



## 5 Ways to Prepare for Pregnancy Naturally

Share your natural pregnancy journey! Use the hashtag #MotherRising

### Checklist

- ✓ Fertility Detox
- ✓ Eating for Fertility
- ✓ Raw Prenatal
- ✓ Hydrate
- ✓ Listen to the Body

### Resources

- [eBook: Cleansing for Conception](#)
- [Epsom Salts](#) and/or [Magnesium Salt Flakes](#)
- [Milk thistle](#)
- [Mega Food Baby & Me](#)
- [Garden of Life Raw Prenatal](#)
- [Yoga for Fertility](#)

### Notes

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