



Natalia Rose, C.N. & Amanda Dennis, M.S.

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Note: This discussion of infertility is as important for men as it is for women. A farmer is concerned with both the viability of the seed and the fertility of the soil when planting crops. In the same way, we must pay attention to the quality of both the male and the female components. Therefore, the following cleansing tips will be most effective if both the man and the woman incorporate them into their lifestyle.

### Introduction

**What causes infertility?** We recognize that many of you have spent months or years trying to get pregnant. We extend to you our deepest compassion and respect. We know this has been an emotional, trying, and sometimes desperate time for you. We are here to provide an alternative to expensive, invasive, painful, and ultimately harmful fertility treatments. We hope that you can listen with an open heart and seek the truth that resides in all of us.

We can continue to treat infertility from the outside in with drugs and complicated procedures, but if we do this we continue to treat the symptom and not the cause. We continue to ignore the real questions: Why is my body rejecting pregnancy? Why is something that should be so natural so difficult for me? The answer is not the one your doctor will give you—such as ovulatory dysfunction, tubal infertility, endometriosis, etc.—these are just names that further define the symptom but not the true cause.

There are laws of nature, and as much as we try, we cannot will, trick, or fool nature into seeing things our way. The truth is, women are not getting pregnant because the egg, sperm, and vessel are not healthy enough to create and grow another life. In nature, widespread infertility is the first sign that a species is becoming extinct. Infertility is not simply random or unlucky, or something that we can safely treat with drugs and surgery (although these actions sometimes lead to pregnancy and birth, in the end, we leave our children to contend with the bigger picture).

If you are struggling with infertility, you are not alone. Few people today lead the kind of life that's optimal for fertility. We have knowingly and unknowingly poisoned our bodies to the extent that many of us are no longer fit to create new life. We have spent decades consuming sodas, white pasta and bread, aspartame-laden yogurts and drinks, hormone- and antibiotic-infused chicken, beef, dairy, turkey, and fish, genetically modified produce, birth control pills and antibiotics, immense volumes of dead and dehydrated processed foods, and recreational, over-the-counter, and pharmaceutical drugs. On top of this, most of us spend our days without sunshine or fresh air, in front of a computer or TV screens in windowless offices and homes. All of this has seemed normal to us because everyone else around us is doing the same thing! However, we are now facing the consequences of this lifestyle squarely in the eye.

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We can continue to ignore the signs that we are unfit to continue as a species in the way we are (e.g., rising infertility rates, early onset diabetes, cancer, obesity, etc.) or we can take responsibility and make dramatic changes—changes that will affect not only ourselves in this lifetime, but also our children and our grandchildren and so on, for generations to come.

We believe in treating infertility from the inside out, not the outside in. Our philosophy is about recognizing the interconnected web of all life, recovering as much as possible our most authentic selves, and living in peace and harmony with nature, as Mother Nature intended.



# "Tilling the Soil" for New Life

Although there are a lot of complex factors that have led to the high infertility rates that we're seeing today, you can take very simple steps to begin undoing the damage that has been done to your body. These steps will not always be easy or convenient to put into practice, but practicing discipline by implementing them in your life will help to prepare you for the self-sacrifice inherent in creating and providing for another life. Consider this the ultimate training ground!

## 1. Flood the Body with Health-Generating Foods

Take the adult Assessment Survey to assess your current level of toxicity. Follow the instructions for your transition level and apply as many of the dietary principles as possible. At this time, it is extremely important to focus your diet on foods from the Welcome Inclusions and Transition categories of our Food Chart, to completely avoid any substances in the Toxic category, and to minimize substances from the Non-Ideal category.

It is time to undo your learned behaviors and thoughts regarding food. Forget about calories, fat grams, protein, calcium, guilt, and countless other distracting details that you've picked up along the way. Learn to celebrate the simple beauty and vitality inherent in fruits and vegetables and their juices. Allow the transition foods, the recipes in our recipe section, and supplemental suggestions to gently assist you in shedding your food addictions. Cultivate a new approach to food—one that allows you to enjoy preparing simple, high-vibration foods for yourself and for loved ones. This is your time to heal, so take the time you need and enjoy the journey.

## 2. Give Your Body a Rest from Digestion

The more your body can rest from the process of metabolizing substances, the more energy can go to healing and cultivating fertility. When you overeat, or eat in combinations your body doesn't recognize, your body works very hard in an attempt to adapt. This overwork makes you age faster and deteriorates your blood chemistry and DNA. This can be a major factor in your inability to get pregnant, and if you do get pregnant (with or without the use of fertility drugs), you will pass along this deteriorated blood chemistry and DNA to your offspring.

