

HOW TO FIND  
AND REMOVE  
OBSTACLES TO  
FERTILITY

CREATE  
OPTIMAL  
ENVIRONMENTS  
FOR FERTILITY

*The*  
**INFERTILITY**  
EPIDEMIC + *Its Solutions*



HEALTH FREEDOM SUMMIT  
FEBRUARY 2022

# Introduction

Post covid vaccinations, we have new data from the Department of Defense which greatly contrasts with VAERS-- do not miss this material! Reported changes in women's menstrual cycles are continuing to be studied and align with the analysis of Dr. Robert Malone, the creator of mRNA vaccine technology who explains Pfizer's internal biodistribution study.

Trans-national organizations such as the UN Population Fund, the UN Development Programme, the World Bank, and the Population Council have done extensive research to advance medically-induced sterilization; the next section shares their successes in depopulation efforts. While there are specific documented crimes of nonconsenting sterilization involving millions of victims, there are also highly alarming infertility numbers with no directly understood cause. Catherine Austin-Fitts refers to the general western health status as 'The Great Poisoning;' the situation is much worse than most people realize.

**In this guide, you'll discover sobering statistics on what the state of fertility was before the 2020 pandemic, and the numerous studies showing that the worldwide plunge in births is not merely a personal choice; couples who desperately want children are increasingly not able to have them.**

## This guide will explain:

- the nature of fertility, what causes most primary and secondary infertility
- the truth about 'unexplained infertility,' and the surprisingly simple changes that help **80% of couples** who have this diagnosis to achieve a healthy pregnancy

## You will learn:

- how to lay a foundation for fertility health
- how to identify and improve micronutrient depletion
- how to balance hormones, remove heavy metals and toxins, and decrease inflammation
- The importance of nutrition for egg health is outlined as well as how B vitamins, melatonin, and folate influence the development of a baby starting from conception.





# Today...

Our *health*

The *purity* of our genetics

Our *fertility*

must be valued and fiercely defended against the pervasive assault of toxins and increasing political-corporate violations of our bodily autonomy.

I train Fertility Health Coaches as front-line responders to this unprecedented infertility crisis.

*Please don't miss my personal invitation* at the end of this document to join us as we cultivate 'beautiful stories in families'.



Before the 2020 global crisis,

birth rates were crashing **worldwide**. Nearly half of the countries in the world including the U.S. and all European countries had fertility numbers below population replacement levels.

Numerous published studies claim these trends reflect more than personal choice: the CDC reports one in every eight American women have trouble conceiving. Male fertility is plunging, too, and the trend is global.

Dr. Swan is a world-renowned epidemiologist specializing in fertility research for over thirty years; her latest book Count Down has been described as “urgent, disturbing, empowering, and essential.” In it she claims:

Sperm counts in Western countries have **dropped by more than 50%** since the 1970s and testosterone levels are **declining by 1% each year**.

“If you look at the curve on sperm count and project it forward, it reaches zero in 2045—meaning the median man would have essentially no viable sperm.”

“The current state of reproductive affairs can’t continue much longer without **threatening human survival...** we are in a global existential crisis.”

Culture often focuses on the mother’s health, possibly because they are the ones that actually carry the baby. **However...**

***Male fertility is just as important to the vitality of the child.***

“

If you look at the curve on sperm count and project it forward, it ***reaches zero in 2045***—meaning the median man would have essentially ***no viable sperm***.

Dr. Swan

World-renowned  
epidemiologist

It’s important that we gain understanding as to what is causing the decline in sperm count. There is no specific answer, but some likely answers are:

- pesticides
- plastics
- toxins
- heavy metals
- antibiotics
- vaccines
- preservatives
- artificial sweeteners
- air pollution
- Cell phones, laptops, computer screens
- computerized or electric cars
- power lines
- wireless devices
- pharmaceutical drugs

could all be contributing factors and all of which overwhelm the body with oxidative stress.

Activating Nrf2 is *key for healthy sperm*.

We recommend this resource because it is the most scientifically proven and potent Nrf2 activator. It also stimulates all the incredible endogenous antioxidants like glutathione, catalase, and superoxide dismutase (SOD).

Next, women worldwide are reporting *changes in their menstrual cycles* following COVID-19 shots

Women who have not had the shot but who have been 'environmentally exposed' to COVID-19 shot recipients have also reported changes in their menstrual cycles. They are reporting heavier, earlier, and more painful periods; there's also breakthrough bleeding of postmenopausal women who haven't had a period in years.

