bionobo®

before

Pre-pregnancy detox
preparing the ground, together

Six months to arrive with less load and better nourished: what to change, what to do and when to stop.

GUIDE · 2026 EDITION

REDUCE · CLEANSE · NOURISH



a letter to begin

Preparing the ground *before sowing*

If you're thinking of trying for a baby, the months before are yours. They're the best time to look at what comes into your home, onto your plate and into your body, and to look after yourselves without rushing.

This guide isn't about fear or promises. Nobody can promise you a result, and neither can we. It's about preparing the ground calmly, both of you, and reaching that day with less load and better nourished. And if you're preparing on your own, everything else works just the same.

Almost everything in here comes down to habits: water, real food, home, rest. Anything with a product is optional, and has its moment.

It doesn't have to be perfect: *little by little.*



THE GOLDEN RULE · IF YOU KEEP JUST ONE SENTENCE

Anything with a product or protocol *is for before*

No re:set, no be:liver, no ikigen, no enemas, no alcalina, no shila:jit and no ki:wami during pregnancy or breastfeeding. The last deep cleanse ends at least three months before you start trying (**p. 12**), and the day you start trying, both of you stop everything from bionobo (**p. 17**). **And always, always, with your doctor or midwife.**

how to read this guide

Your timeline *at a glance*

It is not a manual to read in one sitting: it is a map. *Open it wherever you are.*

SIX MONTHS, FOUR MOMENTS

MONTHS 6 → 3

Prepare and cleanse

- Preconception visit (**p. 6**)
- The two water filters (**p. 7**)
- Dentist, in good time (**p. 10**)
- If you want: re:set → be:liver, or ikigen; enemas (**p. 12**)
- He puts the sauna on hold (**p. 16**)

MONTHS 3 → 0

Nourish and calm

- Nutrient-dense food (**p. 14**)
- Sun and sea (**p. 15**)
- Him: liver, strength and libido (**p. 15**)
- alcalina or shila:jit, if you take them (**p. 13**)
- No deep cleanses

THE DAY YOU START TRYING

Stop

- **Both of you stop everything from bionobo**
- Her: sauna and very hot baths, *out*
- Her: liver and pâté, *out* (**p. 17**)

PREGNANCY AND BREASTFEEDING

Accompany

- No products or cleanses
- Whatever your midwife tells you

WHAT ALWAYS STAYS

Filtered water, real food, rest and movement.

FIVE PARTS AND A CLOSING

I Understand — WHY BEFORE · BOTH OF YOU · THE VISIT — 04–06

II Reduce — WATER · PLATE · HOME · MOUTH — 07–10

III Cleanse — FUNNEL · WINDOW · BIOMINERALS — 11–13

IV Nourish — DENSITY · SUN AND SEA · REST — 14–16

V Try — THE DAY · QUESTIONS · THE LIST — 17–19

♡ What's coming — CLOSING · CONTACT AND NOTICE — 20–21

PAUSE *Which month are you in today?*

PART I · PP. 4-6

I Understand
why before, and both of you

What the body stores, each person's rhythm and the first step: the visit.

Why before 04
He counts too 05
First, the visit 06

the starting point

Why before
what the body stores

Not to do it perfectly, but to arrive with the ground prepared, the two of you together.

ONE STUDY · 268 PREGNANT WOMEN

99–100%

It's nobody's fault: *it's the world we live in.*

In a study of 268 pregnant women in the US, almost all of them (99–100%) had traces of PCBs, pesticides, phthalates or perfluorinated compounds in their bodies (Woodruff et al., 2011).

The good news: a good part of what gets in depends on small, daily decisions.



What you do today, you do in good time

The body has its own rhythm (**p. 5**), and changes to your home, plate and habits need weeks to settle in. That is why we start months before.

No rush and no perfection.

Where to start

1. **First, turn off the tap:** water, plate, home and mouth (**pp. 7–10**).
2. **Then, if you want,** the cleansing window: only before, and calmly (**pp. 11–13**).
3. **And always, nourish** (**pp. 14–16**).

SOURCE Woodruff TJ et al., *Environ Health Perspect*, 2011.

◆ PAUSE *What is the first thing you feel like changing at home?*

both of you · the body's rhythm

He counts too *it takes two*

This isn't only a women's thing. Between 1973 and 2018, the average sperm concentration fell by 51.6% worldwide, and since 2000 it has been falling twice as fast (Levine et al., 2023). *Preparing takes two.*



HIM · EACH SPERM

About two months

A sperm cell takes about two months to form: 64 days on average (from 42 to 76) in a labelling study (Misell et al., 2006). What he changes today shows up in his sperm two or three months from now.



each ring, three months



HER · EACH EGG

Almost three months

The egg she will release in a few months has already begun its final stretch: the group of follicles it will come from starts to prepare about 85 days before ovulation (Gougeon, 1986).

