



The Infertility Cleanse: Detox, Diet and Dharma for Fertility

By Beth Heller, Tami Quinn

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, The Infertility Cleanse: Detox, Diet and Dharma for Fertility, Beth Heller, Tami Quinn, 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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