In August 2021, the U.S. National Institutes of Health awarded \$1.67 million in grants to five institutions to study links between COVID-19 shots and menstrual changes.

## Meanwhile...

many doctors are speaking out about the gene therapy vaccines, one of whom is Janci Chunn Lindsay, Ph.D. She is a prominent toxicologist and molecular biologist with 30 years of scientific experience developing contraceptive vaccines. This is the heart of her warning: "We simply cannot put these [vaccines] into any more of the child-bearing age population without thoroughly investigating this matter. We could potentially sterilize an entire generation."

She continues: "I hold a doctorate in biochemistry and molecular biology from the University of Texas, and have over 30 years of scientific experience, primarily in toxicology and mechanistic biology. In the mid-1990s, I aided the development of a temporary human contraceptive vaccine which ended up causing unintended autoimmune ovarian destruction and sterility in animal test models despite efforts against this and sequence analyses that did not predict this. I strongly feel that all the gene therapy vaccines must be halted immediately due to safety concerns on several fronts."

“ I strongly feel that all the *gene therapy vaccines must be halted* immediately due to safety concerns on several fronts.

Janci Chunn Lindsay, Ph.D

You can read the rest of her testimony [here](#).

Another doctor with a PhD in Cellular and Molecular Biology, **Dr. Christina Parks**, warns that the spike protein is *directly attacking our mitochondria*, the powerhouse of the cell

Healthy mitochondria are crucial for fertility and healthy pregnancy. We highly recommend these two powerhouse activators to reduce oxidative stress and support mitochondrial function. This is root cause therapy and addresses the issue at the cellular level in a natural and profound way.

## Data Revelations

from the Defense Medical Epidemiology Database

So far thousands of pregnancy losses have been reported to the Vaccine Adverse Event Reporting System (VAERS) in the U.S. Other concerning reports following COVID-19 injections include impaired spermatogenesis and placental findings, implicating a syncytin-mediated role.

New data from the Defense Medical Epidemiology Database (DMED) was recently made public during a senate hearing with lawyer Thomas Renz. This data set contains up-to-date data for every individual in the U.S. military as per their existing diseases, medical history, and personal data. It is a highly controlled and closed data set: only Department of Defense (DOD) personnel are in this system and only medical providers can input data into this system.

According to the data, the total number of spontaneous abortions (miscarriages) each year for the past 5 years (2016–2020) was **1,499.3** According to VAERS data, in 2021 the number of reports of spontaneous abortions was **3,527**.

**DMED data reveals incredibly disturbing increases in vaccine injuries across the board:**

**279%**

Increase in  
Miscarriages

**487%**

Increase in Breast  
Cancer

**155%**

Increase in Birth  
Defects

**471%**

Increase in Female  
Infertility

**350%**

Increase in Male  
Infertility

**369%**

Increase in Testicular  
Cancer

**437%**

Increase in Ovarian  
Dysfunction

Attorney Thomas  
Renz says...



This DMED database has provided a control group. It's military records dating back several years that supplies medical codes for various medical issues that our military face such as cancers, miscarriages, neurological disorders etc. These records provided by three military doctors show a historical baseline of what the health of the American military was like before 2021, the year the Covid vaccine was released.

From 2016 to 2020 all variations of medical conditions stay consistent. But in 2021, when the variable of the vaccine is mandated, the increase in cancers, miscarriages, infertility, etc, jumps by factors of hundreds to thousands of percent. Let me be crystal clear. These vaccines are injuring and sometimes even killing our military and those in the public that are buying the 'safe and effective' marketing. These numbers prove it beyond a shadow of a doubt."

You can see the whole expert testimony [here](#).

## Pfizer's Biodistribution Study

Dr. Robert Malone, creator of mRNA vaccine technology has issued similar warnings. Pfizer's own biodistribution study shows the **lipid nanoparticles from the vaccine does not stay in the deltoid muscle injection site as was initially claimed**. The pharmacokinetics clearly show the lipid nanoparticles circulate throughout the body and accumulate in organs and tissues including the spleen, bone marrow, liver, adrenal glands, and – in "quite high concentrations" – in the ovaries.

