

2020

THE ULTIMATE
FERTILITY
CLEANSE &
DETOX
PROTOCOL

PRESENTED BY:
MELANIE LEGEND INC.

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FERTILITY VAULT

THE ULTIMATE FERTILITY CLEANSE & DETOX PROTOCOL

SETTING THE FOUNDATIONS:

- Welcome To The Ultimate Fertility Cleanse & Detox Protocol!
- This is a self-paced course, so feel free to come back to it whenever you have time
- That said, the best results are achieved by those that are consistent. Even if it means 10 mins a day, staying consistent will help you see results and reach your goal faster

- Each week should be completed in order: Videos, worksheets and action items
- If you haven't joined the TRIBE pause this video and do so now:
- <http://lyran.tribe.so>
- Rules for TRIBE: No promoting, No negativity, judgement or complaining. Seek to help others before helping yourself. Breaking the rules will result in immediate removal from the group. Staff will be monitoring posts, comments and discussion. There is zero tolerance.

MINI DISCLAIMER:

- The use of this information or any other product on melanielegend.com does not establish a client relationship with Melanie Legend Inc. Melanie Legend is not responsible for any recommendations or advice taken based on the information & education provided.
- The information contained herein does not constitute medical advice - it is health information and education. Always work with a licensed medical professional in you state/province where you live, in accordance with this information and education.

HELP & SUPPORT

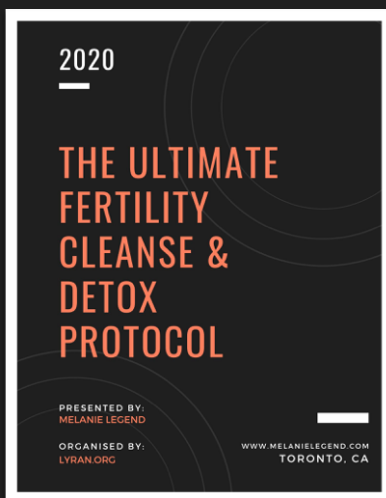
- Watch the videos in full and do the associated work
- If you are unsure about a concept or topic post in the TRIBE community for feedback. Someone else might have the same question!
- If your unable to answer your question:
- Email: info@melanielegend.com for support staff

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WHAT WE ARE GOING TO COVER:

- How to get the maximum benefit from this course
- What to expect from this course
- Why care about heavy metal detoxing?
- An overview of the course ahead



DON'T FORGET TO DOWNLOAD YOUR WORKBOOK LOCATED IN THE PDF FILE BELOW THIS VIDEO

HOW TO GET THE MAXIMUM BENEFIT:

- Do the work; that involves completing action items and implementing strategies
- Ask questions - there are no bad questions. If you don't understand reach out
- Attend the bi-weekly Q & A calls
- Search the transcript (control F) or search the FAQs for answers
- Stay consistent with the system (that means showing up frequently and staying in sequence)
- Take positive action and accountability for results (if you don't do the work your not going to see a change)
- Decide now in implementing a LONG TERM strategy

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HOW TO GET THE MAXIMUM BENEFIT:

- Take accountability for self:
- Where you are right now is a reflection of the choices you've made in life (financial, health, relationships etc.) Listen...
- Taking accountability gives you the **POWER TO CHANGE**
- This moves us from **VICTIM to EMPOWERED**
- If what you were doing in life up to this point was working you wouldn't have signed up for this program...
- I'm not blaming you. This isn't to hurt your feelings. This is to understand that change brings results and your mindset about that needs to be different

WHAT TO EXPECT:

- Each video lecture will have a corresponding workbook for download. This PDF will be available below each video
- The transcript will include important details and pictures include in the video lecture
- Action items and exercise will be present throughout the lectures
- Lectures will focus on education & strategies that are key to infertility
- Each lecture will have associated scientific articles for your own information should you want to explore them as well

WHY CARE ABOUT HEAVY METAL DETOXING?

- Heavy metals are found throughout our environment therefore it makes more sense to ensure adequate elimination rather than complete avoidance
- That said, we do have the power to make little lifestyle changes that will reduce toxic metal accumulation
- Not only is heavy metal toxicity important in infertility but it also comes into play for carrying a fetus
- We introduce multiple scientific articles explaining the role of heavy metal toxicity in hormone disruption, chronic illness (PCOS) and unexplained infertility

AN OVERVIEW:

- **Welcome & Setting Foundations**
- Strategy 1: Heavy Metal Detoxing With Foods & Supplements
- Strategy 2: Heavy Metal Testing & Chelation
- Strategy 3: Lifestyle Management and Metal Removal
- **BONUS: The Role of pH In Infertility**
- **Wrap Up & Review**

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WRAPPING UP:

- Join TRIBE: <http://lyran.tribe.so>
- Download your workbooks and PDFs
- Don't forget to attend bi-weekly Q & As (you'll receive email updates on times & dates)
- Ask questions and implement strategies
- Take your power back and enjoy this life changing journey