

THE FERTILITY RESET PROTOCOL

"Creating a Safe Haven for New Life"

Fertility is a state of abundance. This reset is designed to signal your nervous system that the 'terrain' is clean, the 'engine' is fueled, and the environment is safe for reproduction.

PILLAR 1: The Adrenal Battery (Minerals)

Hormone production requires electrical stability. Use the **Salt & Potassium Protocol** daily to lower cortisol and allow the pituitary gland to focus on reproductive signaling.

PILLAR 2: Cellular Clearance (The Detox)

Use **Black Seed Oil** (1/2 Tbsp) and **Soursop Tea** (2 cups) to clear pelvic inflammation. Pair with **Activated Charcoal** as a binder to flush heavy metals and pathogens.

The Fertility Diet: Building the Blocks

ADD:

- Healthy Fats (Avocado, Coconut)
- Leafy Greens (Potassium/Folate)
- Bone Broth (Amino Acids)
- Berries (Antioxidants)

AVOID:

- Refined Sugar & Soy
- Plastic Containers (BPA)
- Non-Organic Coffee
- Processed Vegetable Oils

Daily Maintenance Checklist

- Morning Mineral Water (Salt/Lemon)
- Vagus Nerve Reset (Lowering Stress)
- 15-Minute Hip/Pelvic Mobility
- Soursop & Red Raspberry Leaf Tea

The Healing Garden of Destiny

"Be water like the wind — move with heart and honor your rhythm."