Prior to the study's disclosure, the public was led to believe by regulators and vaccine developers that the spike protein produced by mRNA COVID vaccines stayed in the shoulder where it was injected and was not biologically active – even though regulators around the world had a copy of the study which showed otherwise.

These few quotes and facts are presented to ***alert you to current concerns***, however the pharmaceutical/medical industrial complex has a very long and dark history of crimes, lawsuits, and settlements too significant to even begin to summarize in this resource.



# Transnational *Research And Efforts* For Depopulation

Extensive research on medically induced sterilization has been backed by the Rockefeller Fund, the UN, and other groups as an agent of population reduction. For decades, publicly published documents describe their efforts, citing developing nations as their target for depopulation; but based on additional interview responses, the intentions, I believe, are universal.

We've caught trans-national organizations UN Population Fund, the UN Development Programme, the World Bank, and the Population Council, for example, issuing tetanus vaccines laced with the anti-fertility drug (hCG). 2.3 million women were uninformed, non-consenting victims of mass sterilization.

While there are specific documented crimes of non-consenting sterilization involving millions of victims, there are also **highly alarming infertility numbers with no directly understood cause**. Catherine Austin-Fitts refers to the general western health status as, 'The Great Poisoning,' and the situation is far worse than most people realize.

## Understanding the *Nature of Fertility*

Primary and secondary infertility are often silent burdens.

Primary infertility is when a woman has not been able to conceive after at least one year of trying to get pregnant. (If a woman is over 35, fertility specialists will begin treatment after just six months of trying.) However secondary infertility is also on the rise. You might assume various families you know are happy with their two or three children when in fact they are suffering repeated miscarriage or the inability to conceive again.





Fertility Health Coaches are important front-line workers in the infertility epidemic with two roles:

Help couples lay a healthy foundation for fertility

Assist in discovering and removing obstacles for fertility

Both of these parts are equally important. Many couples can achieve a healthy pregnancy with just diet and lifestyle changes. However, you don't want to have couples focusing on the foundations of fertility without proper identification and treatment of existing issues. This approach offers realistic hope in most situations, without financially exploiting the dreams of the hopeless.

Female infertility alone can have several structural causes; it could be a tubal blockage or damage, pelvic adhesions, uterus scarring, hormonal imbalance, and so on.

### *It's key to activate the *nrf2* pathway...*

...which regulates anti fibrotic genes while balancing the hormones, lowering oxidative stress, and allowing the absorption of nutrients. Ovulatory disorders are the most common causes of female infertility, contributing to over 20% of all cases of female infertility. They include polycystic ovarian syndrome (PCOS), anovulation, endometriosis, fibroids, and infections. Infections can contribute to many of the above. It is a common cause of miscarriages, stillbirths, and unexplained infertility. Nutritional deficiencies, toxicity, stress, and exhaustion are also top contributors.

Many couples do extensive testing and end their medical journey with the official diagnosis of *'Unexplained Infertility'*.

Unexplained infertility is estimated to be the diagnosis of up to 15% of infertility cases. When the tests have all come back negative and there's a diagnosis of unexplained infertility, Fertility Health Coaches help couples thoroughly lay a foundation to support egg and sperm health.

# The Surprisingly Simple *Root Causes of Infertility*

## What causes infertility?

Toxicity and inflammation may seem oversimplified, and it is, but it's also not when the body doesn't have a specific issue such as fibroids, pelvic adhesions, uterus scarring, or something of that nature.

Toxicity leads to inflammation.

Inflammation leads to low nutrient levels, hormone imbalances, and autoimmune issues. Infertility and miscarriage occur. To combat toxicity and inflammation, couples can lower stress, eat a low-glycemic diet, detox the body and the environment, get appropriate exercise, get deep and adequate sleep, supply the foundations of nutrition levels, and counter oxidative stress.

Couples with a previous history of infertility and who made changes in their lifestyle diet and took nutritional supplements had an **80% success rate**.

This should be contrasted with the **72% failure rate** that the IVF industry produces.

By changing a few simple things, **most people are able to get pregnant**.

## *Investigations* After an Unexplained Infertility Diagnosis

When laying a foundation for fertility, investigations are vital in discovering the actual cause. Diet and lifestyle suggestions will make a huge difference, but couples with real issues should never be given false hope that this is all they'll need. It is important to run labs and find the root.

