



# Going Green Before You Conceive: Create a Healthier Baby and a Healthier You...from Preconception, Birth and Beyond

*Wendie Aston*

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## **Going Green Before You Conceive: Create a Healthier Baby and a Healthier You...from Preconception, Birth and Beyond** Wendie Aston

Have you dreamed of becoming a parent? Did you ever realize what you come in contact with on a daily basis from foods to environmental toxins can affect your ability to conceive? Did you know it takes about 3 months for eggs to mature before ovulation and approximately 72 days for sperm to mature? Learn how to create the healthiest sperm and eggs possible for conception by choices you make in diet, beauty products, cleaning products, everyday home interiors and environmental exposures. Learn what to avoid to protect your health and even uncover conditions your doctor may miss! This book will guide you and your partner how to begin living a healthy, toxin free, GREEN life before you start trying to conceive. You will be given the tools you need to detox your body, home, and lifestyle in order to produce the healthiest eggs and sperm possible and make way for a healthy baby. Learn: Timing for Conception, How to Try for a Boy or Girl, Fertility Massage, Yoga, Acupuncture, Reiki, Essential Oils, Feng Shui and how Removing Stress from your life can help make your body ready to grow another life. Bonus info: How to Have a Natural Birth, Perineal Massage, and How to prepare a GREEN nursery! Going Green Before You Conceive you can give your baby and family the healthiest start possible!

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