Three months is the body's rhythm, hers and his.

Six give you room to do it with no rush and no perfection: little by little.

BOTH OF YOU

Tobacco

If either of you smokes, this is the moment to stop, with help if you need it. Smoke from anyone who smokes around her counts too.

HER AND HIM

Alcohol

For her, zero alcohol from the moment you start planning (Spanish Ministry of Health). For him, what weighs most is the daily drink (Ricci et al., 2017).

HIM

Heat

The testicles sit outside the body for a reason: they need to stay cooler. That is why he puts the sauna on hold while you prepare (**p. 16**).

SOURCES Levine H et al., *Hum Reprod Update*, 2023 · Misell LM et al., *J Urol*, 2006 · Gougeon A, *Hum Reprod*, 1986 · Sharma R et al., *Eur Urol*, 2016 · Ricci E et al., *Reprod Biomed Online*, 2017 · Spanish Ministry of Health, preconception prevention guide (in Spanish).

◆ PAUSE *What change would you make together this week?*

the first step · six months before

First, the visit *and the tests*

Before anything else, a preconception appointment with your doctor or midwife: blood tests, a check-up and everything you take. What they advise comes first. **Don't stop any treatment without talking it over first.**

FOR THE APPOINTMENT
What to bring

1 **What you take**
Medication and everything else the two of you take, including anything from bionobo.

2 **Tests and check-up**
General blood tests, cervical screening if it's due and whatever your doctor sees fit.

3 **This guide**
What you're planning to do and when, so you can decide it with whoever is supporting you.

4 **Your questions**
Write them down beforehand, so you don't leave any out.

IF YOU WANT TO MEASURE
It's optional

Metals	If you want to look at them, the starting point is a **blood test with your doctor**.
Pesticides	There are urine tests to look at them.
Hair	A mineral analysis? If you do one, take it only as a guide and **don't decide anything from a single result**.

When the same hair was sent to six laboratories, the results did not match (Seidel et al., JAMA 2001).

IN ALL HONESTY
A reference, not a diagnosis

Any test is a snapshot of a moment.

Before any number, how are you both feeling?

IF IT TAKES A WHILE
Go back to your doctor *and ask for tests, both of you.*

1 year
trying, with no pregnancy

36+
or sooner, if she is 36 or over

SOURCES NHS, "Trying to get pregnant", 2026 · NHS, "Infertility" · Seidel S et al., *JAMA*, 2001.

◆ PAUSE *Write down the date of your visit.*

PART II · PP. 7-10

II Reduce

what comes in, little by little

From today, both of you: water, plate, home and mouth. There is no need to change everything at once.

Water	07
What we eat	08
Home, kitchen and skin	09
Mouth and body	10

reduce · water

The first change *water*

> *"If there's something you can invest in, your first investment is taking time to understand water. Nobody is going to understand it for you. Everyone is going to come and sell you the best filter… I could tell you which filter is best, but I don't want to: I want you to decide which is best. What I am here to tell you is that tap water is full of rubbish, and that a filter for the shower and a filter for the water you drink are essential. That's the first change."*
>
> *Dani* CO-FOUNDER OF bionobo®



THE FIRST FILTER

For the water you drink

We're stepping away from bottled water. There are many options and all of them claim to be the best: **find out, compare and choose for yourselves.** And whichever you choose, look after it: change the replacement cartridges on time.

Since January 2026, the EU has set a limit on PFAS (the "forever chemicals") in tap water. **That there is a limit tells you they are there.**

THE SECOND FILTER

For the shower

A shower filter is not a whim. In one study, people who showered for ten minutes with tap water ended up with **more trihalomethanes in their blood** (by-products of chlorine) than people who drank a litre of tap water (Backer et al., 2000).

What you breathe in with the steam and what touches your skin **count too.**

If your filter also removes the minerals (reverse osmosis)

While you prepare, put them back with a few drops of alcalina (**p. 13**). From the day you start trying, you get them from food, or from a filter that doesn't remove them all: talk it over with your midwife.