Common labs include: —————→

- Thyroid vitamin D
- Blood sugars
- Hormones
- CBC
- Anatomical investigations through the USS or CT
- Sperm analysis
- Gut tests like the GI map to find infections
- Food allergy tests
- Genetics tests

Other helpful testing options include the DUTCH test, which is a dried urine and hormone test that looks at the hormones and their tablets (the building blocks of hormones). A genome panel looks at the DNA of an individual to recognize gene mutations or SNP's that could be impacting fertility. There are also heavy metals tests, mold testing toxicity panels, a micronutrient panel to see what nutrients they might be low in or missing, and an autoimmune panel to seek out inflammation and to help us understand how to create an optimal environment for healing in the body.

# ***Micronutrient Depletions:***

## **An Important Starting Point**

### **Step 01**

The Fertility Health Coaches I train start by laying a fertility foundation by looking for micronutrient depletions.

Adequate levels of micronutrients such as vitamins and minerals are essential for egg quality, maturation, fertilization, and implantation. Antioxidant levels in the body also need to be investigated as they play a vital role in reducing oxidative stress. Studies have shown that oxidative stress limits the integrity of a woman's eggs and therefore contributes to infertility. Taking a micronutrient test gives vital information about which nutrients are low. Deficiency of micronutrients has been attributed to low stomach acid levels, leaky gut syndrome, poor diet, blood sugar imbalances, and chronic stress.



### **Step 02**

We then look at the specific micronutrients that are low and also investigate why various nutrients may not be being absorbed.

We emphasize diet, run food sensitivity tests, and may request a gluten-free diet for at least three months. Celiac disease is approximately three times more common in women with unexplained infertility. Celiac disease often causes elevated antiphospholipid antibodies that decline dramatically with a strict gluten-free diet. Simply going gluten-free increases fertility rates and lowers the chances of miscarriage. One caution is that those who are gluten-free are often low in folate and vitamin B6 and have high homocysteine, so it's important to supplement with these for women with unexplained infertility.



# Vaginal PH Regulation + Menstruation

Another possible cause of unexplained infertility would be *poor PH balance* within the vaginal canal.

Vaginal tract bacteria *Lactobacillus* is the dominant bacteria in the healthy vaginal tract and leads to fewer infections and positive pregnancy outcomes.

It helps produce lactic acid, which leads to a PH balance of 3.8 or 4.4, which is normal when *Lactobacillus* strains dominate. Balancing this issue increases the success rate for IVF implantation, pregnancy, and live birth. Lactic acid-containing probiotics help reduce liposaccharide mediated inflammation. Probiotics like Probio help block pathogens by preventing the growth of harmful microorganisms and encouraging good bacteria to thrive.

Many women test their vaginal PH during the luteal phase;

*if it is above 4.5, it could be a sign of an infection.*

Other women need education on their menstruation cycle.

What does a woman's cycle actually look like?

Understandably, studies have found that even women with extreme variations in their period reported their cycle as being 'normal'. Of course-- their normal is normal to them.

- But what does a 'normal' healthy cycle look like?
- What is too much bleeding?
- When should they try to get pregnant?
- How do they chart their cycles, and is it helping them to recognize patterns they can use to find their, 'normal'?

Women *need this education.*





# Laying a *Fertility* *Foundation* with Diet

Food is deeply connected to our emotional well-being; many people are addicted to sugar, food additives, and processed foods. So many couples need assistance on their personal journey in relating to food. When couples understand how food instructs our DNA, this can be a powerful motivation for the important lifestyle shift they may need to make.

***Diet is key*** to everything;

many couples ***can get pregnant*** with just this change.

Dr. Kelly Brogan describes food as information; it is not just fuel. She describes food as 'talking to your cells', neurons included, and that results in how DNA functions. This concept is called nutrigenomics. "Nutri" refers to nutrition and "genomics" refers to our genes and how they are affected.

**A mother's diet before pregnancy can permanently affect many aspects of her child's health.**

Even though a baby directly inherits his/her genetic code from both parents, how these genes are expressed is up to the surrounding environment. This includes stress on the mother during pregnancy and diet. Key nutrients tag regions of the gene and can silence certain genes.

This regulation of gene expression is essential for tissue repair and new tissue generation. The nutrients involved in this process are folate, vitamin B to vitamin B6, vitamin B12, and methane methylation, which is especially important for keeping the genetic code intact as cells multiply.

