

# MARY SHACKELTON

## PRE-CONCEPTION CLEANSE

### WHAT YOU NEED TO KNOW TO SOUND LIKE YOU'VE READ THE BOOK

#### ABOUT MARY

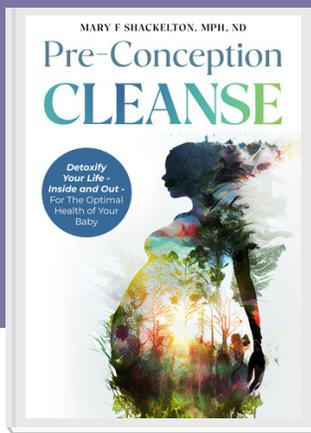
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Mary Shackelton, an author and Naturopathic Doctor who practices naturopathic medicine with an emphasis on women's health. Her current focus is on environmental medicine and the conditions that are associated with toxic exposures, such as auto-immune diseases, fatigue/brain fog, cognitive decline, hormone imbalances, mitochondrial dysfunctions and neurologic conditions.



She has a Masters in Public Health and a Bachelor of Science in Psychology from the University of California at Riverside. She was the Naturopathic Doctor on staff for the First Disabled Ascent of Mt. Everest in 1998. She was also the creator and co-founder of Insulite Laboratories, a company dedicated to reversing disorders related to insulin. Currently, she has a private practice -Holistica Integrative Care in Boulder, CO, which she has maintained for over 24 years

She is the co-founder and Vice President of Pride Pads Africa whose mission is to manufacture and supply girls with sanitary pads in Northern Cameroon to keep them in school. She's the author of a book called "Pre-Conception Cleanse: Detoxify Your Life - Inside and Out - For The Optimal Health of Your Baby."



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## ABOUT THE PRECONCEPTION CLEANSE

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A personalized Pre-Conception Cleanse program for women struggling with infertility, who want to detoxify before they conceive and who want the healthiest baby possible.

## BOOK SUMMARY

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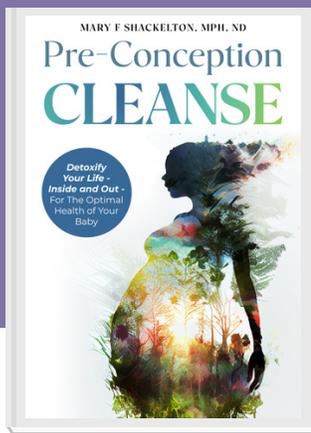
**“Can we really change the upstream causes of neurologic issues for our children?”**

Autism and ADHD rates are increasing every year. Fertility rates are declining, and pharmaceutical companies are developing more and more drugs to treat children's anxiety and concentration issues. Many of these issues start upstream of conception.

**“How can we lower the total toxic load in future generations?”**

Mary Shackelton has clarified what is in our control to change that will help eliminate voluntary exposures to chemicals and toxins and lower our involuntary exposures, open the pathways for elimination of toxins and make better choices for our families and for the planet.

The Pre-Conception Cleanse demystifies what is all around us and how to change it.



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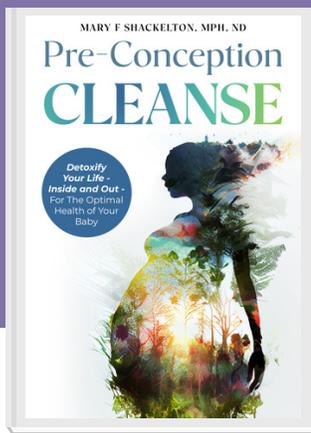
# PRE-CONCEPTION CLEANSE

## WHY MARY'S MESSAGE IS IMPORTANT

### **Toxins are handed down from one generation to the next**

Vertical transmission is a term given to describe how the toxins your grandparents were exposed to and accumulated are now affecting your own children. What they have stored is now part of your own family legacy. Toxins are fat-loving, are stored easily in fat cells, and have easy access to storage in every cell in our body, particularly our brains. What children have inherited is not their fault. But we can change this.

We are constantly exposed to low-dose chemical insults which accumulate over time and we are chronically undersupported to eliminate these toxins. These daily low-dose exposures cause low-grade symptoms such as fatigue, immune dysfunction, and reproductive health changes. But our children have never been so anxious and challenged by focus and concentration issues. It is not the fault of the classroom or teacher or even the child, it is the interface with toxic exposures that has contributed to this, and there is a path forward!



