

Read Free Fertility And Conception

Fertility And Conception

What if you could change the things you thought were unchangeable? If fertility, conception,

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pregnancy, and birth didn't have to be a struggle, what else might be possible for creating our families and our futures? Creations: Conscious Fertility and Conception,

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Pregnancy and Birth has been brought into the world through a labor of love. Her creators (Petrina Fava, Susan Shatzer, Sadie Lake, Cara Wright, Juile Tuton,

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**Lyndsey Barnett Hibler,
Cassy Summers, Heather
Smith, Kim Cooper, Teresa
Thompson, Cass Hepburn,
Erica Glessing, Dr. Lisa
Cooney, Dr. Glenna Rice
DPT and Symantha Vietz**

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Holloway) are a collaboration of women sharing their personal stories, their insights, and their knowing that something different is available for women and

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for couples bringing small beings into the world. They had a vision of a new possibility for the way we view our fertility, the process of conception, the gestation of pregnancy,

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and the labor of the birthing process. Each story told, while completely different from the next, captures the myriad of ups and downs involved in the creation

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of a new life; from the trials, tribulations, and vulnerability of some women s struggle with infertility, to the exaltation, exhilaration, and triumph of twin babies

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birthed with laughter. Some of the concepts these authors introduce may stretch the boundaries of your comfort zone. Some may seem down-right implausible. But some, no

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matter how different they may be from your current world view, will awaken a knowing deep inside you that holds the potency and possibility for you to create your experience of

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fertility, conception, pregnancy, and birth completely different from what you may have thought possible before. The hope for Creations is that it may expand your life and

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the menu of possibilities available to you and all your magnificent creations."

Give yourself the best-possible odds for getting pregnant and having a baby

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with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the

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subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has

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gained from working in infertility medicine for years, with many hundreds of patients, alongwith the warmth and wisdom he has acquired from getting to know prospective parents

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from all kind of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves

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complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical

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insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book,

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written in clear and understandable language for the layperson, is essential. This is that book. The book opens with an exploration of all the possible causes of

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infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly

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equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in

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both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other

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possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can

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make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and

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various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and

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sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments,

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whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He

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understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take

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**this journey.
Infertility can be a
frustrating and
heartbreaking disorder
compounded by complicated
treatments and so-called
miracle cures on the**

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market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information

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you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a

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fertility expert Birth rates associated with various treatments Coping methods for dealing with loss With this authoritative and friendly guide, getting pregnant

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doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start you family, today.

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Millions of couples try getting pregnant each year. About 20% fail to conceive a baby. It's much easier to become pregnant when you are healthy. What's happening in your

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body that prevents you from becoming pregnant? You need to understand – ★ What causes infertility? ★ What are the tell-tale signs of fertility problems? ★ How does

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stress affect your fertility? ★ Can nutritional deficiencies disturb your fertility? ★ What's the role of exercise and fitness in achieving conception? ★

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Why is ovulation the key to getting pregnant faster? Boost Getting Pregnant gives you the answers. And shows you how: ✓ You can boost your own fertility through

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**surprisingly simple,
natural ways ✓ You can
conceive faster and with
fewer hassles ✓ To achieve
conception without
spending tons of money ✓
Ovulation is the key for**

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you to getting pregnant faster ✓ To boost the essential nutrients and vitamins you need ✓ Create a healthy, viable environment for your baby to grow ✓ You might be

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able to choose the gender of your baby Boost Getting Pregnant comes with: A recommended and valuable resource that reveals how you can achieve pregnancy within 2 months. This

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comes with 6 supporting bonuses worth \$351.82. A free special bonus also reveals the secrets to getting fit, and remaining so, before, during, and after pregnancy. Maximize

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**Your Chances of Getting
Pregnant Naturally. Start
Today...**

**How To Get Pregnant
Naturally**

**Trying to Conceive
The Everything Fertility**

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Book

**The Complete Fertility
Guide for Queer and Trans
Parents-To-Be
Boost Getting Pregnant
All you need to know about
fertility, conception, and**

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a healthy pregnancy
An allnatural alternative to fertility drugs outlines a ninemonth plan for getting pregnant and delivering a healthy child, with advice on fertility cycles, selfdiagnosis,

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yoga, massage, homeopathy, nutrition, and other important issues. Original.