Before conception, when the egg is rapidly growing and the chromosomes are rapidly reproducing, the methylation and having these essential nutrients are especially important. Men's diet is also extremely important.



Researchers found that when men with low sperm count levels or unexplained fertility took 600 milligrams of iron per day, the *sperm quality improved*.

L carbonate also has been shown to improve sperm quality. High-quality protein is another important tool within the body.

## Antioxidants

**The higher the total antioxidant level, the higher the chance of becoming pregnant.** When you think of antioxidants, think: the opposite of oxidative stress. More oxidative stress has been seen in women with polycystic ovarian syndrome, endometriosis, and miscarriage pre-eclampsia.

The combination of activating our genes with nutrigenomics, natural herbs and compounds that affect our genes in a positive way, actually *reduces oxidative stress by 73% in just 30 days*.

Once our genes are activated, they are able to absorb key exogenous antioxidants like vitamin D. This vitamin is puzzling because it's actually a hormone.

**In one study, pregnancy success was four times higher for women with high vitamin D levels compared to those with a vitamin D deficiency.**

Vitamin D has been said to be the number one predictor of IVF outcomes. Vitamin D may also make the uterine lining more receptive in pregnancy and has a role in hormone production. So, if a woman's vitamin D levels are high enough, it is the predictor of whether an IVF session will work or not. Study after study correlates high D levels with higher fertility rates. This is something we test in almost every woman. Vitamin D receptors are found in great numbers in the gut. So if we ask why vitamin D is low, it might be that much of the body is not absorbing it due to gut issues.

# Importance of *Nutrients* in Egg health

Melatonin is the ***most prominent supplement*** for embryo health.

It reduces oxidative damage and improves overall egg quality. It's more significant in older women since melatonin levels drop with an increase in age.

You can **increase melatonin naturally** through light exposure by getting early morning light or using a sunlamp and limiting artificial light at night, especially screen time within two hours of bedtime in a dark room.

***B vitamins*** are essential for health.

High levels of B12 are associated with better embryo quality. B12 is known to decrease homocysteine and support methylation. The best type of B12 is methylcobalamin. Women with low levels of B6 are less likely to become pregnant and more likely to miscarry.

It's good to take all of the B vitamins together. Therefore, taking multivitamins has been shown to increase fertility in women and decrease miscarriage rates.



**Tart cherries** contain natural melatonin, which you can get by drinking cherry juice.

**Barley and walnuts** also have natural melatonin, which probably will not affect ovulation. Increasing melatonin naturally is not supposed to affect ovulation, but synthetic sources may.

Other nutrients include **selenium, zinc, iodine** and **Tribulus**. These nutrients boost hormone production.

Selenium, for example, increases the production of DHEA, which is necessary for egg quality.

# Blood Sugar Levels & Fertility

Blood *sugar levels impact fertility* in crucial ways.

Simple carbohydrates break down quickly into glucose and exit the bloodstream causing a rapid rise in blood glucose levels. Unrefined grains and carbohydrates break down slowly and release glucose slowly. So there is no spike in the glucose level. A spike in glucose levels causes the pancreas to release large amounts of insulin, which stimulates muscle cells to use the glucose from the bloodstream. The body being flooded with insulin disturbs other hormones.

Insulin has a second job: to bind to receptors in the ovaries and alter levels of other reproductive hormones. This includes testosterone in male hormones, the excess insulin may overbinds to receptors, leading to high levels of testosterone. This is often the starting point of polycystic ovarian syndrome, one of the top causes of infertility in women. Activating NRF2 has been proven to help with insulin levels as well.

## Stress & Fertility

Stress is the *body's reaction* to any change that requires an adjustment.

Nutrients are required to handle stress, even just the normal daily stress of living. When a couple is depleted of nutrients, their fertility is in this way also affected. When the body is stressed, the adrenal gland is affected first. Adrenal glands produce hormones that regulate metabolism, the immune system, blood pressure, and once this hormone is not produced, metabolism slows down.

This includes the reproduction of cells; the duplication of chromosomes is slowed down. This leads to more mistakes and higher rates of infertility and miscarriage. Stress also causes magnesium loss, which leads to electrolyte derangement, which leads to the loss of cellular energy, which leads to cell death, which leads to the need for inflammation to clean up the dead tissue.



