **Morning**

1/2 of a personal size watermelon (these are small, seedless and usually very sweet). After eating the watermelon, have a large handful of romaine lettuce leaves, 1 stalk of celery and 1/2 to a whole avocado (I like to mash my avocado and use as a dip with my celery and romaine leaves).

I do not recommend that you drink a beverage with your meal. This will dilute your digestive juices and we want everything to be digested efficiently, all the time. So it best to get in the habit of drinking your water or your teas up to 30 minutes before you eat, and starting 30 minutes after you eat for best digestion.

#### **Snack**

[Goji berries](#) - preferably soaked and re-hydrated to make digestion easier, but if you can't soak them, dried is okay. You need to have your goji berries every day - they are exceptional for egg quality, sperm quality, and building the endometrium to avoid early miscarriage. If you order from [Extreme Health USA](#) and use the code "kirstyn" you'll **get 10% off of your order.**

#### **Afternoon**

A large vegetable salad made with green leafy lettuce or romaine, cucumber slices, tomato slices, shredded carrots, raw shredded red beets (use a cheese grater), sliced red onions or green onions, sliced zucchini, 1/2 to 1 whole avocado, 1/2 sweet bell pepper, 1 stalk of celery.

Optional: Dressing made by mixing extra-virgin olive oil and freshly squeezed orange juice (if you don't have fresh, then reconstituted is okay).

#### **Snack**

Smoothie made with fresh banana, fresh or frozen strawberries, fresh or frozen pineapple and water.

#### **Evening**

Small bowl of romaine lettuce, celery sticks, mango, blueberries and avocado if desired. Steamed cabbage, broccoli, and cauliflower. 1 sweet potato or yam if you're still hungry.



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#### **Kirstyn's Fertlity Enhancing Guacamole**



I like to take the avocado, mash it up, put chopped red onion, a very small clove of minced garlic (squeezed in my garlic press), some chopped parsley in it and if I have them, fresh chopped tomato. I've heard it said that avocados are "God's Butter". The healthy fat in avocado should be substituted for butter as a spread on your sandwiches (I'll provide some sandwich menus for you next week).

The onion, garlic and parsley are VERY good for cleaning the liver and helping to balance hormones. I put this on my salad and use it as dressing, plus I take a stalk of celery and dip it in the mashed avocado mixture. I LOVE my celery this way, and celery is another good food for cleansing the liver. Next week you'll be able to have peanut butter or almond butter on your

celery - yum - but please forego it this week while you're doing the cleanse. Remember you're doing this for your baby so give it a try!

*To increase the effectiveness of this cleanse, you may want to replace one or more of your meals with fresh juice.*

Dr. Kim has wonderful insight on how to incorporate fresh juices into your cleanse for more effectiveness. I'm going to include that for you here, along with [a link to the entire article on his site.](#)

#### **How to Use Fresh Juices During Your Full Body Cleanse**

After a day or two of getting right into the full body cleanse diet, it's fine to try a day or two of having nothing but fresh juices.

Because juices are mostly devoid of fiber, they put even less burden on your digestive organs than the whole foods that they come from. Less digestive burden translates to more energy being available for your self-regulated cleansing mechanisms.

Here are some guidelines for juicing days:

1. Have as many freshly pressed juices as you desire.
2. Stick mainly with green juices that are made with a foundation of dark green, leafy lettuce and celery. Use only small amounts of sweet root vegetables like carrots and red beets.
3. If you want to have some freshly pressed fruit juice, mix it 50/50 with a non-sweet vegetable juice.



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Here's an example of what a juicing day might look like:

#### **Juice #1**

6 leaves romaine lettuce

2 ribs celery

2 carrots

#### **Juice #2**

6 leaves green leafy lettuce

2 oranges

#### **Juice #3**

6 leaves romaine lettuce juice

2 leaves green cabbage

2 carrots

#### **Juice #4**

Big handful of kale or Swiss chard

2 ribs celery

2 apples

#### **Juice #5**

2 tomatoes

2 carrots

3 ribs celery

Squeeze of lemon juice

Here's a tip from Kirstyn - adding lemon to any of your fresh squeezed juices will cut down on the "green" taste.

After your juicing day(s), go back to the full body cleanse diet described above for at least a day before adding protein-dense foods to your diet.

An alternative to doing full juicing days is to substitute one of your regular meals with a freshly pressed vegetable juice.

When you're ready to add other foods back into your diet, it's best to proceed slowly. On the first day of "breaking" your cleanse, you should follow the same diet, but add one additional food to your afternoon or evening meal, like hummus made with chickpeas.

On day 2, you can have two servings of protein-dense foods, say a serving of eggs with lunch and a serving of fish for dinner.



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As you break into a long-term pattern of eating, the goal should be to keep the full body cleanse diet as the foundation of your diet, and to add small servings of healthy, protein-dense foods (grains, legumes, nuts, seeds, and animal foods) to your meals as your appetite dictates.

It's super important that you keep up your water intake during the cleanse.

The reason this is SO important is because you will be cleansing toxins from your body, and one way they will be excreted is through the urine. Drinking plenty of water will help your body to rid itself of the toxins rather than getting backed up or being reabsorbed into the blood stream.

Drinking plenty of water will also help the bowels to keep moving well, another way that the body gets rid of toxins.

I can't stress this enough. If at no other time, it is especially important that you keep your water intake up where it should be, whether that's 8 - 8 oz. glasses a day, 50% of your body weight, or whatever it is you've decided is best for you.

If you're going to be juicing during the cleanse, reduce the amount of water you drink by the amount of juice. Example: If you are going to drink 70 oz. of water a day, and you're going to have 12 ounces of juice that day, you would drink 58 oz. of water that day, and 12 ounces of juice. If you have broth, reduce your water by that amount too.

If you notice your urine getting darker or more cloudy, the darkness often times means you need more water, and the cloudiness is often times an indication that you are moving toxins out of your system.

It's best to check with your health care practitioner before starting any cleanse and don't ever hesitate to contact him/her if you have any questions or concerns.

This cleanse is gentle and the basis of it was developed by Dr. Ben Kim, but it's always best to check with your own practitioner before starting any cleanse.

Many thanks to [Dr. Ben Kim](#) for allowing me to use this wonderful information to help you in your quest to conceiving, carrying your baby to term and giving birth to a healthy baby.

I'll be back with your fertility diet and menu next week.

Best wishes for a quick pregnancy!

*Kirstyn Sierra*



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