Supportive, practical advice for couples who are trying to conceive. Denise Wiesner's integrative East-meets-West

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approach, developed over twenty years of practice, has helped thousands of couples relax, reconnect, and conceive. The stress of trying to get pregnant can wreak havoc with a couple's intimate

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relationship—right at a time when that connection is most important—and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving. Wiesner gives

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couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim their intimacy and desire. She includes advice from leading experts in Western

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reproductive medicine and Traditional Chinese Medicine; offers sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and both naturally occurring and

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medically assisted fertility. 1 in 7 couples in the UK experience difficulties conceiving (nhs.uk). If you're not getting pregnant as quickly as you'd like, this fertility book will reassure you

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such issues are common, and offers a variety of conventional and complementary ways to help you take charge of your fertility. Renowned pregnancy expert Zita West takes a

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uniquely holistic approach to fertility and conception, guiding you through every stage of trying for a baby, from before you stop using contraception through to natural conception, fertility

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testing, and assisted conception, such as IVF. Discover the best time to get pregnant, the reasons behind infertility, understand the relationship between fertility and diet, and much more. With

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advice you can trust, Fertility and Conception (previous ISBN 9780751338652) is a 'must have' for all men and women looking to maximize their fertility and welcome a new baby into their lives.

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This one-stop practical guide will show you how to maximise your chances of having a baby. To make your progress easier, it comes with handy expert tips and advice throughout.

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***Essential Advice on Preparing
Your Body for IVF and Other
Fertility Treatments
The Mind-body Fertility
Connection
What Couples Need To Know
Right Now***

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Infertility For Dummies
Fertility and Conception
Superstitions and Old Wives'
Tales
The Essential Guide to
Boosting Your Fertility and
Conceiving a Healthy Baby--

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from Learning Your Fertility Signals to Adopting a Healthier Lifestyle

Draws on ancient Chinese therapies to share options for infertile couples, outlining a six-part self-care regimen designed

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to balance the body to optimize conception chances while reducing the side effects of western fertility treatments. Original. 25,000 first printing. Announcing the prequel. From Heidi Murkoff, author of

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America's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive—the first step in *What to Expect: What to Expect Before You're Expecting*. An estimated

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11 million couples in the U.S. are currently trying to conceive, and medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide wanna-

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be moms and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet up. Packed with the same kind of reassuring,

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empathetic, and practical information and advice and tips that readers have come to expect from What to Expect, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters

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to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxers). How to pinpoint ovulation, time

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lovmaking, keep on-demand sex sexy, and separate conception fact (it takes the average couple up to 12 months to make a baby) from myth (position matters). Plus, when to seek help and the latest on

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fertility treatments—from Clomid and IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads. Next step? What

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to Expect When You're Expecting, of course.

Whether you are young and fertile, over forty and having trouble conceiving, or anywhere in between, here is the best resource to help you get

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pregnant. The only must-have fertility book, Getting Pregnant, completely revised and updated, not only addresses the needs of those who cannot conceive but serves as the ultimate guide for anyone planning to have a baby,

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now or in the future. Addressing the newest, state-of-the-art medical treatments for infertility, Getting Pregnant gives you all the latest news on: -eight brand-new fertility drugs -donor eggs and donor sperm -a new

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15-minute in-office surgery that can double conception odds
-breakthrough technologies for preventing chronic miscarriage
-how both sex and lifestyle factors affect fertility, including the "Nine to Five" guide for

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protecting your reproductive health on the job Getting Pregnant also provides a wealth of practical information about the exercises, foods, and supplements that encourage a faster, healthier conception, as

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well as brand-new, all-natural techniques that influence the gender of your child. You'll also find a helpful six-month personal pregnancy planner that addresses all of your pre-conception health and medical

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needs. Don't miss the new chapters that focus on protecting, increasing, and extending fertility, while new frontiers in both the treatment of male fertility and the science of motherhood are explored.

