

The ISIS Baby Ready Couples Cleanse

Thomas Moore said in Soul Mates that “We are most divine when we are sexual couples and when we have a family. The Jewish Zohar prayer could correct our common secularization of sex and family by reminding us that in both of these areas we have the privilege of participating in the greatest mystery of human life – procreation. How much closer to divinity can we come than to bring new life into existence and to play a fundamental role in making that life meaningful, creative, individual and communal. If there is anything in life that is inherently sacred, it is having sex and giving birth.”



Pregnancy is the one time in a woman's life where many hormones come into play that otherwise have little use. It is the ultimate test of a woman's endocrine system. Throughout pregnancy there are many biochemical changes and also significantly increased material that must be eliminated so as not to toxify the mother's blood. Many of these materials are actually excess amounts of hormones, such as Human Growth Hormone, and also protomorphagenic material from the heavy reproductive action of the growing fetus. So not only is there the challenge of providing all the materials for the growth of a baby, but also handling all the waste material from the process.



This means that it is vital for a woman's systems to be at an optimal level prior to conception in order to ensure that the pregnancy can be carried to term and that your baby be the healthiest it can be. The health of the baby is essential for the first few months as little body systems delicately unfold and develop, often in response to its environment and the nutrition it receives. So again, the mother's body is the source of that experience through breastfeeding, nurturing and touch.

Post-natal depression is really the result of a woman's body not having enough resources to sustain itself throughout the pregnancy and beyond. It is the body's cry for rest and rejuvenation.

It is generally known that essential vitamins and minerals will help the developing child in utero, such as Folic Acid, but what is not as well known is the effect of certain weaknesses in the mother's body on the development of the child. For instance, proper development of the lungs in utero require adequate levels of adrenal hormones, particularly cortisol. The adrenals and the thyroid are crucial in the healthy development

of a baby. Undiagnosed hypothyroidism and adrenal fatigue is actually a leading cause of infertility and chronic miscarriage. In addition, the fact that women over 35 tend to have a higher risk of mental retardation or stunted growth patterns may be due to the fact that more women over 35 have thyroid problems, many of which go undetected.



But the woman is only part of the process. A man's body health is also crucial for the genetics of conception to sustain a baby throughout its early years and into its developmental years. Many of the genes inherited from the father as well as the mother will be dominant and therefore significant for the child. The health of the father determines how many of the genes may be dominant as well as how many genetic mutations may be passed on to the child. So while the mother may be dominant in the area of postnatal nurturing and infant nutrition, the father's genes may be healthy and strong for the development of traits from the beginning.

For example, liver detoxification function is a genetically predetermined ability. A parent that is an alcoholic will have a challenged liver detoxification ability, and therefore may pass on to the infant a weakened detoxification ability with which that child will have to go through life. The mother's genetics determine the number of mitochondria at a cellular level, which are the powerhouses of the cell. So the mother's genetics will determine how much cellular energy the child will be capable of.

But often it isn't just about the health of the parents for the child's sake, it is also the health of the parents simply to be able to conceive and give birth to a child. Fertility is something that only couples that can't seem to get pregnant think about. Many women take fertility for granted, even going to great lengths to prevent pregnancy. But for those women who are desperate to become pregnant, the path of infertility is overwhelming, painful, expensive and often unsuccessful. But there are alternatives. Natural herbs, therapies and nutrition can provide balance to even the most challenging fertility cases in both men and women. The key is to completely and honestly evaluate all the internal and external stressors that a couple face. Disease history, unresolved infections, life stress, environmental toxicity and even electrical fields can have an effect on fertility. But again, the first place to begin is with boosting the general health of the couple. Often, this alone will overcome previous infertility challenges.

We have always recommended a comprehensive preparation program before you conceive, and our suggestions here are the result of years of research and experience at our clinic in Boston and also the work of Dr. Angela Hywood in Sydney, Australia, a world-renowned expert on natural fertility and pregnancy. Spend 30 days preparing your body for conception. For women, our 21 day Purification Program prepares the woman's body for handling all of the clearing and toxic removal essential for conception and a healthy pregnancy. For the male, this cleanse helps to eliminate toxic challenges from the body allowing the development of healthier, more vital cells, providing an optimum source for healthy genetic traits to be passed on to the baby.