Proper food combining is the best way to give your body a rest. Miscombined foods take about 8 hours to metabolize vs. approximately 3 hours for a properly combined meal. While going through the process of digestion, the food sits and ferments in your stomach at 98.6° Fahrenheit. This heated ball of festering matter feeds bacteria, fungus, and yeast, which are the antithesis of fertility and life.

Eating your meals while sticking to the basic rules of food combing will be a huge step in the right direction. Basically, you only want your meal to include one food category at a time, accompanied by large amounts of neutral raw and cooked vegetables. Refer to the Quick-Exit Combinations chart or consult any of Natalia's books (Raw Food Detox Diet, Raw Food Life Force Energy, or Detox 4 Women) for more details.

\*Food categories can be found at the end of this article.

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### 3. Remove the Rubbish

The female body is designed to be fertile, so we must find our way back to our natural state. Colon cleansing is important during this time, as assisting the body in releasing accumulated matter will speed up the process of overall cleansing. Your odds of getting pregnant will be directly related to the degree of accumulated toxicity that you can eliminate. Colon cleansing will open up essential pathways for life force energy to flow.

Getting pregnant and having a healthy full-term pregnancy is dependent on the flow of life force energy from mother to baby, so we want to ensure the passageways are open and free to conduct energy.

Eliminating accumulated waste matter is also important at this time because the impacted colon can press up against the uterus, causing atrophy and preventing pregnancy. The release of the accumulation will also enable the endocrine system to secrete hormones into the bloodstream in a balanced way.

For additional information, see our section on colonics. To find a gravity-method colon hydrotherapist near you, please visit our Colon Therapy Directory. If you cannot find a therapist near you, at-home enemas are a good backup choice for assisting the body in eliminating waste.

# Note: Beginning a relationship with a qualified and skilled gravity-method colon hydrotherapist will give you much deeper insights into the workings of your body, and it may well lead to a partnership that lasts for many years.

## 4. Detoxify Beyond the Body

The importance of eliminating toxicity is not limited to your body. In order to create an optimum space for new life, you need to do as much as possible to clear the toxicity in all areas of your life, including your relationships and your emotional and spiritual life. We provide many resources here and throughout the larger Detox the World site to help you detoxify beyond the body. In particular, we urge you to visit our Recommended Reading page for more educational and inspirational ideas. Here are just a few of our favorite books on the subject of detoxifying beyond the body: Grant Me a Higher Love by Cindi Sansone-Braff, Women Who Run with Wolves by Clarissa Pinkola Estes, and The Power of Silence by Almine.

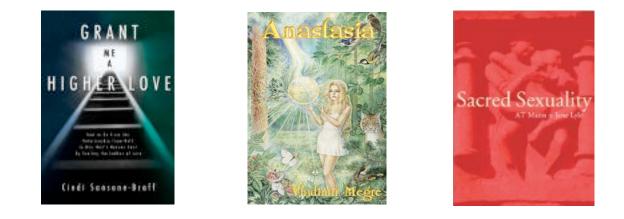
## 5. Practice the Art of Sacred Sexuality

The words "sacred" and "sexuality" rarely go together in our culture. Our concept of sex is generally one of selfish indulgence and lust—which leads more often than not to a feeling of emptiness. We all too rarely approach sexuality with the goal of giving and becoming one with a partner. Conception is far more often the result of either an accident (from a night of intoxication or blind lust) or an overly mechanized, stressful process of temperature taking, pill popping, and "perfect timing." Today, conception is rarely the result of the powerful union of male and female, of two human beings expressing their love for each other and sharing their united intention to bring about new life.

True lovemaking, as an art of sacred sexuality, is a lost practice. We'd safely bet that most of you did not learn about this from your parents, your friends, or from Hollywood! However, there are still cultures today (especially ancient cultures) that honor the power, beauty, and balance of male and female sexual energies. The balance of yin and yang, of night and day, and of earth and sun are all metaphors for the perfect whole that results from the union of male and female.

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Explore this exciting world with your partner in books such as Grant Me a Higher Love by Cindi Sansone-Braff, the entire Anastasia Ringing Cedar Series by Vladimir Megre, Tantra Spirituality & Sex by Osho; Tantra: The Path of Ecstasy by Georg Feuerstein; Tantric Quest: An Encounter with Absolute Love by Daniel Odier; and Sacred Sexuality by A. T. Mann and Jane Lyle.