SOURCES Backer LC et al., *J Expo Anal Environ Epidemiol*, 2000 · Directive (EU) 2020/2184 (PFAS, from 12 January 2026).

reduce · the plate

What we eat *and what we don't*

Look for conscious eating, real food. You'll probably have to stop shopping at ordinary supermarkets, little by little: the food in ordinary supermarkets is loaded with pesticides. **It isn't really real food, even if it looks like it.**

−70.93%

GLYPHOSATE IN URINE · IN SIX DAYS

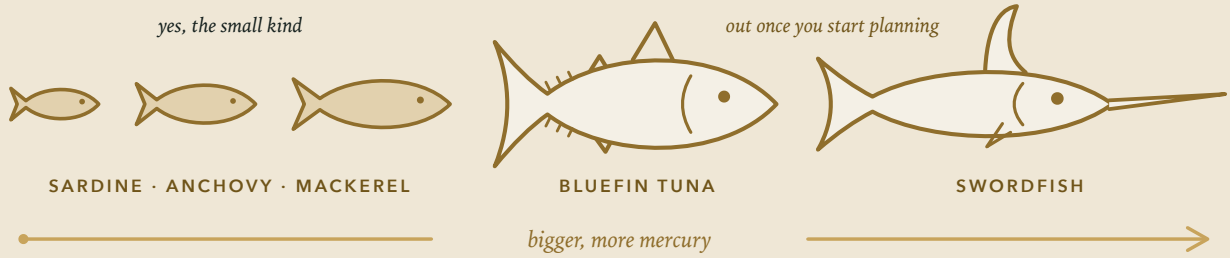
What you eat shows, and fast. When four US families switched to organic food, the glyphosate in their urine fell by 70.93% in six days (Fagan et al., 2020), and some pesticides by as much as 95% (Hyland et al., 2019).
Start with what you eat with the skin on.

FISH AND MERCURY

Fish, yes, *but the small kind*

Spain's food safety agency (AESAN) asks women who are planning a pregnancy, pregnant women and mothers who are breastfeeding to avoid swordfish, bluefin tuna, shark (tope, mako, spiny dogfish, catshark, blue shark) and pike: the bigger and longer-lived the fish, the more mercury it builds up, and mercury can cross the placenta.

In this guide we apply it to both of you: big fish comes off the plate from the day you start planning the pregnancy.



Of the small kind, **3 to 4 portions a week:** which ones and how, on **p. 14**.

WHAT WE LEAVE OUT · BOTH OF YOU

- × **Refined seed oils** (sunflower, soya, maize, rapeseed) and margarine
- × **Sugar and ultra-processed food**
- × **Pasteurised dairy** and pasteurised plant-based drinks
- × **Alcohol:** none for her; no daily drink for him (**p. 5**)

> *"Pasteurised dairy isn't real food: it's an ultra-processed product. Homogenised milk isn't dairy: it's ultra-processed."*
>
> — *Dani*

Coffee, organic and better as whole beans. And as for caffeine, the best thing is to cut it out little by little.

SOURCES Fagan J et al., *Environ Res*, 2020 · Hyland C et al., *Environ Res*, 2019 · AESAN, Recomendaciones de consumo de pescado por presencia de mercurio (2019, in Spanish).

PAUSE *What do you buy most that you eat with the skin on?*

reduce · your surroundings

Home, kitchen and skin *less load every day*

You breathe, you cook, you wash… Don't throw everything out or redo the whole house: **when something runs out, swap it for a better version.**

KITCHEN · PLASTICS

Less plastic

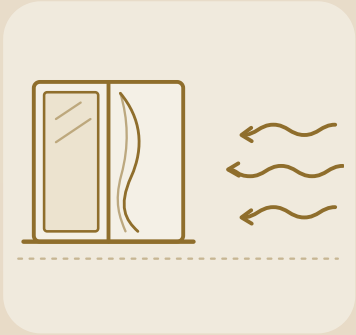


In 2023, EFSA lowered the amount of bisphenol A it considers tolerable by a factor of 20,000, and the EU has banned it in food-contact materials.

✓ **The easy option:** glass and steel for storing, heating and drinking. Pans in steel, iron or ceramic.

HOME · AIR AND CLEANING

Ventilate and simplify



Four phthalates (plasticisers found in some soft plastics) have been restricted in the EU since 2020.

✓ **The easy option:** out with air fresheners and scented candles; ventilate every day; clean with a few simple products.

SKIN · COSMETICS

Simple cosmetics



Five parabens have been banned in European cosmetics since 2014 because their safety could not be shown.

✓ **The easy option:** fewer ingredients, ones you understand, and no fragrance. Deodorant without aluminium.

4 of 6

PLASTICS TRAVEL A LONG WAY

An Italian study found microplastics in 4 of 6 placentas (Ragusa et al., 2021). **Not to frighten you:** so that glass, steel and unpackaged food make perfect sense.

IF YOU'RE GOING TO RENOVATE

Are you going to paint or renovate, the baby's room too? In an old house, sanding or stripping old paint can release dust with lead in it (WHO): **better before you start trying, done by someone else and with good ventilation.**

SOURCES EFSA, bisphenol A, *EFSA Journal*, 2023 · Regulation (EU) 2024/3190 · Regulation (EU) 2018/2005 · Regulation (EU) 358/2014 · Ragusa A et al., *Environ Int*, 2021 · WHO, "Lead poisoning" (2026).