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The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically

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approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

The Fertility Plan

Creations: Conscious Fertility

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and Conception, Pregnancy and
Birth

A Whole-Body Approach to
Creating Intimacy, Reigniting
Passion, and Increasing Fertility
Fertility and Conception
The Essential Guide to

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Maximising Fertility and
Conceiving a Healthy Baby
What to Expect Before You're
Expecting
The complete guide to achieving
conception naturally With its
comprehensive coverage and friendly

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approach, "Fertility & Conception" is an invaluable resource for anyone planning a family. It contains all the latest information on every facet of preconception care, as well as showing future parents how conception works, how to interpret fertility signals to increase the chances

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of getting pregnant, and the best ways to safeguard reproductive health. It also offers up-to-date advice and self-help tips on diet, vitamins, exercise, and lifestyle and, finally, counsels on what to do if pregnancy isn't happening. Fully illustrated with full-color photographs, diagrams, graphs,

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charts, and tables, this book tells future parents everything they need to know and do in order to embark on the great adventure of pregnancy and parenthood.

In *Taking Baby Steps*, Jody Lyneé Madeira takes readers inside the infertility experience, from dealing with

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infertility-related emotions through forming treatment relationships with medical professionals to confronting difficult medical decisions. Based on hundreds of interviews, this book investigates how women, men, and medical professionals negotiate infertility's rocky terrain to create life

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and build families—a journey across personal, medical, legal, and ethical minefields that can test mental and physical health, friendships and marriages, spirituality, and financial security.

Practical advice for couples or individuals planning a pregnancy

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includes illustrations, easily understood explanations of reproductive biology, and advice on becoming pregnant with the healthiest baby possible.

A helpful medical reference on conceiving and maintaining pregnancy from the Mayo Clinic, #1 on US News

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& World Report's 2020-2021 Best Hospitals Honor Roll. Deciding to start or build a family is a life-changing decision. Once the decision is made, there's a whole new set of unknowns—including whether the journey will be easy or difficult. How can you increase your chances of

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becoming pregnant? What health and lifestyle changes should you make to have a healthy pregnancy? And if you're struggling to become pregnant, what medical treatments are available? Where can you get emotional support if you can't get pregnant or if you've had a

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miscarriage? And when is enough? The fertility experts at Mayo Clinic offer answers to these questions and more. Through the pages of this book, they'll guide you through the process of trying for—and achieving—a successful pregnancy. You'll also hear throughout the book from couples

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and individuals who have struggled to have a family. For a variety of reasons—health conditions, unexplained infertility, or life circumstances—getting pregnant or deciding to have a family was difficult for them. These personal stories are to let you know that you're not alone in

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your journey, and to give you hope that with time and patience, pregnancy is often possible. From lifestyle and dietary recommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility, this book is a comprehensive source of answers

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from “one of the most reliable, respected health resources that Americans have” (Publishers Weekly).

Everything You Need to Know from
Concept to Conception: Conception
101

Infertility No More

Surprisingly Simple Natural Ways To

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Remedy Infertility

Optimize Ovulation and Conception
Through Food Choices

Conception 101

Fertility & Conception the Natural Way

*Do you wish to birth your
baby and relish a deep love*

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and intimate connection reserved for sacred conception? Whether you are trying to conceive for the first time or you simply wish to explore the sacredness and mystery of

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conception, pregnancy, and relationships on a deeper level, Consciously Conceive Your Baby offers a unique opportunity to awaken your natural intuition and regain trust in your body's natural

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ability to conceive. This groundbreaking book will empower you to get back in touch with your sensuality and nourish your relationship, strengthening your bond as future parents

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as you create your baby from the inside out. Once you know, you cannot unknow. As you awaken the sacred process of conscious conception, you will discover ways to fine-tune your body,

