

How To Get Pregnant Fast & Naturally

Whether you are young and fertile, over 40 and having trouble conceiving, or anywhere in between, here is the best resource to help you get 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, 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 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 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 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 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.

The inside scoop... for when you want more than the official line! Once you decide to start a family, you may think pregnancy will occur quickly. However, it takes the average healthy young couple six months to a year to conceive. This guide helps you get in the best possible shape for conceiving, discussing conception and misconceptions in depth. If pregnancy doesn't happen "automatically," you're not alone; one in six couples have fertility problems. The *Unofficial Guide to Getting Pregnant* provides clear, unbiased guidance on the many confusing medical, emotional, and financial issues related to getting pregnant. This book objectively reviews state-of-the-art infertility treatments and procedures, including fertility drugs, corrective surgery, IVF, and the other assisted reproductive technologies. It also covers third-party procedures, such as sperm and egg donation and surrogacy. Vital Information few resources reveal—information that can help you zero in on the most effective, economical approach for you. Insider Secrets about choosing a specialist, potential legal issues with third-party procedures, and alternative treatments that might work. Money-Saving Information to help you compare the cost of different treatments, decipher state laws on insurance coverage, and more. Time-Saving Tips to avoid delays in diagnosing and treating problems while your biological clock is ticking. The Scoop on the newest fertility drugs, microsurgical techniques, and assisted reproductive technologies.

FERTILITY HEALTH GUIDE FOR WOMEN Around one out of every 4 couples never discover why they can't get pregnant. This is known as unexplained barrenness. *Fertility Health Guide For Women* seeks to enlighten women on how to get pregnant naturally, when likely to conceive and how to know their ovulation timing in order to boost their fertility rate or chances of getting pregnant also reasons why women cannot conceive. Fruitfulness is defined as the natural magnitude to conceive a child. However, fertility does not come easily to everyone. About 11% of couples will confront fruitlessness—the failure to imagine normally following one year of unprotected sexual intercourse. Fertility isn't just a female medical problem. All kinds of people can encounter fertility, and both men and women can take steps to improve their fertility. In this book, we will discover things that you and your partner can do to improve your fertility, increase the odds that you'll conceive quickly, and reduce your risk of infertility.

A lighthearted assessment of the medical, psychological, social and sexual aspects of conception shares advice for women on what they can do before contacting a doctor, explaining how to prepare oneself mentally and physically for pregnancy while offering insights into maximizing conception chances. Original. 35,000 first printing.

A Couple's Guide to Boosting Fertility & Having a Healthy Baby

Yes, You Can Get Pregnant