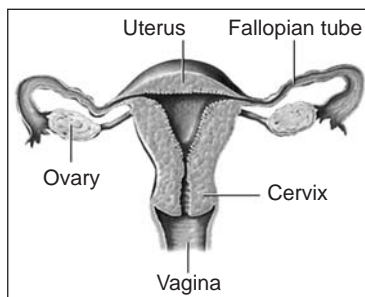


## Uterus (womb) and fertility

The uterus is a hollow muscular organ located in the female pelvis, between the bladder and rectum. The ovaries produce eggs that travel through the fallopian tubes. Once the egg has left the ovary, it can be fertilised and it implants itself in the lining of the uterus. The uterus nourishes the developing foetus.

### Structure

The uterus or womb is an inverted pear like structure. It is a hollow, muscular organ with thick walls and a glandular lining called the endometrium. In an adult female, the uterus is approximately 7.5 cm (3 inches) long, 5 cm (2 inches) wide and 2.5 cm (1 inch) thick, but it enlarges to 4-5 times in pregnancy. The narrower, lower end of the uterus is the cervix, which projects into the vagina.



Female reproductive system

### Functions

The uterus is essential for sexual response by directing blood flow to the pelvis and to the external genitalia, including the ovaries, vagina, labia and clitoris. The reproductive function of the uterus is to accept a fertilised ovum, which has passed through the utero-tubal junction from the fallopian tube.



Baby in the uterus

### Problems

The uterus is often affected by a number of problems, such as:

#### Endometriosis

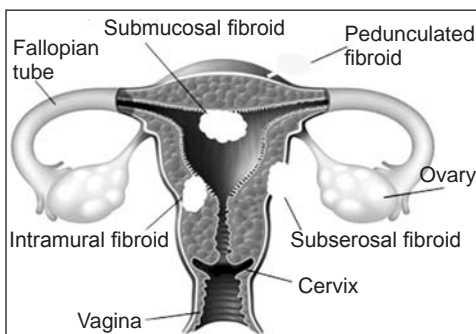
This is a condition, wherein, fragments of the uterus lining (endometrium) migrate into the fallopian tubes, ovaries, vagina or even into the intestine, where, under the influence of oestrogen and progesterone, they mix with the blood every month, irritating and scarring the surrounding tissues. This condition is most common in childless women, between the

age of 30 to 40 years with symptoms, such as:

- heavy periods
- dragging period pains, which tend to get worse toward the end of the period
- difficulty in getting pregnant
- painful intercourse, but severe cases are uncommon

## Fibroids

Fibroids are non-cancerous growths in or on walls of the uterus, sometimes on a stalk, and vary in size, from a pea to a large plum. They tend to occur in clusters, rather than singularly. They may



**Fibroids in the uterus**

take a few or many years to develop. Fibroids are common in women between the age group of 35-40 years. Undesirable infringement on personal privacy during puberty (ages 8-14) leading to fear and trauma can create several kinds of problems in women later in their lives, such as cysts and fibroids. Small fibroids are often asymptomatic, but large fibroids can cause:

- heavy, prolonged periods with clots
- painful intercourse and cystitis, as they press on the bladder and prevent it from emptying properly
- difficulty in getting pregnant, miscarriage or pain during pregnancy

## Prolapse of the uterus

This occurs when ligaments and muscles that hold the uterus and vagina in place, become weak or slack with age or as a result of childbirth, forcing the uterus to bulge into the vagina and press on the bladder or rectum. The symptoms are:

- a heavy, uncomfortable feeling in the lower abdomen
- backache
- stress incontinence, difficulty in emptying bladder or straining
- discomfort while passing stool

## Retroversion of the uterus

In 20% women, the uterus lies close to the rectum, rather than behind the bladder. This is perfectly natural and has no effect on conception, carrying a baby or giving birth, but a few women may experience:

- backache, especially during periods and
- pain due to deep penetration as the penis strikes an ovary

## Fertility issues\*

Nowadays, infertility is quite common and every third woman of reproductive age suffers from it to a varying extent. Infertility may occur due to one or many of the above problems of the uterus and/or any of the following:

Absent period	Luteal phase defect
Birth control recovery	Menstrual problems
Blocked fallopian tubes	Miscarriage
Cervical mucous	Ovarian cysts
Ectopic pregnancy	PCOS
Fertility issues in men	Premature ovarian failure
FSH fertility	Stress
IVF preparation	Tubal ligation removal
Low progesterone levels	Unexplained infertility

## Who needs a Fertility Cleanse?

If your answer is yes to three or more of the following questions, you will benefit from a Fertility Cleanse.