◆ PAUSE *What is the next thing to run out in your bathroom?*

reduce · procedures

Mouth and body *in good time*

What you carry in your body counts too. Here the rule is simple: **everything in good time, with a professional, and well away from pregnancy.**

AMALGAM FILLINGS · BOTH OF YOU

"Silver" fillings *are decided with your dentist*

They are roughly half mercury (FDA). **A filling in good condition isn't removed just for the sake of it: your dentist always decides.** When one is removed, mercury vapour is released at that moment; so, if you want to replace them, it is done in good time, months before you start trying, and with a dentist who knows how to remove them with proper protection. Never during pregnancy or breastfeeding.

IN THE EUROPEAN UNION

2018	No longer placed in pregnant or breastfeeding women.
2025	No longer placed in anyone, unless strictly necessary.

WHEN

NOW
Check-up, both of you
With your dentist: how your fillings are doing.

MONTHS 6 → 3
If they need replacing
In these months, in good time and with protection.

ONCE YOU START TRYING
No removing amalgams
Not in pregnancy or breastfeeding either. Check-ups, yes.

IMPLANTS, TATTOOS AND LASER

Each thing, with its guide

If you have breast implants or tattoos, or are thinking about laser treatment, we have dedicated guides (ASIA syndrome; detox and tattoos): they are coming soon to the library. **Any procedure, in good time and with your doctor.**

GUIDES LIBRARY

All our guides, free

Scan the QR or tap the link.

guides library

SOURCES FDA, "Dental Amalgam Fillings" (2021) · Regulation (EU) 2017/852, art. 10 · Regulation (EU) 2024/1849.

PAUSE *When was your last check-up?*

PART III · PP. 11-13

Cleanse

III *if you want, and only before*

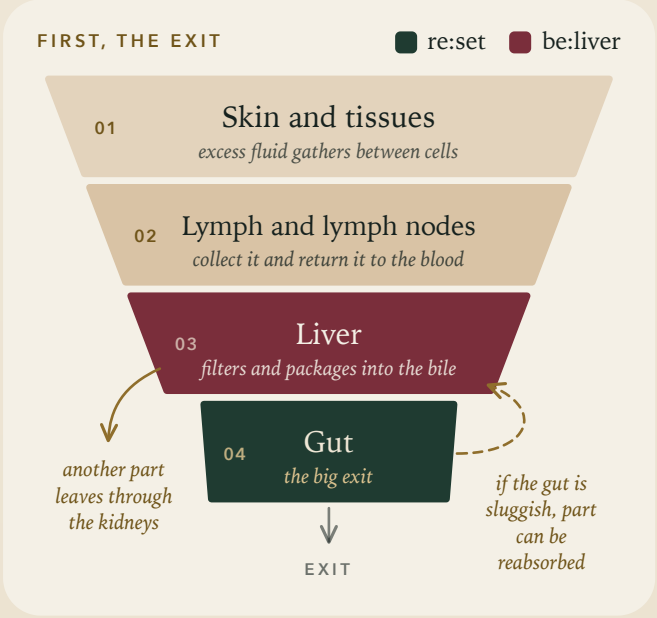
From six to three months before you start trying: the window to go deeper. None of this is required.

The drainage funnel 11
Your window 12
Remineralising 13

cleanse · the order

The drainage funnel *from the bottom up*

The big exit for what the liver packages is the gut. That is why, in our way of cleansing, we start from the bottom: *first, make sure whatever moves has somewhere to go.*



IN PRACTICE · FROM THE BOTTOM UP

1 **Your habits**
Filtered water, real food and movement (**pp. 7–8**, **14** and **16**); and going to the toilet regularly.

2 **re:set**
The gut, in a 24-hour protocol.

3 **be:liver**
The liver and gallbladder, afterwards.

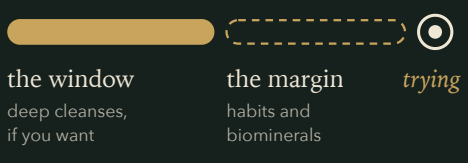
ikigen brings it all together in a single 4-day protocol (**p. 12**).

The gut → liver order is our way of doing it, not a tested clinical sequence.

WHY WE LEAVE MONTHS OF MARGIN

The last cleanse, three months before

A deep cleanse moves a lot in a short time. That is why we leave a margin: the last one ends **at least three months before you start trying**, in step with the rhythm of her body and of his (**p. 5**). It is our own prudence, not a medical rule; and never in pregnancy or while breastfeeding.



