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# FERTILITY

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# Fertility Cleanse Fad, Fiction, or Fabulous?

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I receive phone calls from people regularly asking about doing a cleanse to prepare their bodies for conception. Many ask about using it to increase sperm count, increase motility, flush out cysts, regulate their periods, lower their FSH, or to resolve many other fertility related concerns. Also, there has been a big buzz on many of the Hollywood news shows reporting on Jennifer Lopez and the spinach diet cleanse that got her pregnant (I guess no thanks goes to Mark Anthony). There is the maple syrup cleanse, the oil and herb cleanse, colon cleanse, liver cleanse, DNA cleanse, and believe it or not, there is a cleanse where you drink your first morning urine, (yuck!)

With so many interesting options out there, many of which have pretty amazing claims of success, it can be difficult to decide if a cleanse is right for you. First and foremost when considering a cleanse, I suggest that my clients look at what they are asking of their bodies at this time in their lives. Many of my clients that are participating in an assisted fertility program, are asking a lot of their bodies and are under a great deal of stress. It seems logical then that we do not choose a cleanse that adds additional stress to the body, strips the body of valuable nutrients, or interferes with the fertility process. With that being said, there are wonderful benefits that can be seen when a cleanse is used that nourishes the body and relieves the body from stress and toxins. Clinically, nutrient dense cleanses can have a profound positive impact on many issues related to fertility.

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## 5 Great Reasons to Consider a Fertility Cleanse.

- 1.) Hormone imbalance such as FSH, E2, or thyroid hormones
- 2.) Regulating or bringing on a healthy period
- 3.) Low sperm count or poor motility
- 4.) Cleansing the body from toxins, lowering homocysteine levels and recurring pregnancy loss
- 5.) Weight loss

When we look at these five reasons to consider a fertility cleanse and explore the possible benefits, the potential for enhancing fertility is huge. Weight alone can be a significant factor with infertility and in the obese patient as little as 5-10% decrease in their body weight can increase their chances to conceive by 60%. Lowering elevated homocysteine levels the blood can dramatically reduce the incidence of miscarriage and pregnancy loss. Increasing sperm count and motility can make an enormous impact on male factor. Statistically, the male factor now accounts for 50% of explained infertility. With these potential benefits at stake my goal, is to help you understand what to avoid and what to look for in a fertility cleanse.



### 5 Pitfalls to Avoid When you are Looking for a Cleanse Program.

- 1.) Avoid cleanses that advocate a fat free diet or are fat free in content
- 2.) Avoid cleanses that are solely fasting based and contain less than 1,100 calories per day
- 3.) Avoid cleanses that contain purgative laxatives such as cascarea segrada, senna, dulcolax, Epsom salts, etc.
- 4.) Avoid cleanses that contain artificial sweeteners such as Splenda (sucralose), Nutrasweet (aspartame), etc.
- 5.) Make sure that your cleansing product is non-soy based

Cleanses that are too low in fat and calories and harshly purge the body, contain toxic substances or estrogenic soy that can cause more harm than good when conception is your goal. When you are finished with a cleanse you want to be in a better health state than when you started. You want to use this opportunity build the blood, nourish the ovaries and testes, balance the hormones and create an environment conducive to becoming pregnant.



### 5 Factors that Make a Cleanse Fertility Fabulous.

- 1.) Nutrients dense in macro and micro nutrients
- 2.) Designed to nourish the body not strip it
- 3.) Non-allergenic, free from dairy, wheat, soy, corn and yeast
- 4.) Is based on a foundation of healthy foods and lifestyle choices
- 5.) Clinically used in assisted fertility programs

Clinically, I use a cleanse program for many of my male and female fertility clientele. I get frequent referrals from OBGYN and REI physicians for my 10-14 day nutrition based Fertility Fast Track Optimal Cleanse. Dr. David Ahdoot, M.D., F.A.C.O.G. states that, "Many of my patients not only enjoy weight loss and improved energy from this cleanse but many report a significant improvement in PMS, mood, and regularity of their periods. We recommend Optimal Cleanse for many of our patients dealing with fertility issues." Dr. David Ahdoot, MD F.A.C.O.G has practices in Burbank, Valencia and Northridge, CA. His highest priority is his patients and the care that they receive. You can find more information about his state of the art Obstetrics practice at [www.davidahdoot.com](http://www.davidahdoot.com)

### 5 Common Times to Consider a Cleanse?

- 1.) Getting ready to get pregnant
- 2.) Between IVF cycles to bring the body back into homeostasis and detoxify the medications utilized in assisted fertility.
- 3.) Before conceiving to enhance male and female fertility.
- 4.) When weight is reducing your fertility and increasing your chance of miscarriage
- 5.) When low sperm count and poor motility is effecting your chance to conceive

There are many cleanse products available on the market. Talk to your doctor or health care practitioner to ensure that the cleanse you are wanting to partake in is one that will, first and foremost, not interfere with your currently fertility program. Then choose one that has been clinically proven to help patients looking to improve their fertility. A cleanse can make an enormous impact on your overall health and bring you closer to achieving your reproductive goals. For more information about our Fertility Fast Track Optimal Cleanse, a 10 to 14 day nutrient dense program, log on to [www.eastwestessential.com](http://www.eastwestessential.com) 