- Do you experience unexplained fatigue or depression?
- Do you feel congested?
- Do you have a distended stomach?
- Do you experience frequent colds and flu?
- Do you have dark circles under your eyes?
- Do you experience nausea during your periods?

\* You may visit the following link to read about giving birth to a normal healthy baby:

<http://www.thetempleofhealing.org/plr/Types%20of%20birth.pdf> or  
<http://www.drpiyushsaxena.com/plr/Types%20of%20birth.pdf>

- Do you have long/short periods or complete absence of the same?
- During menses, do you have dark blood, cramps or blood clots?
- Do you have liver spots or itchy skin?
- Do you have acne?
- Do you have less than one bowel movement a day?
- Do you have more than two bowel movements a day?
- Have you been on medication/antibiotics for longer than a week?
- Have you been on birth control pills?
- Are you experiencing hormonal imbalance?

## Uterus and Fertility Cleanse

Over the years, toxins are accumulated in the body, many of which get stored in fat tissues of the body, including the uterus and other reproductive organs. Some of these toxins may be due to:

- Old menstrual blood
- Birth-control pills and other medications
- Old faecal matter
- Poor diet
- Drinking and smoking
- Excess hormones
- Pesticides
- Mercury

A Fertility Cleanse is specific to the reproductive system and assists the body in eliminating substances that lead to infertility. This cleanse supports the body's natural ability



**Fertility Cleanse - removes stagnant blood**

to rid itself off toxins. At the end of each cycle, the uterus must not retain any stale blood. This is the requirement of Mother Nature. Sometimes, it does not happen. Imagine yourself eating fresh cooked vegetables everyday, but mixing it with a portion of week old stale vegetables. As a mother, you are responsible to give the best and a healthy environment to your baby. Therefore, if the uterus is not completely cleansed after every cycle, it may not have the best environment to house a new embryo.

Fertility Cleanse supports the body in preparation for conception, by cleansing the uterus and liver. It encourages the liver to cleanse toxins and excess hormones from the body. It supports the uterus in eliminating old stagnant blood and increasing circulation to the uterus.

The following uterus cleansing techniques have been found to be effective in enhancing fertility, by improving the health of the uterus:

## Cleanse using marigold flower

The marigold flower has been used as a tonic for hundreds of years. The species, *Calendula officinalis*, is known to provide extraordinary support to digestive and reproductive systems, as it contains essential oils, rubber raisins, proteins, sugar, phytosterons, salicylic acid, enzymes and various salts.

### Ingredient

Marigold flowers (मोंदा) 1 kg

### Preparation

Gently pull apart the petals of marigold flowers, lay them outside or in a dry area in your house. When they have dried, store them in a mason jar. You can rub them between your fingers to check for moisture.



Marigold flower

### Usage

- Add four tablespoons of dried marigold petals in 250 ml of boiling water and let it steep for 15 to 20 minutes. Drink this tea four times a day for 2-3 days. Repeat this process before your menstrual cycle begins. The lower portion of your stomach will feel soft and light.
- You can also fill a glass jar with fresh flowers (or 1/4<sup>th</sup> full with dried flower petals) and cover it with water. Cap and place it in the sun for five to six hours. Drink it after it cools down. This method, though time consuming, has been widely used since ancient times.

**Precaution:** Breast feeding mothers should avoid the use of marigold flowers for the first four months of breast feeding.

## Cleanse using Castor oil pack

Castor oil packs are beneficial for menstrual problems. Apply the pack on the lower part of abdomen to relieve menstrual pain and other difficulties.

## Ingredients and tools

- High quality castor oil
- A glass container
- Woollen or cotton flannel
- Wrap around pack or plastic wrap
- A hot water bottle or heating pad
- Old clothes, towels and sheets, as safeguard against castor oil stains



Castor oil

## Preparation

- Cut a large piece of cotton flannel (a soft, warm, light cotton fabric or cotton with another fibre, thickly napped on one side and used for sleepwear, undergarments, sheets, etc.) and fold it into thirds to make three layers.
- Thoroughly soak the flannel in castor oil. Carefully fold the flannel and place it in a one litre mason jar. Add a tablespoon of castor oil at regular intervals (every 20 minutes or so) to give it time to saturate. Shake the jar while adding more oil so that it reaches all parts of the cloth. Ideally, this should be done the day before the cleanse, to give it time to evenly soak. Keep the jar to store the flannel between uses (it can be used nearly 10 times).