If the adrenals and thyroid are depleted or stressed, we know there is an underlying stressor in the body that could be structural, physical pathogens, or toxins. Stress management varies depending on the cause. Someone might need to see a chiropractor or a physical therapist. People frequently do not realize they have bacterial, fungal, or viral infections. Detoxification can also be suggested for those with environmental toxins or radiation.

***Emotional stress*** is a huge factor in fertility.

Many women don't realize that their minds going constantly is a form of stress. Many couples benefit from seeing a therapist or an emotional freedom technique provider.

## ***Exercise is Key*** to Healthy Fertility

Exercise lowers inflammation, improves emotions, and helps balance hormones. Exercise has also been shown to lower excess cortisol, adrenaline, and noradrenaline in the body. Too much exercise is also not good. It burns up energy leading to hormonal deficiencies including the risk of low progesterone.

Therefore, ***more is not better*** when it comes to exercise.

Some women need to lower their exercise, lower their cardiovascular strain and do toning exercises with less aerobic exercises. Variety and moderation are essential, long walks are an ideal fertility exercise.

One of the most effective ways to strengthen the internal organs is to strengthen the muscles that correspond with the organs. Pelvic floor exercises can be beneficial if they are the correct ones. If a woman has any pain with intercourse or a history of prolapse, this is an issue to pursue.



# The *Importance of Sleep* for Fertility

The hormones that trigger ovulation in the body and the sperm maturation process in men are tied into the body's circadian rhythm. If a woman is not getting enough sleep, it will affect her release of the luteinizing hormone that triggers ovulation. She will not be producing DHEA which is essential for egg quality and number. Less sleep means less melatonin production, which is an essential antioxidant. Lack of sleep alters genetic markers negatively. Common issues associated with long-term sleep deprivation include glucose intolerance, heartburn, gastric complaints, hypothyroid complaints, fibromyalgia, chronic fatigue, hypertension, and mood impairment.

## Insomnia can look like:

- sleep *onset* issues
- sleep *maintenance* issues

**Sleep onset** is when someone cannot fall asleep for over 30 minutes or more. Not being able to fall asleep right away can be associated with anxiety, pain or discomfort, caffeine, and alcohol.

With **sleep maintenance** insomnia, people fall asleep but then wake up (often around 3:00 a.m.) and cannot go back to sleep for a couple of hours. It is associated with depression, sleep apnea, hypoglycemia (low blood sugar), pain or discomfort, and alcohol.



***Sleep environment*** is key: dark, noise-free environments are best.

### **Melatonin responds to darkness.**

Sleep in rooms with such minimal light that you cannot see your hand in front of your face. This is extremely important for women's ovulation. For more information on light's effects on fertility, please see this resource on [Lunaception](#).

Hypoglycemia is the main cause of sleep maintenance insomnia. Therefore evening meals should have a low GI index with adequate protein and good fat. If dinner is more than three hours before bedtime, a protein shake can help avoid nocturnal hypoglycemia.

# Fertility *Detoxification* of the Body

Preconception care is so important, and [Fertility Health Coaches](#) often need to explain why couples would want to do the work (in regards to their diet, personal care products, lifestyle, and even their personal habits, thoughts and values) to get healthy. The toxicity of the parent's bodies at conception will affect the baby's lifelong health. Optimally, detoxification should begin at least five months before conception for women as they prepare their body and environment to conceive, grow and birth a healthy human life.

**One of the safest and most effective detoxes that our mothers can do before, during and after pregnancy is activating nrf2 with Protandim, because it is not a forced process - In fact, this encourages the body to innately do exactly what it knows how to do!**

For overall support, this [Vitality Stack](#) is highly recommended for overall optimal health. Pregnancy occurs naturally when the body is healthy. In this stack your endogenous antioxidants are activated, the mitochondria is supported, your gut health is addressed with a powerful probiotic and a powerful three in one blend of Omega-3, Omega-7 and Vitamin D.

Dr. Dittmann, in his book Brighton Baby, laments that we are the most prosperous nation on earth, and yet preventable birth defects such as autism, attention deficit disorder and more have **increased by over 1000% in the last two decades alone**. Sperm counts are also at an all-time low.

One estimate said that ***50% of babies born in the U.S. by 2040*** will be born with a birth defect.