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reconnect with nature, and make behavioral changes that will open your life up to conception. Featuring client anecdotes, expert insight, and illustrated guided practices, the secrets shared

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within these pages come from around the world to boost your fertility and transform your life. The keys to birthing new life await you! PRAISE FOR CONSCIOUSLY CONCEIVE

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YOUR BABY "This book opens up a beautiful doorway to conscious conception where there were only walls before. Highly recommended as a powerful tool for self-

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transformation and ultimately to transform the world around you." - Katrina Zaslavsky, Founder of Birth Goddess and Author of A Modern Woman's Guide to a Natural Empowering Birth

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www.birthgoddess.com.au

*"Consciously Conceive Your
Baby is a much needed multi-
focal and holistic lens into
the less discussed aspects of
conception--from our
personal embodiment and*

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relationship with our sexuality and shifting our emotional patterns in preparation for parenthood, to how our relationship with our planet is intrinsic to inviting new life in through

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us. A must-read for any couples planning a family, regardless of their fertility status." - Nisha Gill, Perinatal & Well-being Practitioner, Feminine Instincts, Melbourne Well-

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being & Birth Services "As a woman, lover, mother, and guide, Helen Zee shares real practical wisdom that is not only for conceiving, but also how to manage intimate life once children have arrived.

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This book is such a relatable guide for both women and men to enjoy and inform themselves of the journey ahead." Dévashi Shakti of Sacred Feminine Medicine & Founder of Tigress Yoga

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www.devashishakti.com "It's not often that an expert comes along who can seamlessly merge what we consider modern day science with old world knowledge, the physical

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with the spiritual, the western world with the sacred. Helen Zee's book does this in a beautiful, understandable and intuitive manner. I have witnessed how couples trying to

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conceive can lose each other in the process. Helen discusses simple and powerful ways to enhance love and encourage a successful extension of the family. It is an incredible,

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holistic journey that begins years before and following a child."- Dr. Rebecca Harwin, Chiropractor and Bestselling Author of Conquer Your PCOS Naturally
www.DrRebeccaHarwin.com

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"The synergy of understanding how our spiritual, mental, emotional, and physical being relates to the bigger picture has never been more needed than this time in humanity's evolution.

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Increasing one's level of self-awareness and self-responsibility is the only assurance for bringing a healthier, happier child onto the planet." - Simone Surgeoner, Founder of Birth

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*In Nature, Doula, Mother of
Four*

www.birthinnature.com

*Mayo Clinic Guide to
Fertility and ConceptionDa
Capo Lifelong Books*

The greatest joy in life is to

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become a parent and share your life with a child.

Unfortunately for some people becoming pregnant is difficult. Thankfully, our modern world offers hope to those who have trouble with

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conception. There are many ways both natural and synthetic for infertile couples to give birth to a child. In addition, there are several alternatives to pregnancy, which allow

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couples to have children. If you are interested in learning everything there is to know about Infertility, then this is going to be the most important book you'll ever read... If you're

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suffering from infertility this book will give you the information you'll need to finally have the family you've always dreamed about. You'll also learn the exact steps you should take

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to increase your chances of getting pregnant naturally. In "Infertility No More," you will discover: - 3 little known causes of infertility and how you may avoid them... - How to recognize infertility

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problems... - Secrets of expert infertility specialists that few people ever know about... - Understanding fertility treatments... - 3 proven steps to picking the right treatments for you... -

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2 simple keys (that are right in front of your eyes) to conceiving a child... - WARNING: 3 things you should never do when it comes to trying to conceive... - 6 time-tested

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*and proven strategies to increase your chance of getting pregnant naturally...
- When to look for other alternatives to pregnancy like adoption, surrogacy, or donors... - 7 everyday but*

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often overlooked tips and tricks for using diet to combat fertility problems... - And much more...

Dr. Jeremy Groll is an expert in reproductive endocrinology and fertility

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treatment. Fertility Foods presents his groundbreaking, noninvasive, nutritionally based method, which increases ovulation, reduces miscarriage, and

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significantly improves your chances of successfully getting and staying pregnant. Dr. Groll's specialized research has proven that there is a powerful link between a

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body's insulin resistance and fertility problems.

