



# Detox Before You're Expecting: A Cleansing Program to Prepare Your Body for Pregnancy

*Rea Frey*

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# **Detox Before You're Expecting: A Cleansing Program to Prepare Your Body for Pregnancy**

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**Detox Before You're Expecting: A Cleansing Program to Prepare Your Body for Pregnancy Rea Frey  
THE FIRST EVER CLEANSE SPECIFICALLY DESIGNED TO GET A WOMAN'S BODY TO AN IDEAL STATE FOR MOTHERHOOD**

Being pregnant is an amazing experience, but before you conceive, you'll want to do everything possible to minimize risk and maximize the well-being of mother and child. This book's step-by-step detox will help you cleanse your system and reach optimal health for carrying a baby. *Detox Before You're Expecting* provides:

- Gentle, whole-foods cleanse program
- Delicious, nutrient-packed recipes
- Natural, non-toxic product guide
- Fertility-boosting plan

Don't wait! Your baby's healthy beginning starts with you getting healthy first, even before you see the plus sign.



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