Substances such as pesticides and herbicides, together with heavy metals like mercury, are dangerous if exposed to our bodies. Pesticides, for example, mimic estrogen and bind to receptor sites, which disrupt hormonal feedback loops, and alter our delicate hormonal balance. On the other hand, heavy metals can influence neurotransmitters in the central nervous system, inhibiting the release of hormones from the hypothalamus and ultimately preventing the release of the hormones that are needed for pregnancy.

Americans have hundreds of artificial chemicals in their tissues, including in the amniotic fluid and umbilical cord blood, at levels high enough to be of significant concern. These toxins can prevent pregnancy and cause miscarriage.

**This is why we begin our journey with a focus on detox.**

## Who Should Do A Detox?

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Anyone with a history of miscarriage or pregnancy loss and any of the following:

- A woman with PCOS.
- For women with PMS symptoms, detox may help alleviate the symptoms and balance hormones.
- A man or woman who works near or with environmental toxins, like in a factory, a garage, or a construction site.
- Any person over 35

**Women who are pregnant should not do any major detox.**

Ideally, detox should end two and a half months before conception. In order to not stimulate excess detoxification in pregnancy, it may be advisable to take a pregnancy test and take measures to prevent pregnancy in the midst of a detox. If the woman does get pregnant, the detox should be stopped. Women with adrenal fatigue or men with thyroid issues should improve their adrenal and thyroid health before detoxing.

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## Examples of Detox

### *Coffee Enemas*

Coffee enemas gently stimulate the colon wall and liver, which causes them to release toxins and then be washed out. Its safety in pregnancy is debatable, therefore, it is best avoided when pregnant.

### *Dry Skin Brushing*

Dry skin brushing is great for detoxification and can be done quickly. Get a long-handled soft brush with natural hair. This treatment exfoliates dry skin, opening the pores for efficient detoxification. Dry skin brushing is said to aid the lymphatic system in its role of clearing toxins. It also stimulates your nervous system, bringing your awareness to every inch of your body. Starting at your feet, making long strokes up your legs on both sides towards your heart. Then work from the tips of your fingers along your arms toward your chest.

### *Sauna*

Many toxins, such as mold mycotoxins, cadmium, lead, mercury, bisphenol A. (BPA) and phthalates are preferentially excreted through our skin, which is our largest organ. It's important to start slow with sauna, and to ensure you are well hydrated with water and minerals, as these too can be excreted via sweat. Not all saunas are created equal though, and some emit harmful electromagnetic frequencies. We love this low-EMF sauna blanket, which is easy to clean, and can be tucked in the closet when not in use.



## ***Epsom Salt***

Epsom salt, which is a magnesium sulfate detox bath, is amazing all through pregnancy and provides incredible benefits. They help regulate enzymes in the body, reduce inflammation, support muscles and nerve function, and improve absorption of nutrients.

## ***Hot Baths***

Hot baths also induce sweat. It's another way the body naturally removes toxins.

## ***Hydration***

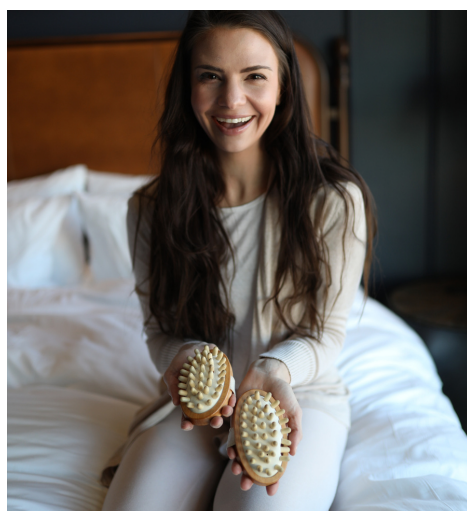
Hydration keeps toxicity moving out of the body, but it's important to ensure your water also contains minerals. One easy trick to mineralize your water is to add a tiny pinch of a quality sea salt to each glass of water, which is also beneficial to your adrenal glands.

## ***Exercise***

Exercise in the sun makes you sweat all through pregnancy.

## ***Juice Cleanse***

Be aware that juice detoxes can negatively affect a woman's blood sugar levels.



# Free *Radicals*

Free radicals are linked by research to cancer, all forms of disease and degeneration, and many people are now understand aging to simply be the “gradual accumulation of free radical damage.” Some fertility experts now claim that women with young eggs but who have high toxicity and free radical levels have a more significant barrier to healthy conception than those with traditionally understood 'maternal age' concerns. General antioxidants from a plant-based whole foods diet are important; antioxidant supplements like vitamin C and glutathione can stabilize most people into a realm of functional health.