Resistance to insulin increases the body's insulin levels, hindering normal ovulation either by limiting the maturation process of

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the released egg or by preventing ovulation altogether. High insulin levels can also impede the fertilized egg's ability to attach to the uterus, leading to implantation failure and

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miscarriage. In fact, women with insulin resistance problems are four to five times as likely as other women to suffer miscarriages -- meaning they have as high as a 50 percent

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chance of miscarriage. Dr. Groll has developed an insulin-reducing diet based on balancing protein and complex carbohydrate intake to create insulin levels most conducive to

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ovulation. He combines his nutritional plan -- which includes nutritional charts, food suggestions, and recipes -- with a specific exercise program that enhances insulin metabolism

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and an emotional support system that you can draw on during your quest to become parents. This three-pronged approach increases the rates of spontaneous ovulation and significantly improves

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the uterine environment, decreasing the potential for miscarriage. One in every ten couples in America is affected by infertility. Yet, only 5 to 10 percent of patients actually need high-

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tech procedures such as in vitro fertilization. Whether you are taking your first steps in combating infertility or searching for effective methods to support more advanced fertility

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treatments, Fertility Foods is your helpful and rewarding guide.

Fertility Handbook: A Guide To Getting Pregnant

Fertility Foods

Queer Conception

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*The Fertility Diet:
Groundbreaking Research
Reveals Natural Ways to
Boost Ovulation and
Improve Your Chances of
Getting Pregnant*

Getting Pregnant For

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Dummies

*The Fertility Doctor's Guide
to Overcoming Infertility*

Using research into the relationship between lifestyle and fertility, the authors outline a mind/body approach to achieving greater

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fertility. 75,000 first printing.
Are you having problems becoming pregnant? You're not alone; over 7.2 million Americans are facing the same challenges of infertility. Though some non-experts say that it's all a matter of relaxation or taking medication, you need clear,

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straightforward, and trustworthy answers from healthcare professionals without feeling insulted, humiliated, or scared.

Written with compassion as well as professional knowledge, *Infertility for Dummies* combines comfort and expertise to walk you through your

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journey to becoming pregnant. This plain-English guide explains how infertility affects both men and women, while covering the latest treatments. It covers all key areas, including: Determining if you are infertile Maintaining a healthy relationship with your partner

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Making healthy pre-conception lifestyle changes
Understanding the male and female anatomy
Techniques for timing your conception
Different ways to diagnose infertility
Dealing with early pregnancy loss
Finding the right doctor
Different types of

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alternative insemination New advances and concerns in infertility Improving your chances of conceiving Infertility for Dummies includes strategies for dealing with family and friends — what to expect from them, how to deal with inappropriate comments, and

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understanding that they are just trying to help. This book also provides the names and profiles of fertility medications and where you can find them.

It seems simple to create a baby, after all everyone does it. Even simpler is the definition of fertility.

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For a successful conception, you need only three things: egg, sperm, and uterus. However, all of these components have to work together to produce a healthy baby, but what happens if one of these parts is not working properly, or is missing altogether? In this book, we will be

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discussing normal fertility, infertility, and treatment developed in the last 30 years to help with a problem that is almost an epidemic in some countries. These treatments, called assisted reproduction for infertility, have led scientists to find ways to place the sperm and egg as close

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together as possible so that they fuse and begin development of an embryo.