SOURCES StatPearls (NCBI): "Physiology, Bile Secretion" and "Physiology, Lymphatic System". The three-month margin is tied to the 64- and 85-day rhythm on **p. 5** (Misell 2006; Gougeon 1986).

cleanse · only before

Your window *months 6 → 3*

If you want to go deeper, this is the moment: one after another, calmly, while you are not yet trying, and finishing at least three months before you start. **None of them is required.**

STEP 1
re:set
the gut

The 24-hour intestinal protocol, with fermented kōso enzymes. Also in a version for couples.

View re:set

STEP 2
be:liver
the liver

The second step, for the liver and gallbladder, after preparing the gut.

View be:liver

ALL THREE
ikigen
in one

Remineralising, gut and liver in a single protocol, in 4 days.

View ikigen

Read their guides calmly before you decide: the re:set and be:liver ones are in the **guides library**; the ikigen one is, for now, only in Spanish.

ENEMAS · ONLY IN THIS WINDOW

Three ways to do it

- warm water
- with fulvic acid: **5-10 drops** of alcalina per bag; **10-20 or more**, advanced
- with fulvic acid and organic coffee

If you can't get an enema bag, look for colon hydrotherapy near you. We have an enema guide: it is coming soon to the **library**.

"We know enemas can look complicated, but they are an incredible tool."
DANI

BEFORE ANY BINDER · WITH YOUR PROFESSIONAL

Binders and chelators *not the same thing*

A binder

It binds certain substances **inside the gut** and leaves with the stool: chlorella, activated charcoal or fibre. It can cause constipation if you don't drink enough water. Keep it apart from your medicines and from anything else you take, and **always with your health professional**.

A chelator

Medical chelators, such as DMSA or EDTA, are used under medical supervision: **never a protocol on your own**, and even less so in pregnancy or while breastfeeding.

WHAT WE KNOW ABOUT FULVIC ACID

"Fulvic acid is known as a natural chelator: it forms chelates with other compounds. What we do know is that it penetrates cells very well: because of its tiny size, it is credited with the ability to cross barriers other compounds cannot, such as cell barriers or the blood–brain barrier."
DANI, CO-FOUNDER OF bionobo®

In this guide, alcalina and shila:jit are a gentle daily support, not a deep cleanse (**p. 13**).

In the EU there are no authorised claims about heavy metals, and we do not make any such claim for any product.

SOURCES Sears ME, *Sci World J*, 2013 · Wax PM, *J Med Toxicol*, 2013 · Regulation (EC) 1924/2006.

cleanse · biominerals

Remineralising *while you prepare*

Two natural sources of biominerals, with fulvic acid, trace minerals and organic acids. One or the other, every day, while you prepare: **a gentle daily support.**



THE RESIN · CONCENTRATED

golden shila:jit

60–65 % fulvic acid, measured to ISO 19822

Himalayan resin. You start with a grain of rice.

View shila:jit

SCAN OR TAP



THE DROPS · LIGHT

alcalina

75 + trace minerals and 14 organic acids in every drop

In your glass of filtered water; and if you use reverse osmosis, also to give the minerals back to it.

View alcalina

SCAN OR TAP

YOUR DOSE, LITTLE BY LITTLE

Are you sensitive? Start with less, and on alternate days.

	START	GO UP SLOWLY	SETTLE IN	YOUR DOSE
shila:jit IN WARM WATER	**A grain of rice**	The same grain	Several servings a day	**Up to a small chickpea**, spread out
alcalina IN 200 ML OF WATER	**4 drops**	6 drops	10 drops	**10 + 10 drops**

ki:wami, if you use it in your preparation: 2 to 4 servings of 30 ml a day. Fasts, only within the window (p. 17).

bionobo.com/en/products/kiwami

BEFORE YOU START

Your health comes first

Read it calmly. And always with your doctor or midwife.

- Neither alcalina nor shila:jit (nor ki:wami) in pregnancy or while breastfeeding: **you stop them the day you start trying.**
- Leave **2 hours** between these products and any medication.
- **Do not exceed the recommended daily dose.**
- Food supplements should not be used as a substitute for a varied and balanced diet.

PART IV · PP. 14-16

Nourish
the last three months, and always

IV

When the cleansing window closes, it's all about nourishing: dense food, sun, sea and rest.

Nutrient density 14
Sun, sea and real food 15
Rest and movement 16

nourish · the plate

Nutrient density
what we add

"They tell you to eat a varied diet, but it's about eating for nutrient density: micronutrient density. Today we know that supermarket food usually grows in impoverished soils and has less nutrient density than it did a few decades ago. That's why it's important to leave the idea of 'varied' behind and understand what eating for nutrient density means. We're going to have to make changes."