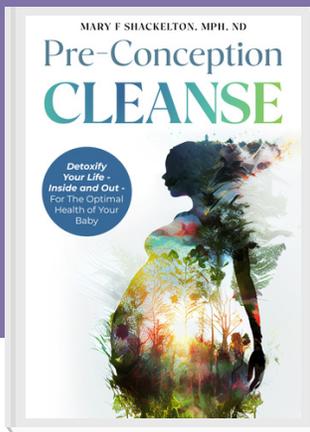
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## PRE-CONCEPTION CLEANSE

### WHY MARY'S MESSAGE IS IMPORTANT

#### **BOOK EXCERPT (page 12), Living within the Laws of Nature...**

One of my patients came to me after her fifth child turned three years old. She was desperately sad; she felt she had broken kids. The older four children had ADHD and very limited diets because of texture sensitivities. They also struggled with impulsivity, severe anxiety, and other behavioral challenges at school and were reading below grade level. The youngest one had a neurological tic. With some investigating, we found that Mom's genetics had predisposed her children to some of these challenges. Testing revealed low nutritional reserves for all five kids and high heavy metals for three of them. Then we surveyed her house. There was a mold problem in the nursery of her youngest. Before treating anything, we began to gently detoxify all of them and their home. From there, I was able to address leftover symptoms and provide neurological support for everyone. Within a few years, her kids were performing academically at or above grade level, no longer struggling with ADHD or anxiety, and the tics were gone. These kids came to me with a high level of toxic exposure and overburdened systems. They had few reserves to detoxify on their own. What parent would have thought that their children's issues could be stemming from their environment?



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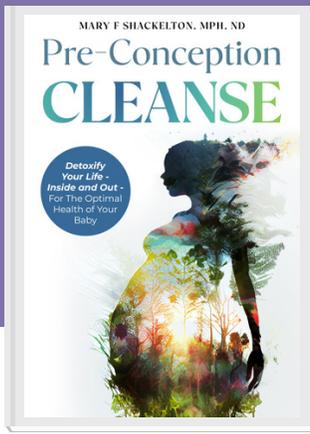
### WHY MARY'S MESSAGE IS IMPORTANT

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#### **Help Now!(BOOK EXCERPT page 16)**

Women contemplating pregnancy are highly motivated to have a healthy baby. Some know what they are up against with the rising rates of neuro-developmental issues (when normal brain development is disturbed), yet the majority is unaware. Yes, we need research to help us understand what is harming us, but that takes time. We also need long-term legislation to force companies to prove chemicals are safe before they are widely marketed and sold. The answer is also to clean up our environment, but that is not going to help you today.

Today, you need to recognize how to avoid exposures and fortify yourself against them so you and your future children can thrive despite them. With prevention and education, I'll help you look upstream at the causes and give you a plan of action to minimize their impact. If you've already become aware of the toxic burdens we face every day, you may tend to focus on the exposures a child sustains after he or she arrives, considering everything from organic baby clothes to organic formula. Yet what happens before birth may have greater life-long significance for your child. I'll bring to light how delicate the in utero environment is and how you can proactively create a safe terrain so that once your child is here, that child is resilient, strong, and neurologically intact. I can teach you to be proactive in your health and take major leaps forward in how to have a healthy baby.

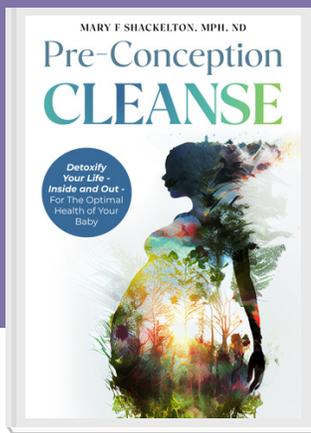


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### SUGGESTED INTERVIEW QUESTIONS

1. Why did you write your book?
2. What can be done about having a baby on the autism spectrum?
3. Can you debunk some popular forms of detoxification?
4. What is the impact of endocrine-disrupting chemicals on reproductive health?
5. How important are nutrients prior to conceiving?
6. What are some tests that women should ask their doctors for prior to conception and why?
7. Who needs detoxification?
8. What's the link between chemical exposure and autism/ADD?
9. Is this information only for women who want to conceive?
10. How important is it to take nutrients for detoxification?



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## BOOK SUMMARY

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### **“Transforming how we look at the Pre-Conception Period.”**

We have good prenatal care once a woman becomes pregnant but the period before conception is largely ignored as a window of opportunity. This pre-conception time sets the stage not only for conception and for the pregnancy but also for the future neurologic health of the baby. I want women to look at this time as an opportunity for critical health improvement through detoxifying what we have already accumulated and reducing the exposures we face going forward.

### **“How do we get where we want to go?”**

Identify what your low dose chronic exposures are

Enhance the 5 pathways of elimination for detoxification

Eliminate pesticide exposure and herbicides

Know which foods support detoxification

Order the tests that can illuminate areas of risk for you and your baby before you conceive

Start taking nutrients that support healthy neurologic development of a fetus