For those with compromised health and toxicity or who have spike protein damage from covid or vaccine injury, we highly recommend molecular hydrogen which is a selective antioxidant that improves cellular function, and boosts your immune system. Hydrogen scavenges the destructive and toxic free radicals/oxidants. It targets free radicals correlated with inflammation, chronic disease, DNA damage, and fatigue. It neutralizes the damaging free radicals while avoiding the free radicals that are helpful to our body's processes.

Hydrogen activates the NRF2 pathway, which, in simple terms, is the body's natural defense network that fights free radicals. Without hydrogen, the body only activates this pathway when the body feels it is under attack – like when dealing with a toxin or an injury. Hydrogen naturally boosts the immune system and seems to prevent numerous diseases and conditions from gaining traction in the body.

H2 has been found to increase the supply of mitochondria by activating a protein called PGC-1α which leads to an increase in cellular energy production. We recommend Holy Hydrogen's Lourdes Hydrofix machine—[purchase here](#).



# Detoxing the *Environment* for Fertility

Detoxing the environment is *equally as important* as detoxing the body.



It is easier to prevent toxins from getting into the body than to get them out again. Detoxing the environment can become overwhelming so pick a starting point and go slowly. Many couples pick one thing a week to change. Many people have used their health and beauty products for their whole lives and are emotionally attached to them. Here are a few areas that people need to be aware of:

## BPA and phthalates.

BPA insulates can be a cause of miscarriage. Menstrual products should be changed out. There are usually all kinds of chemicals and toxins in women's makeup and personal products.

## Water filtration.

Getting a water filter on the shower/bath and for drinking is important. A shower filter might be the most important if there is chlorine or fluoride in the water because when it gets hot, you are breathing in steam and getting more in your system that way than by drinking.

## Plastic containers.

Get rid of plastic containers. Filter water bottles should be made of stainless steel or glass, not plastic or aluminum. Get rid of canned food or make sure it's BPA is free.

## Eat organic.

Eat organic; at least the "**Dirty Dozen**". These are the products the Environmental Working Group lists the twelve most toxic foods or most pesticide-ridden foods.

There's also the **clean fifteen**, which has fifteen clean foods. There is no end to the tricks that endocrine disruptors can play on our bodies,

- increasing production of certain hormones
- decreasing protection of others, imitating hormones
- turning one hormone into another
- interfering with hormone signaling
- telling cells to die prematurely, competing with essential nutrients
- binding to essential hormones
- accumulating in organs that provide protection and produce hormones



## Radiation

Radiation is emitted through everyday electrical devices such as computers, electric clocks, microwaves, cell phones, outlets, electric blankets, electric razors, electric toothbrushes, electric hair dryers, cell phones, wireless headsets, Bluetooth water bed heaters, X-rays, cell phones, and through living within 300 feet of a telephone pole transformer.

## Mold

Mold can wreak havoc on your health. If a couple lives in an old house or an area where mold is prone to growing, it needs to be investigated and tested for. Homeopathic doctors are usually the most helpful when aiding couples with gentle detoxification for mold.

# Conclusion

I trust this guide has illuminated key solutions that can *lay the foundation* of fertility health.

While many couples have specific needs that must be tested for and remedied, others can achieve a healthy pregnancy by focusing on laying their own health foundation. We are in a historical moment of urgent need, and if you're still reading at this point, I trust that your interest in fertility is high! I am thankful that you are awakened to the cause. The purity of our human genetics and our fertility must be valued, honored, and fiercely defended against the increasing political violations of our bodily autonomy.





If you are willing to serve couples on their fertility journeys I would be so honored to walk with you as you become a guide in this critical time.

My **Fertility Health Coach Certification program** will give you a system to walk couples through and a process of investigating why they may not be getting pregnant and support the families with strategy.

The ***steps we recommend*** in this course include ‘pro-level’ solutions like how to run labs and implement supplement and herbal regimens.

You’ll be trained in how to use professionally-designed intake forms to assess important lifestyle, environmental, diet, and emotional factors that affect fertility health. You’ll then work to create strategic plans to support the couple’s health journey toward a fertile lifestyle.



***Discover our innovative program here***, and I’ll see you on the inside.

*Stephanie Lind*