— *Dani* CO-FOUNDER OF bionobo®



Meat

Grass-fed and **grass-finished**, or a farm that tells you how its animals live.

Fish

Small and wild, 3 to 4 times a week: sardines, anchovies, mackerel, hake, mussels. Wild rather than farmed.

Eggs

Organic, code 0. Among the richest in choline, and they carry folate too (**p. 15**).

Fats

For cooking: **grass-fed beef tallow**, grass-fed butter, ghee or virgin coconut oil. EVOO, raw.

Offal

Liver is among the densest foods there are and fits the preparation, in moderation: once a week at most. The day you start trying, she sets it aside (**p. 15**).

Dairy and ferments

Dairy, raw or fermented. Sauerkraut and kimchi, live: chilled and cloudy. Raw dairy, not in pregnancy: she stops it the day you start trying.

Fruit and vegetables, seasonal and local; organic for what you eat with the skin on.

Where to buy all this, plus cleaning products and cosmetics? In the "Your tox-free allies" bonus of the beginner's guide (shops in Spain, plus what to look for wherever you live).

SOURCES Davis DR et al., *J Am Coll Nutr*, 2004 · Montgomery and Biklé, *Front Sustain Food Syst*, 2021 · AESAN, Recomendaciones de consumo de pescado por presencia de mercurio (2019, in Spanish) · Hites RA et al., *Science*, 2004 · USDA FoodData Central 171287.

nourish · where the good things come from

Sun, sea *and real food*



> *"Sun every day: build your solar callus little by little and get out in the sun, it's really good."*
>
> — *Dani* CO-FOUNDER OF bionobo®

THE SUN

Sun every day

Start with a short while and keep adding, without ever getting burnt: that is building your solar callus. With the sun on your skin, the body makes its own vitamin D.

THE SEA

Sea bathing

Bathe in the sea whenever you can. At the table, small fish and shellfish (**p. 14**). And for those who have the habit, seawater sold for drinking, always diluted.

THE PLATE

Dense, real food

Small fish, grass-fed meat, and seasonal vegetables and fruit. **With folate, from the folic acid family:** pulses, asparagus, leafy greens, beetroot, avocado and eggs.

And water, filtered: what you drink and what you shower in (**p. 7**).

Her: liver and pâté, out from the day you start trying.

BEFORE YOU START TRYING · THE VISIT

Before you start trying, go and see your midwife or your doctor: what they advise comes first, and this guide does not replace it (**p. 6**).

FOR HIM

Liver, strength and libido

> *"The liver is super important for testosterone, erections and all of that."*
>
> DANI, CO-FOUNDER OF bionobo®

The liver LIGHTEN ITS LOAD

It processes the sex hormones and makes the protein that carries them in the blood. When it is overloaded (fatty liver, alcohol), lower testosterone and more erection problems are often seen: these are observed associations, not a promise. **Our part: lightening its load.** Alcohol out or down to a minimum, real food and fewer toxins (**pp. 7–10**); and, if you want, the deep cleanses, only within the window (**p. 12**).

Strength LIFTING WEIGHTS

Lift weights: the WHO recommends strength work on two or more days a week. What is known, with its limits: after an intense session, testosterone rises for a while; at rest, trials do not find that training changes it. And in a study of 231 men, those who moved the most had a higher sperm concentration; with weights, the same trend, without being conclusive (Gaskins et al., 2014).

Libido A SIGN

Libido is a sign that the body is doing well. We look after it with the usual: sleep, sun, less stress, less alcohol and fewer screens. And if one day you're not in the mood, that's fine: it is information, not an exam.

Everything else for him stays the same: sauna on hold (**p. 16**), no tobacco or daily drink (**p. 5**).

We make no claims about testosterone, libido or fertility for any product.

SOURCES USDA FoodData Central (folate) · MedlinePlus (NIH), "Vitamin D" · Papadimitriou K et al., *Endocrine*, 2024 · Jaruvongvanich V et al., *Ann Hepatol*, 2017 · Smith SJ et al., *Expert Rev Endocrinol Metab*, 2023 · Yoo HJ et al., *Hepatol Int*, 2023 · Hawksworth DJ and Burnett AL, *Sex Med Rev*, 2020 · Vingren JL et al., *Sports Med*, 2010 · Potter NJ et al., *J Strength Cond Res*, 2021 · Gaskins AJ et al., *Hum Reprod*, 2014 · Bull FC et al., *Br J Sports Med*, 2020 (WHO).

nourish · the body

Rest and movement *and heat, in its time*

HABIT 1

Sleep

the foundation of it all

Sleep isn't wasted time: it's when the body repairs itself.

