

# Conscious Conception

## 24-Week Preconception Cleanse Blueprint

We must responsibly prepare our bodies for conception—perfecting the blueprint before conception even takes place.

### **It's about your future child.**

This program, is not only a powerful way to increase fertility but rather to ensure the health of your future baby,  
Be A casual parent not a casual parent.

### **Detox. Replenish. Conceive with confidence.**

A step-by-step, 24-week system to lower toxin burden, balance hormones, and deeply nourish egg, sperm, and womb health—so you can give your baby the strongest possible start.

### **Why This Cleanse Works (The Science-Backed "Why")**

- **Preps the 90-day fertility window:** Egg maturation and full sperm cycles take ~90 days. We align detox and repletion with this biology to influence quality before conception.
- **Lowers everyday toxin load:** Systematically reduces endocrine disruptors (plastics, fragrances, pesticides) and supports Phase I/II/III liver-gut-lymph detox pathways so hormones can self-regulate.
- **Rebuilds micronutrient reserves:** Targeted repletion of iodine, selenium, zinc, magnesium, B-complex, choline, omega-3s, and minerals supports thyroid, ovulation, luteal phase, and sperm motility/morphology.
- **Repairs gut & improves methylation:** Microbiome, bile flow, and gentle methylation support enhance nutrient absorption, estrogen clearance, and balanced inflammatory signaling.
- **Stabilizes stress physiology:** Adrenal-thyroid balancing, circadian rhythm reset, and blood sugar steadiness reduce cortisol-driven cycle disruption while improving libido, sleep, and energy.
- **Optimizes the womb environment:** Uterine-tonic botanicals, hydration/minerals, and strategic movement promote endometrial receptivity and implantation readiness.
- **For BOTH partners:** Male factors contribute to ~50% of fertility challenges. This program upgrades sperm parameters alongside egg and cycle health.

### **The 24-Week Cleanse Roadmap**

#### **Phase 1 — Cleanse & Reset (Weeks 1–4)**

- Remove hormone-disrupting foods and chemicals; kitchen & personal-care detox.

- Gut priming, mineral/electrolyte repletion, hydration & bile flow support.
- Complete nutrition guidelines with fully customized recipes and meal plans.

### **Phase 2 — Gentle Detox & Hormone Balance (Weeks 5–12)**

- Liver/lymph/skin detox supports; heavy metal, parasite & mold clearance.
- Cycle-aware nutrition; adrenal/thyroid tune-up; caffeine/sugar taper.
- Sleep/circadian rhythm protocol; stress and nervous-system reset.

### **Phase 3 — Deep Nourishment (Weeks 13–20)**

- Nutrient intensives: iodine, selenium, omega-3s, choline, minerals, B vitamins.
- Hyper-nourishment: daily greens, juices, sprouts; protein pacing; “egg & sperm superfoods.”
- Uterine and male-fertility botanicals; gentle strength training + pelvic circulation.

### **Phase 4 — Conception Readiness (Weeks 21–24)**

- Complete detox work; maintain drainage and microbiome balance.
- Support luteal phase, cervical mucus quality, and sperm vitality.
- Transition plan for pre-/early-pregnancy nutrients and lifestyle.

## **What You Can Expect & Discover**

- Upgraded sperm motility/morphology and reduced DNA fragmentation.
- How to extend your fertility window naturally.
- Nutritional strategies for increasing sperm count and improving sperm health.
- Ways to prevent morning sickness before conception.
- How oxidative stress contributes to birth defects—and what to do about it.
- Reducing risks of autism, childhood diabetes, asthma, and allergies in your future child.
- How to minimize gestational diabetes, preeclampsia, and other pregnancy complications.
- Hydration therapy: why the right water matters (and no—it’s not alkaline water).
- The essential proteins, fatty acids, minerals, and sugars you need to conceive and grow an extraordinary child.
- How balancing your body’s minerals influences genetics at the moment of conception.
- A calm, confident transition into conception—with a plan that continues into Trimester 1.

## **What’s Included**

This is a **fully customized scientific program**—there is no other of its kind.

- **Doctor-led 1:1 Coaching Guidance:** Initial intake + 3 milestone check-ins (~week 1–2, ~week 10–12, ~week 20–22).
- **Comprehensive Health Analysis with Advanced Testing:** Includes family history and genetic markers. Hair, blood, saliva, and urine testing help determine exactly what you and your partner need to balance mineral ratios, strengthen organs, and reduce psychological stress.
- **Support for pre-existing conditions:** Thyroid, autoimmune, or other chronic issues are addressed for optimal pregnancy preparation.
- **Full Environmental Audit:** Identifying hidden toxins and blind spots with practical solutions.
- **The 24-Week Playbook:** Weekly action steps, meal frameworks for detoxification and fertility optimization (omnivore + plant-based recipe options).
- **Regenerative Detox & Repletion Protocols:** Phase-specific supports for liver, gut, lymph, minerals, electrolytes, omega-3s, choline, iodine/selenium, and cycle-aware botanicals.
- **Customized vitamin/mineral ratio program + probiotic synergy plan.** We are an electric body at a fundamental level that relies on the conductivity of the minerals in your body. Minerals not only allow cells to replicate but they are the foundational building materials for you and your future baby.
- **Environment Upgrade Kit:** Guides for water, cookware, pantry, and personal-care swaps.
- **Partnered Pathway:** Streamlined plan for male optimization so both partners progress in sync.
- **Conception Bridge Plan:** Safe continuation of nutrients and supports into early pregnancy.

*Note: We speak in terms of risk factors and optimization. Outcomes vary; no program can guarantee specific medical results.*

## Who It's For

- Everyone really!!
- Couples or individuals planning conception in the next 3–9 months who want a clear, supportive roadmap—not guesswork.
- Those ready to address fertility at the **root cause**—for both mother and father.
- Parents who want not just healthy, but **extraordinarily optimized babies** with the strongest genetic foundation possible.
- Please note: This Program is as much for fathers as it is for mothers. Sperm health is critically important to the future health of a baby.

## Pricing & Structure

### Preconception Cleanse (5 months)

- For clients 3–8 months out from TTC (trying to conceive).
- Thorough “pre-tox” plus stabilization of habits, labs, and supplements before trying.

**Price:** \$4,200

**Current Promotion:** \$2,600

Includes:

- 9 × 40–60 min 1:1 sessions (every 2–3 weeks).
- Weekly text check-ins (Mon–Fri, 24–48h response).
- Access to all secured resources.

*Not included in price: Testing (hair, urine, blood) and recommended supplementation.*

### Ready to Begin?

Take you and your partner on a journey that celebrates the **power of love as the blueprint of life**—preparing your body, mind, and spirit for the sacred moment of conception.

Give your baby the healthiest possible beginning—by preparing now.

👉 **Book a free 15-minute consult or secure your start date today.**

👉 **Start your Preconception Cleanse—don’t do this alone!**