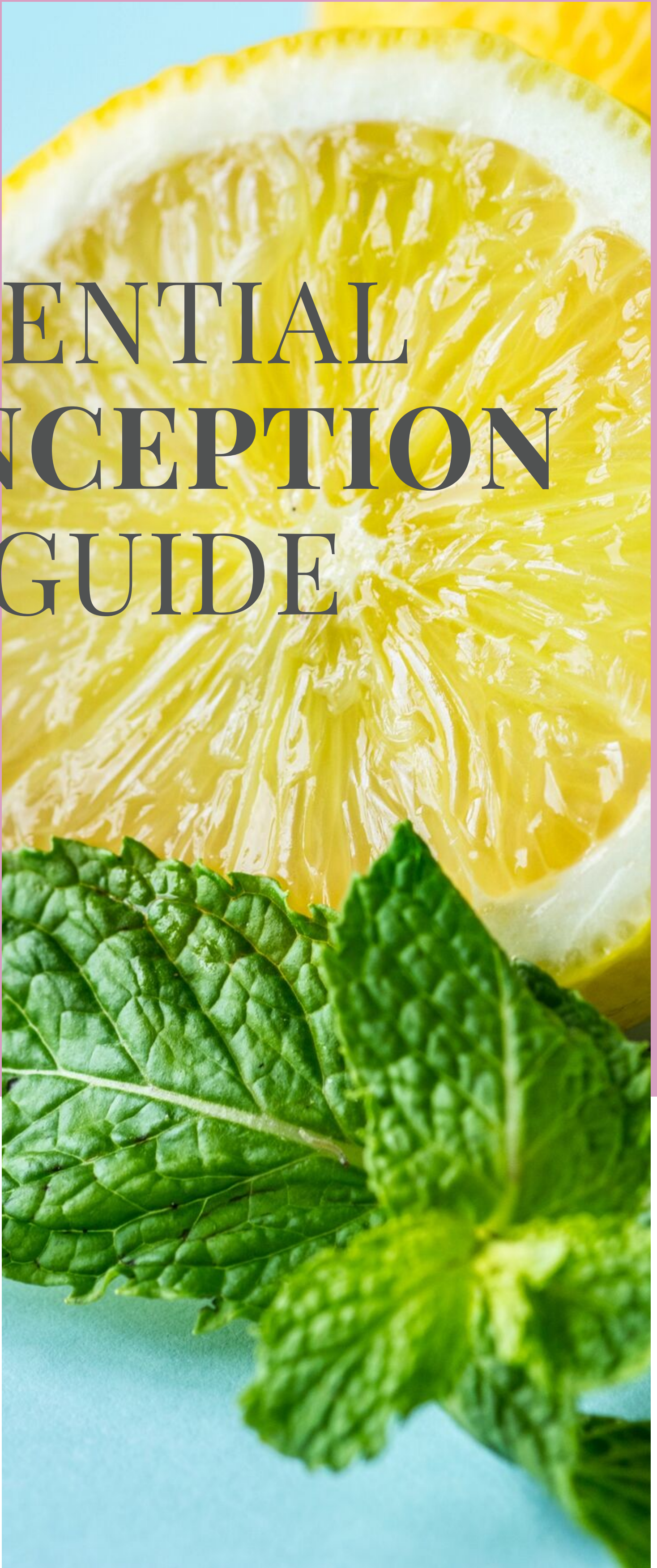


# THE ESSENTIAL PRECONCEPTION DETOX GUIDE

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XANDARA



Simple ways to reduce toxic exposure, increase  
detox capacity and get ready to conceive





# Why detox?

A **PRECONCEPTION DETOX** CAN HELP PREPARE YOUR BODY TO CONCEIVE MORE EASILY. HERE'S WHAT YOU NEED TO KNOW.

## WHY DETOX IS IMPORTANT *BEFORE* PREGNANCY

Our bodies are designed for conception. The problem is, our modern environment is *not*. When we are overloaded with toxins - which is more common than you might think-- our bodies understand that the conditions are not right for a baby, and shut down reproductive function. Planning ahead and detoxing *before* trying to conceive makes the journey to pregnancy more seamless.

## A WORD ABOUT HORMONAL BIRTH CONTROL

In addition to depleting the body of key nutrients and altering the gut microbiome, hormonal birth control can cover up underlying hormonal problems that may impair fertility. We recommend that hormonal birth control be discontinued during the earliest stage of preconception preparation, as part of your detox, so that your body has enough time to recalibrate, and any underlying hormonal imbalances can be addressed.

23,000

The number of new  
chemicals created since  
1976

168

The number of unique  
chemicals the average  
woman is exposed to  
from daily personal care  
products alone

287

The average number of  
chemicals found in the  
umbilical cord blood of  
newborn babies



# DETOX: THE BASICS

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## REDUCE WHAT'S COMING IN

We're never going to live in a world that's entirely free of toxins, but there are a number of changes we can make to significantly reduce exposure as we prepare for conception. One simple and effective step to take is to invest in a good quality air purifier, as a significant number of the toxins we're exposed to are airborne. Choose fresh, whole foods, and shop organic whenever possible. Be aware of unnecessary chemicals found in your home care and personal care products.



## INCREASE WHAT'S GOING OUT

Cutting back on toxins in your daily life is essential, but reducing exposure alone is not enough. We also need to increase the body's capacity to detoxify and support our detox organs-- especially the liver-- as they work hard to clear out built up toxins. Exercise, hydration, sauna and hydrotherapy are all great options.



# SIMPLE DETOX STRATEGIES

Habits & ideas  
you can  
incorporate  
into your daily  
life for optimal  
preconception  
preparation

## SUPPORT CIRCULATION

Light exercise, hot  
and cold contrast  
showers, and  
abdominal massages  
are all excellent  
ways to support  
circulation. And  
make sure to stay  
hydrated!

## SWAP OUT PRODUCTS

Start replacing toxin-  
ridden home care  
and personal care  
products with  
fertility-friendly  
versions.

## FIND THE RIGHT PRECONCEPTION SUPPLEMENT

Xandara's **CLEAN**  
supplement was  
designed by a health  
practitioner  
specifically to support  
this stage of  
preconception  
preparation.

## GET SWEATY

Sweating is essential  
for detoxification.  
Exercise, hot baths  
(bonus points for epsom  
salts!), and saunas are  
all great ways to make  
this happen.

## ELIMINATE

Support elimination  
through diet,  
hydration, and  
supplementation. You  
may also consider  
colon hydrotherapy,  
especially if you have  
a history of  
constipation or  
suspect a higher toxin  
load.



XANDARA



*Are you ready to  
get clean?*

**WE HAVE JUST THE THING FOR YOU,  
MAMA**

The CLEAN supplement is a detox powder filled with antioxidants and phytonutrients, designed to support healthy liver function and detoxification when preparing for conception.

For a limited time, get a FREE blender bottle and skin brush with your purchase of CLEAN.



**GET CLEAN**