7 h
or more every night, regularly

MINIMUM VERSION Screens out of bed.

IF YOU WANT MORE Morning light on your face as soon as you get up.

OBSERVE *How do you wake up?*

HABIT 2

Move

little by little, every day

In your own way and without forcing. The WHO talks about:

150–300
minutes a week of moderate activity (WHO, 2020)

MINIMUM VERSION Walk in the sun, barefoot if you can.

IF YOU WANT MORE Rebounding: on the bed, on a gym mat or on a mini trampoline. And dry brushing or manual lymphatic massage.

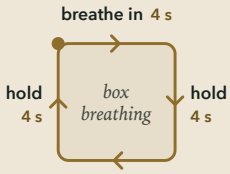
OBSERVE *How do your legs and energy feel?*

HABIT 3

Calm

box breathing

When you notice you're rushing, follow the square without forcing, a few rounds, at your own pace.



"Letting go of control, rather than taking control."
— *Dani*

OBSERVE *How long do your shoulders take to drop?*

HEAT · THE SAUNA

"The sauna helps us a lot to eliminate toxins." — *Dani*

WHAT HAS BEEN MEASURED

Metals have been measured in sweat (arsenic, cadmium, lead and mercury; Sears et al., 2012), and other compounds too, such as bisphenol A (Genuis et al., 2012). How much that lowers the body's load has not yet been properly measured: it is not a promise.

He PUTS IT ON HOLD WHILE YOU PREPARE

We love the sauna, but in one study, two saunas a week for three months sharply lowered sperm count and motility; six months after stopping, everything had returned to normal (Garolla et al., 2013). That is why he puts it on hold while you prepare: **ideally six months, and three at the very least**. Very hot baths too.

She UNTIL THE DAY YOU START TRYING

For her, the sauna is a great ally in the preparation, until the day you start trying. A pregnancy, at first, isn't noticeable: **as a precaution, from that day, a lukewarm shower** instead of sauna, jacuzzi or very hot baths. And talk it over with your midwife.

SOURCES Watson NF et al., *Sleep*, 2015 (AASM/SRS) · Bull FC et al., *Br J Sports Med*, 2020 (WHO) · Sears ME et al., *J Environ Public Health*, 2012 · Genuis SJ et al., *J Environ Public Health*, 2012 · Garolla A et al., *Hum Reprod*, 2013 · Moretti ME et al., *Epidemiology*, 2005 · NHS, "Exercise in pregnancy".

◆ PAUSE *How are you sleeping this week?*

PART V · PP. 17-19

V Try
each thing in its time

What carries on and what stops, at a glance.

The traffic light 17
Questions 18
Your checklist 19

trying · the traffic light

The day you start *trying*

Each row applies to both of you, except those marked HER*; for him, below. And always with your doctor or midwife.*

● YES ◐ IN MODERATION ○ NO	MONTHS 6 → 3	MONTHS 3 → 0	ONCE YOU START TRYING	PREGNANCY AND BREASTFEEDING
Deep cleanses re:set, be:liver, ikigen, enemas and fasts; binders, with your health professional	● if you want	○ no	○ no	○ no
alcalina · shila:jit · ki:wami	● yes	● yes	○ no	○ no
Sauna and very hot baths HER	● yes	● yes	○ no	○ no
Liver and pâté HER	◐ in moderation	◐ in moderation	○ no	○ no
Large fish swordfish, bluefin tuna, shark, pike (**p. 8**)	○ no	○ no	○ no	○ no
Tobacco also the smoke from anyone smoking nearby	○ no	○ no	○ no	○ no
Alcohol HER	○ no	○ no	○ no	○ no
Raw milk and dairy HER hard, aged cheeses are fine	● yes	● yes	○ no	○ no
Caffeine best to cut it out little by little	◐ less and less	◐ less and less	◐ less and less	◐ less and less
Sun every day and sea bathing and real food (**p. 15**)	● yes	● yes	● yes	● yes

Him | No sauna or very hot baths for the whole preparation; no tobacco or daily drink; deep cleanses only within the window. **His alcalina or his shila:jit, until the day you start trying, like her** (**p. 18**). His own part is on **p. 15**: liver, strength and libido.

trying · questions

Frequently asked questions *before you begin*

The doubts that tend to come up along the way. Short, honest answers.

01 What if I'm already pregnant, or breastfeeding?

Then nothing that involves a product or protocol: no re:set, no be:liver, no ikigen, no enemas, no alcalina, no shila:jit, no ki:wami. At bionobo® we understand the importance of a healthy pregnancy and breastfeeding, and our products have not been tested for these periods.