## Procedure

- Carefully remove and unfold the cloth soaked with castor oil.
- While lying on an old towel or sheet, place the cloth on the lower abdomen.
- Cover it with plastic (such as a plastic trash bag) or with the wrap around pack and place the heating pack on top of it. A hot water bottle or heating pad can be used, but hot water bottles may need to be reheated several times.



Castor oil pack

- Lie on your back, keep your feet elevated and relax for 30-60 minutes. Practice deep breathing, reading a book, meditating or praying (or whatever you find relaxing) during this time.
- After some time, remove the pack and return the flannel to the glass container. Store it in the fridge.
- Wait for 5 to 10 minutes.
- Use a bathing soap or a mix of baking soda and luke warm water to remove any castor oil left on the skin.
- Relax and rest. Drink enough water and buttermilk, and stay hydrated during and after the cleanse.

**Precautions:** Do not use a heated castor oil pack for uterine growths, cancer tumours or ulcers. Don't use it if you are pregnant, breast feeding or menstruating. Don't apply it over bruised skin.

### **Do's and don'ts**

Drink plenty of water, tea and coconut water for good blood flow, as well as to eliminate urine, stool and uterine lining, all of which are important for a Fertility Cleanse. Remember to take rest during your menstrual cycle. In many communities, ladies do not cook during their periods. They are made to rest the whole day and not do any work. It might seem orthodox, but, the earlier generations understood the importance of rest for proper functioning of the uterus during menstrual cycles. Your body has to work hard during your periods, so this is one of the times you will not actively do other work. Once your period is over, you can get back to your regular routine.

### **Benefits**

The focus of the Fertility Cleanse is to prepare the body for conception. The Fertility Cleanse:

- helps the uterus clean out old blood and clots
- supports the body's ability to reduce inflammation in reproductive organs
- increases circulation to the reproductive system
- works with the menstrual cycle for optimal cleansing
- helps the body get rid of excess hormones and toxins
- promotes fertility by supporting female reproductive health
- maintains a balanced and calm mood



- maintains regularity of menstrual cycles
- supports healthy, regular ovulation and egg production
- promotes healthy libido and sexual desire
- above all, helps in conceiving a normal, healthy baby

## **Frequently asked questions**

### **1. What should I eat during a Fertility Cleanse?**

You don't require any dramatic dietary changes. However, I do feel that if you remove the toxins from your body, but continue to eat junk food, your efforts will be not as effective as desired. You should try to add fresh vegetable juices and plenty of raw nuts, fruits and vegetables as part of your daily diet, irrespective of the cleanse that you are doing.

### **2. Can I take vitamin supplements while doing the Fertility Cleanse?**

During the Fertility Cleanse, it is best not to take any supplements.

### **3. I am on birth control pills. Can I do the Fertility Cleanse?**

It is advisable not to do the Fertility Cleanse without appropriate consultation, while on birth control pills or hormonal medications. For more details, you can email your specific problem to me.

### **4. How do I know that the Fertility Cleanse is working?**

A Fertility Cleanse will help every woman. Some women are more sensitive than others and feel a lot of benefit, while others will feel less, but will definitely benefit from the cleanse.

### **5. Will the Fertility Cleanse help me get my periods back?**

There could be many reasons for not menstruating, such as hormonal imbalance, stress and nutritional deficiencies. Fertility Cleanse is the first step towards getting your period back, with additional steps to be followed, such as diet changes, stress reduction, etc..

### **6. How many times can I do the Fertility Cleanse? I am trying to conceive.**

Do it a couple of times in a month, if you are trying to conceive. It is recommended to take a month off before trying to conceive, because the marigold used for the cleanse are not meant to be taken while trying to conceive. The cycle following the cleanse would be a good time to start trying to conceive again.

**7. Are there any side-effects of a Fertility Cleanse?**

There are no overly strong cleansing reactions of the Fertility Cleanse, except for some minor mood swings.

**8. Can I go to work as usual while doing a Fertility Cleanse?**

Yes, while doing a Fertility Cleanse, you can continue going to work and do all your day-to-day activities as usual.

**9. If I don't have a period, when should I start my Fertility Cleanse?**

If you do not have a period due to PCOS or other reasons, then you can choose any date at your convenience.

**10. What is the best time of the day to do a Fertility Cleanse?**

The Fertility Cleanse ingredients are best taken at two different times of the day - morning and evening.

**11. Can I use the castor oil pack after the marigold cleansing method?**

Yes, the therapeutic castor oil packs can be used at any time except during pregnancy or periods.