Now there is a hopeful, painless, and low-cost approach to infertility written by a hypnotherapist who has successfully helped women achieve pregnancy by removing blocks in

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their subconscious mind. There are many infertility-specific issues blocking the mind's subconscious that affect body functions and health. Women with a vague diagnosis of "unexplained infertility," and even those who have been diagnosed infertile due to minor physical issues,

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find that the mind can remove many physical and emotional barriers that aren't significant enough to cause permanent infertility. Hypnosis is simply gaining access to the subconscious mind—the place that holds all our psychological "blockages." Reprogramming the

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information going to our body's cells can be a complementary process to any fertility path a woman has chosen. This heartening guide can also benefit any woman undergoing assisted reproductive technologies, those looking for alternatives to these procedures, or for women who

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are just beginning to think about planning a family and want to prepare themselves for pregnancy. The Future Parents' Essential Guide to Ensuring Fertility and Conceiving a Healthy Baby
Boost Your Chances of Getting Pregnant and Prepare for a

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Successful Birth and a Healthy Baby
Using Natural Therapies, Diet and
Simple Exercise Regimes
Zita West's Guide to Fertility and
Assisted Conception
Discovering Your Reproductive
Potential and Maximizing Your Odds
of Having a Baby

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Getting Pregnant
Fertility & Conception

By all indicators, the reproductive health of Americans has been deteriorating since 1980. Our nation is troubled by rates of teen pregnancies and newborn deaths

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that are worse than almost all others in the Western world. Science and Babies is a straightforward presentation of the major reproductive issues we face that suggests answers for the public. The book discusses how the

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clash of opinions on sex and family planning prevents us from making a national commitment to reproductive health; why people in the United States have fewer contraceptive choices than those in many other countries; what we

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need to do to improve social and medical services for teens and people living in poverty; how couples should "shop" for a fertility service and make consumer-wise decisions; and what we can expect in the future--featuring interesting

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accounts of potential scientific advances.

This invaluable guide is an ideal companion for anyone seeking to maximize their chance of conception, offering a healthy start to pregnancy through natural

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regimes and holistic techniques. All the most commonly-asked questions are answered thoroughly and sensitively: the issues surrounding the decision to have a baby; planning an approach that includes eating the correct foods

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and understanding cycles; learning which factors count for and against a successful conception; and knowing when to seek professional help. Over 130 photographs and diagrams are included.

"This book will cover fertility and

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conception for the whole LGBTQ spectrum"--

Getting pregnant isn't easy. Have you spent months and months upside down riding an imaginary bike or scissor-kicking the ceiling? Or spent hours thinking 'maybe I'm

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not ovulating?' or 'maybe you're not aiming it right?' Well you're not alone. One in six couples experience some kind of fertility problem, and the average couple takes over six months to conceive. Author Genevieve Morton and her

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husband Ben started trying for a baby when she was 34. After 18 months of trying to get pregnant without success, they realised that a positive pregnancy test might be harder than they thought. Sperm tests, a laparoscopy and a few

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ultrasounds proved nothing, leaving them with that most unsatisfactory of categorisations: unexplained infertility. If you're considering IUI (Intrauterine Insemination) or IVF (In Vitro Fertilization), or you're wondering what oats and liquid zinc

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can do for your partner's fertility, Trying to Conceive is the book for you. It brings you conception tips, advice and first-hand insights from other people who have experienced only too well the emotional rollercoaster of trying to conceive.

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An honest - and fun - guide to coping with life while trying to conceive, Trying to Conceive is your A-Z survival guide if you're trying for a baby. Helping you cope with the drawn-out conception process - and, crucially, written by someone

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who has been through the trials of unexplained infertility -Trying to Conceive gets you through the emotional, psychological and physical experience of trying to conceive. Combining personal stories with medical advice, it's an

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easy-to-read, approachable guide to getting pregnant, including tips on how to ensure healthy ovulation, reduce the risk of impeding fertility and deal with the stress of well-meaning pregnant friends. Trying to Conceive isn't overloaded with

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scientific, medical language you don't understand. It isn't scary. It won't make you feel old or desperate either. Think of it more as your caring, wise, empathetic best friend guiding you through the difficulty of how to get pregnant.