What you can do: filtered water, real food, rest, movement and whatever your midwife tells you. When breastfeeding is over, if you want to come back, little by little and with your health professional.

02 What if I get pregnant in the middle of the preparation?

That same day, stop everything from bionobo, without stressing, and tell your midwife or your doctor, including what you were taking. That is why the deep cleanses are done while you are not yet trying (**p. 12**).

03 Can he carry on with alcalina or shila:jit while you are trying?

It is better for you both to stop on the same day: everything that involves a product is for before. Deep cleanses, only within the window. And the sauna, put on hold (**p. 16**).

04 Why do the cleanses end three months before, and the biominerals don't?

Because they are not the same thing. A deep cleanse moves a lot in just a few days, which is why we give it months of margin (**p. 11**). By contrast, alcalina or shila:jit are a gentle daily support; even so, you stop them on the day you start trying.

05 What if we have less than six months?

The body, hers and his, works to a rhythm of about three months (**p. 5**). If there is no room to close the window three months before, skip the deep protocols and stick with the habits and with nourishing.

06 Will this help us get pregnant?

We can't promise you that, and nobody should. This guide is about reducing the load and nourishing, calmly; for everything else, your doctor will be by your side. If a year goes by while you are trying (sooner, if she is 36 or over), ask for tests for both of you (**p. 6**).

Any other questions? Write to us at **hola@bionobo.com**

trying · the checklist

Your checklist *six months, for two*

Print it, stick it on the fridge and tick things off at your own pace.
One box for each of you; where it only applies to one of you, there is only one.

MONTHS 6 → 3

6 months before

her	him	
☐	☐	Preconception visit: what they advise comes first
☐	☐	A drinking-water filter and a shower filter
☐	☐	Dentist check-up; amalgams, if needed, now
–	☐	He puts the sauna on hold
☐	☐	Tobacco out; alcohol: none for her, no daily drink for him
☐	☐	Large fish out
☐	☐	If you want: re:set → be:liver, or ikigen; enemas

MONTHS 3 → 0

3 months before

her	him	
☐	☐	Last deep cleanse, finished
☐	☐	Sun every day; and the sea, whenever you can
☐	☐	Eggs, small fish and grass-fed meat
–	☐	Him: weights, two or more days a week
☐	☐	Plastics out of the kitchen
☐	☐	Simple cosmetics, no perfume
☐	☐	Seven hours of sleep or more

THE DAY TO STOP

The day you start trying

her	him	
☐	☐	You stop alcalina, shila:jit and ki:wami
☐	–	Her: sauna and very hot baths, out
☐	–	Her: liver and pâté, out
☐	–	Her: raw milk and dairy, out
☐	☐	Caffeine: less and less, little by little
☐	☐	**Carry on:** filtered water, real food, rest and movement

◆ PAUSE

You don't need to tick everything off: you just need to start.

closing · for both of you

What's coming *begins with you*

Preparing the ground isn't about controlling everything: it's about looking after yourselves, calmly, and *letting go of control, rather than taking control.*



These months are an opportunity, a step. Letting go is hard, and there will be days when it seems to cost you more than it should, but your future selves will thank you. Cleansing isn't only physical, it isn't only what leaves the body: it's everything that has been stuck for a long time.
Habits, emotions… all of it.

Now it's your turn: to listen to yourselves, look after yourselves and arrive at that day calmly, without doing it perfectly.

You choose: one day or day one.
Your moment starts today.

contact

before

Pre-pregnancy detox

Thank you for making it this far. Start with a single thing, the one that appeals to you most, and come back to this guide whenever you need it.

REDUCE ◆ CLEANSE ◆ NOURISH

GUIDES LIBRARY

All our guides, free

re:set, be:liver and the beginner's guide, among others; ikigen and menopause are, for now, only in Spanish.

bionobo.com/en/pages/biblioteca-de-guias

NOTICE

This guide is inspiration, not health advice, and it is not meant to diagnose, treat or cure anything. We are not a medical team, and this guide does not replace your doctor or your midwife. Everything that involves a product or protocol is for before you start trying for a pregnancy: no re:set, no be:liver, no ikigen, no enemas, no alcalina, no shila:jit, no ki:wami during pregnancy or breastfeeding. **If you have any medical condition or take medication, always, always consult your specialist.**

hola@bionobo.com

Any question about where to start.

bionobo.com

The guides library and the product pages.

alcalina, shila:jit, ki:wami, re:set and be:liver are food supplements. They are not intended to diagnose, treat, cure or prevent any disease, and do not replace a varied, balanced diet or professional medical judgement. Do not exceed the recommended daily dose. Keep out of the reach of children.

The sources for each piece of data are at the foot of its page.

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