



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.

DOWNLOAD



READ ONLINE

[4.39 MB]

Reviews

This is the very best pdf i actually have study right up until now. I could possibly comprehended almost everything using this created e book. Your daily life span will be enhance as soon as you total looking over this publication.

-- Prof. Johnson Rutherford

This is an amazing book that I actually have actually read through. I am quite late in start reading this one, but better then never. You will not truly feel monotony at anytime of the time (that's what catalogs are for concerning should you ask me).

-- Scottie Schroeder DDS