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# yes, YOU CAN GET pregnant

NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW & INTO YOUR 40'S

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## 5 BONUS SUGGESTIONS TO IMPROVE YOUR FERTILITY EVEN MORE

Now that you've finished reading *Yes, You Can Get Pregnant: Natural Ways To Improve Your Fertility Now & Into Your 40's*, I wanted to give you five bonus suggestions to help you on your fertile way:

1. Begin each day drinking hot water with the juice from  $\frac{1}{2}$  of a lemon. This is a great way to “detox” your liver of any impurities.
2. Drink half your body weight in ounces of water each day (i.e. if you weigh 130 pounds you should be drinking 65 ounces. There are 16 ounces in a pint, 35 ounces in a liter).
3. Be sure you are eating within the 1st hour of waking and then eating every 2-3 hours from then on throughout your day. It is exceptionally important to keep your blood sugars level all day as spikes and dips can cause hormonal imbalances.
4. Meditate, or what I like to say: C.T.F.O. for 5-10 minutes every day. Learn how to C.T.F.O.
5. Exercise. 5 days per week for 30-45 minutes each day.