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Inner Secrets to Boost Your Fertility and Getting Pregnant

A Helpful, Honest A-Z for Coping with Fertility Worries while trying to get pregnant

Mayo Clinic Guide to Fertility and Conception

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My Fertility Guide

How Traditional Chinese Medicine Can Help Overcome Infertility

A comprehensive handbook for couples looking to start a family, including those have experienced conception problems, draws on the latest medical and healthy research to

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provide practical advice and up-to-date information on how to maximize fertility and presents a number of conventional and complementary therapies, ranging from nutrition to IVF to assist. Original.

Old Wives' tales and superstitions from all over the world about fertility

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and getting pregnant.

Deciding to start or build a family is a life-changing decision, and, once the choice is made, there's a whole new set of unknowns—including how challenging the journey will be. For the first time, fertility experts at Mayo Clinic offer an essential guide for those

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who want to have a baby. With color photographs and graphics throughout, this user-friendly yet comprehensive book provides answers and explanations on nearly every aspect of achieving a successful pregnancy: lifestyle and nutrition; the intricacies of natural conception; common fertility

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problems; the latest medical treatments (including intrauterine insemination, IVF, and donors); and information on special situations (including fertility preservation, chosen single parenthood, same-sex couples, and more).

The hands-on guide that addresses

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the common barriers to achieving pregnancy and offers tips to maximize your potential for fertility For millions of people, starting a family is a lifelong dream. However, many face challenges in welcoming children into the world. According to the Centers for Disease Control and Prevention

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(CDC), approximately 12% of women in the US from ages 15 to 44 have difficulty getting pregnant or staying pregnant. A variety of factors exist that can contribute to infertility, such as ovulation disorders, uterine abnormalities, congenital defects, and a host of environmental and lifestyle

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considerations. But infertility is not just a female problem. For approximately 35% of couples with infertility, a male factor is identified along with a female factor, while in 8% of couples, a male factor is the only identifiable cause. Fortunately, there are many treatment options that offer hope. Getting

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Pregnant For Dummies discusses the difficulties related to infertility and offers up-to-date advice on the current methods and treatments to assist in conception. This easy-to-read guide will help you understand why infertility occurs, its contributing risk factors, and the steps to take to increase the

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chances of giving birth. From in vitro fertilization (IVF) to third party reproduction (donor sperm or eggs and gestational surrogacy) to lifestyle changes to understanding genetic information to insurance, legal and medication considerations, this book covers all the information you

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need to navigate your way to the best possible results. Packed with the latest information and new developments in medical technology, this book: Helps readers find real-life solutions to getting pregnant Covers the latest information on treatments for infertility for both women and men Offers advice

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on choosing the option best suited for an individual's unique situation

Explains the different types and possible causes of infertility issues

Provides insight to genetic testing

information Provides suggestions for lifestyle changes that help prepare for

conception Getting Pregnant For

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Dummies is an indispensable guide for every woman trying to conceive and for men experiencing infertility issues.

The Complete Guide to Getting Pregnant

A Comprehensive Guide to Infertility Causes, Fertility Treatments, & How to Get Pregnant Naturally

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Science and Babies

An Integrated Medical and Mind/Body
Program to Promote Conception

Private Decisions, Public Dilemmas

Fertility Wisdom

My Fertility Guide is based on the latest
scientific evidence sourced from over
350 research studies and my 20 years

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clinical experience in helping people have a baby. This self-help guide blends modern fact-based research together with the ancient theories of Chinese medicine to deliver a powerful and concise understanding of natural conception. This book contains a lot of

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in-depth information which will greatly increase your chances of having a baby. By following my simple advice you too can fall pregnant naturally like the thousands of people I have treated. In my experience treating different types of infertility, I've found that people

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require a lot more in-depth information than is often provided in other fertility books. I've therefore tried my best to include as much detailed information as possible in my guide, but in a concise and easy-to-understand way. My Fertility Guide explains the menstrual

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cycle, when ovulation occurs, how to know when you are your most fertile and the best time to try and conceive. It also outlines the various causes of male and female infertility and how to avoid them, from chemicals in the environment, in food, cosmetics and

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household products to pollution, plastics, heavy metals, pharmaceutical drugs and electromagnetic waves (EMWs). In-depth explanations are given on how to optimise your lifestyle from exercising, work, sleep to clothing, footwear and even baths