Cleansing is absolutely the place to start because we often don't realize how much toxic material we are exposed to. If our parents are healthy, and we live lives similar to our parents, we assume we are healthy as well. But the world was very different in our parent's day and pesticides and pollutants have increased exponentially. Often you can have a high toxic load in your body and not even realize it, assuming your headaches are just from stress, or your weight gain is from not enough exercise. Even our drinking water carries the residue of drugs and pollutants (see the article [Prescription Drugs Found in Drinking Water of 3/10/08](#)). Approximately 70% of the air in US homes is found to contain the pesticide chlordane used in termite treatment. Chlordane causes lower sperm counts and damage to



the sperm-producing part of the testicles. Even MSG, a common flavor enhancer in foods was found in tests to reduce fertility by 50%. Alcohol, household paints, marijuana, cocaine, even surgical anesthesia all leave trace amounts within the body tissues that can have a profound and sustained effect on fertility. Eliminating all of these things from your body is important to conceive and give birth to a healthy, happy child, for both the father and the mother.

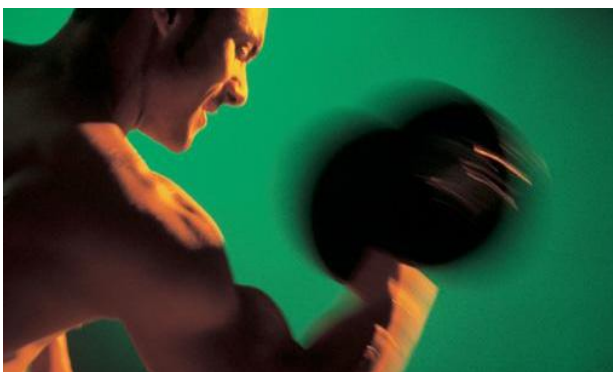
Even your diet can have a profound impact on your ability to conceive. This is the time when what you may or may not be eating and drinking makes all the difference in the world. It is not just lack of nutrition or low body weight, but clinical studies show that even 16 ounces of coffee per day can cause up to a 40% drop in fertility for both men and women. Tobacco use is another problem. Smokers have more abnormal sperm and are 3-4 times more likely to take more than a year to conceive. Some prescription drugs like sulphasalazine, used to treat inflammatory bowel disease can drastically reduce semen quality. Lengthy use

of aspirin or NSAID's can prevent fertility by preventing implantation of the fertilized egg leading to recurring miscarriages.

Take advantage of **FAR Infrared Sauna** sessions because they can enhance body metabolism, reduce blood pressure, aid in weight loss and increase circulation and detoxification. There is nothing better for enhancing your conception preparation.

You also should both have a **Naturopathic Evaluation** at the beginning of your program which will help to determine the level of health of each of your body systems and how your diet, lifestyle and health history may not be optimal. From this, a plan can be put together of herbal and nutritional options as well as therapeutic suggestions to address each weakness and bring your bodies to an optimal point of health prior to conception of your baby. In this way, potential issues such as undiagnosed hypothyroidism, a weakened immune system, poor liver detoxification, can be supported to provide a more vital life force and a calmer mental focus.

You may need whole vitamin C because morning sickness is often the result of low levels of Vitamin C in the mother's body, preventing the proper removal of excess growth hormone from the baby's development. Adrenal support can make the difference between a child running down the street laughing, or suffering with childhood asthma, since the adrenal hormone cortisol is essential in the proper development of the lungs in utero. If the mother has had a history of kidney infections and issues, then the chances of developing preeclampsia during pregnancy are higher. This can be minimized with herbal options to support the kidneys or acupuncture for the kidney meridian.



Often a strong issue for men is a high level of metabolic acids in the body as the result of muscular exertion in their job or at the gym. Simply restoring a more alkaline balance to the body tissues through the use of herbs and Kangen Water™ can enhance fertility and reduce acidic deposition. Chlorophyll can do wonders for increasing the hormones of reproduction and fertility. Even blood pressure stability can be an easy task with Hawthorn or Standard Process's amazing product for men Orchex which reduces stress, anger outbursts and general anxiety.

At the end of 21 days of cleansing, you should have a **Review Naturopathic Evaluation** in order to review changes that you have experienced and to develop suggestions for maintaining the healthy changes and improvements that your body has made during this time. It will also allow for adjusting your Herbal Fertility Program to meet your ongoing needs through conception.

For the best advice available, we recommend a wonderful book by Francesca Naish on **The Natural Way to a Better Pregnancy** which discusses nutritional support and natural therapy to support a healthy pregnancy.

What's We Suggest:

The Natural Way to a Better Pregnancy book by Francesca Naish

2 Naturopathic Evaluations - our evaluation of the body allows us to provide a customized herbal and nutritional program for couples to support the endocrine system, boost energy and enhance fertility.

30 Day Herbal Fertility Program - this is your customized program of herbs and nutrition for optimal health and fertility.

21 Day ISIS Nutritional Purification Home Kit - This comprehensive program includes our Clinical Purification Program for body detoxification with meal replacement options and additional concentrated foods to restore metabolism and body energy.

FAR Infrared Sauna

Ready to begin? Contact ISIS Holistic Clinic

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