## How Long Will It Take to Become Fertile?

Life begets life, so when we really start living, not merely existing, we'll be in position to bring new life into the world. However, we cannot have a short-term memory. We have been exposing our bodies and minds to toxicity for many years, and reversing this trend and all the damage it has done will not happen overnight. Moreover, it is difficult to estimate how long any one person will need to cleanse because infertility is the result of a complex combination of the following factors:

- 1. The amount of waste accumulation one currently has in the body
- 2. The quality of one's lineage
- 3. Emotional and/or spiritual stresses that may be prohibiting pregnancy

As difficult as this may be, try to detach yourself as much as possible from the desired end result. Now is the time to focus as much as possible on cleansing your body and clearing your mind. If you apply the cleansing principles described above, even if you don't get pregnant, you will still be far more physically and emotionally healthy for yourself, for your partner, and for the children you may choose to adopt. In relinquishing attachment to the outcome, you will allow yourself enough time to become ready physically and emotionally for a new life.

Additionally, the current idea that it becomes dangerous to have a baby after the age of 35 is based on our modern mainstream lifestyle and the damage it does to the body. The accumulation of toxicity reaches a critical mass around the age of 35, which increases the risk of miscarriage and unhealthy offspring. However, if you take steps to cleanse your body, you will lengthen the years in which you can produce viable offspring.

Note: Fertility drugs add toxicity to the body, but if you have chosen to take them, it's still a good idea to cleanse the body at the same time. Cleansing will remove only some of those added toxins, but it will also increase your chances of having a healthy pregnancy and a faster, easier recovery.

### What We Can Learn from Feline Fertility

A ten-year experiment done from 1932 to 1942 by Francis M. Pottinger (MD) sheds interesting light on the impact of nutrition on our health and fertility. The experiment included 900 cats over four generations, and the cats were divided into five groups. All five groups were supplied the same basic minimal diet, but the major portion of the diets were varied. Two of the groups were fed whole foods (raw milk and meat—real foods for cats). The other three groups were given processed foods and pasteurized, evaporated, and condensed milk.

All four generations of the raw meat and raw milk groups remained healthy throughout their normal life spans. The first generation of all three processed food groups developed diseases and illnesses near the end of their lives. The second generation of all three processed food groups developed diseases and illnesses in the middle of their lives. The third generation of all three processed food groups developed diseases and illnesses in the beginning of their lives, and many died before six months of age. There was no fourth generation in any of the three processed food groups. Either the third-generation parents were sterile or the fourth-generation cats died before birth! Remember, all four generations in the raw food groups were healthy throughout their normal life spans.

Applying his results to human nutrition, Dr. Pottenger said, "While no attempt will be made to correlate the changes in the animals studied with malformations found in humans, the similarity is so obvious that parallel pictures will suggest themselves."

## **Food Categories**

**Fruit**: Enjoy apples, bananas, oranges, melon, berries, cherries, mangoes, and any other fruits you love. Fruit should be eaten alone, and consumed on an empty stomach. Fruit is ideal as breakfast or as an afternoon snack because you know it won't be layering on top of something else in the digestive system.

**Dried Fruit, Nuts, Seeds**: Enjoy Lara Bars, almonds, sesame seeds, dried figs, dates, mature coconut, Brazil nuts, hemp seeds, and more. These are great as a snack, and even more delicious tossed onto a big raw salad for a lunchtime option.

**Grain**: Enjoy sprouted-grain products, whole-grain pasta, cooked millet, quinoa, spelt, buckwheat, oats, brown rice, crackers, and tortilla chips. A grain meal following a large raw salad will pass through the body quickly. Pasta with marinara sauce, a veggie sandwich with mustard, or chilled quinoa salad are some great options.

Animal Protein: You can have eggs, fish, and goat and sheep cheese. Enjoy these in the company of a big raw salad, and with some baked or steamed neutral veggies such as broccoli or spinach. Try a raw goat cheese salad followed by broiled garlic and ginger fish, with steamed kale. Or a salad followed by a goat cheese and basil omelet.

**Starchy Vegetables**: Enjoy yams and sweet potatoes, acorn squash, pumpkin, kabocha squash, butternut squash, and cooked corn. Avocado can also combine with this category. Try a big avocado and salsa salad followed by baked sweet potatoes with butter.

Note: The by-products of toxic matter are just as detrimental as the matter itself. Miscombined meals and poor meal choices contribute to the overgrowth of bad bacteria, fungus and yeasts, and carbonic gas. These by-products infiltrate the body on the deepest level, and removing them is a large part of the cleansing process.





Thank you. We look forward to serving you.

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