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versus showers all based on the latest cutting-edge research together with the tried and tested theories of Chinese medicine. In addition, Chinese medical imbalances are explained and how you can find yours and fix it to improve your fertility. Pre and post-ovulation

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fertility diet plans (seeding) are given to enhance hormone levels to maximise natural conception. A vast range of supplement advice sourced from fact-based research is given that can improve both male and female fertility, regulate your hormone levels and

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increase egg and sperm quality to enhance your fertility potential. Based on the latest scientific research, My Fertility Guide explains how to deal with infertility problems such as irregular menstrual cycles, unexplained infertility, irregular FSH levels, poor

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egg quality (low AMH levels), endometriosis, PCOS and poor sperm motility and morphology. Advice on aiding natural conception is given based upon research evidence of the beneficial effects of acupuncture and Chinese herbal medicines. Further

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advice is given on the use of western medical treatments to enhance natural conception, such as ovulation drugs and intra-uterine insemination (IUI). Dr (TCM) Attilio D'Alberto has been treating couples with infertility for over 19 years, from those with simple to

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complex fertility issues and has a vast array of knowledge that he delivers in My Fertility Guide. This book is a treasure-trove of information that is invaluable to all couples trying to have a baby. Available in paperback, Kindle and audiobook. Also available in

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French and German languages. "My husband and I have been trying for a baby for six years... We started a course of acupuncture and a new diet...Then, to my surprise, within six weeks I found out I was pregnant!" - Dr (TCM) Attilio D'Alberto - Bachelor of Medicine

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(Beijing), BSc (Hons) TCM

Getting pregnant and ensuring that your baby has the best start in life requires careful planning, which needs to start well in advance of conception.

Containing advice on every facet of preconception care, this book shows

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you how to safeguard your reproductive health, explains how conception works and helps you interpret your fertility signals to increase your chances of conceiving. It provides information on the optimum diet, including all the essential vitamins and minerals, how to

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adopt the healthiest possible lifestyle as you prepare for pregnancy, and, finally, counsels on what to do if pregnancy isn't happening soon enough.

Embarking on IVF - or any assisted fertility treatment - can be a very demanding and stressful experience,

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but the right physical, nutritional and emotional support can lessen these stresses and strains and increase your chances of success. In Zita West's Guide to Fertility and Assisted Conception leading fertility and pregnancy expert, Zita West, offers an

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in-depth explanation of all aspects of fertility and, uniquely, addresses the issues involved in using assisted conception. In her clear, yet sensitive, style Zita explains: - All aspects of fertility - from preconception and trying naturally through to assisted

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conception - What is involved in the IVF process - How to prepare your body to increase your chances of conceiving successfully - The importance of a proactive approach to diet and nutrition - How complementary therapies, such as

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acupuncture, can increase your chances of success Including interviews with leading experts in the field, case histories from patients and Zita's own holistic principles, this is an invaluable guide for the growing number of people who are considering, or have already

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embarked on, medical intervention to enable them to conceive.

The Fertility Handbook: A Guide to Getting Pregnant. Whether you're just starting to think about growing your family or have been trying for weeks, months or even years, this book will

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give you a helping hand on your path to parenthood. Conception is easy only when conditions are perfect. Our bodies are complex systems and creating perfect conditions sometimes requires a little extra knowledge. In these pages, you'll find all you need to

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know to get pregnant in the shortest time possible including in depth information on:

- *Preconception Care
- *Dietary Supplements for Optimal Reproductive Health
- *How the Body Works and Reproductive Processes
- *What Signs to Look For to Improve

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Your Chances *Fertility Testing and Treatment *What May be Keeping You From Getting Pregnant. The Fertility Handbook: A Guide to Getting Pregnant can improve your chances starting today
Consciously Conceive Your Baby

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Conceiving with Love
Fertility, Infertility and Treatment
Options
The True Pathway to Conception
Six Steps to Increased Fertility
An Essential Guide for Childless
Couples