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CF9 - TREVON PHOENIX

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 concep-

tion 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.

Hurry up and get YOUR book NOW! Learn how to get pregnant fast...in 2 months or less! Getting pregnant doesn't have to be a challenge! This book will teach you all the practical, proven tips and tricks you need to increase your chances of getting pregnant fast. Many couples would like to get pregnant fast. However, sometimes it does not happen immediately and thus the question: What can I do to get pregnant as quickly as possible? This amazing book will answer your question and give you useful advice. This book is all about my best tips and techniques that will allow you to increase your chances to get pregnant fast in a healthy and natural way, without any suffering. By following steps and tips revealed inside the book, you can enhance your chances of getting pregnant fast. What you'll find out: When Should You Have Sex? How Do You Know You're Ovulating? What Sex Positions Are Best To Get Pregnant? How Often Should You Have Sex? 12 Amazing Tips To Increase Your Chances Of Getting Pregnant Fast

And Naturally The Best 21 Ways To Boost Male Fertility And Increase Sperm Count Go ahead and discover the pregnancy & childbirth secrets not many people know about how to conceive quickly - without any hassles! If you follow the strategies in this book, you will increase your chance of getting pregnant within 30 days. So TAKE ACTION and BUY my book right NOW! **I truly believe that this book will help you succeed in your efforts to get pregnant. My greatest joy is helping others like you experience the joy of motherhood!** Don't delay any more seconds, scroll back up, click the "BUY NOW WITH 1-CLICK" button NOW and start learning how to become pregnant quickly TODAY! Every hour you delay is costing you money ... See you inside the book! Tags how to get pregnant fast, how to get pregnant, how to calculate ovulation, ovulation, best position to get pregnant, getting pregnant fast, ways to increase fertility, fertility, infertility, tips for getting pregnant, get pregnant, tips to get pregnant, conception tips, how to get pregnant soon, how to get pregnant quickly, how to have a baby, how can I get pregnant faster, increase fertility for women

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 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 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 Re-

productive Processes *What Signs to Look For to Improve 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

“The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into.” This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual within fertility to bal-

ance the hormonal system and promote a healthy pregnancy.

The hands-on guide that addresses 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 (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 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 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 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 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 Cov-

ers the latest information on treatments for infertility for both women and men Offers advice 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 Dummies is an indispensable guide for every woman trying to conceive and for men experiencing infertility issues.

Marisa Peer's unique brand of hypnotherapy is truly life changing the proof is overwhelming her last book has over 245 five star customer reviews, with readers saying again and again how their lives have completely turned around since reading Marisa's book. Now in her fantastic new book Trying to Get Pregnant (and Succeeding) Marisa gives you the tools to get pregnant quickly and easily in a programme that is effortless and rewarding. Marisa's tried and tested programme is a natural way to increase your fertility. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns that have been suppressing and blocking your fertility without you knowing it. Marisa uses her revolutionary method of reprogramming the brain to alter any blocks related to pregnancy, birth and motherhood. Addressing women with every kind of infertility problem and women who are planning or undergoing IVF, Marisa's powerful techniques, which are not to be found anywhere else, lie in the process of reading the book. Trying to Get Pregnant (and Succeeding) is an exciting book that enables any women struggling to get pregnant to deliver a healthy baby, even if they've been told they were infertile. It works on multiple levels using

techniques including powerfully affecting exercises, subtle repetition and straightforward questionnaires to break negative blocks about pregnancy and birth whilst improving your fertility. An effortless process, the reader's progress through the book is a hypnotherapy treatment in itself. Marisa Peer was voted Britain's Best Therapist and is listed in The Tatler guide to Britain's very best Doctors and specialists she has a unique ability to help people with fertility problems. Written in the highly engaging style she is renowned for, Marisa speaks to you on an extremely personal level and tailors her proven methods in boosting conception to your unique needs. Unlike other books, not only does her programme naturally boost fertility but it can do so by your next cycle. If you want to have a baby the most important tool to boost your fertility is your mind. This book offers hope for all women with fertility issues, so if you are struggling with unexplained infertility or secondary infertility Marisa's brand new book shows you how to get pregnant fast. With Marisa's proven programme you can increase your fertility, improve your ability to conceive naturally, or with IVF, and then carry your perfect baby to full term.

Eat your way to pregnancy. The essential guide for anyone trying to have a baby. A caring gift for all potential parents. The Infertility Diet: Get Pregnant and Prevent Miscarriage is a nutritional approach to infertility and miscarriage, based on over 500 documented medical studies. The book has been endorsed by infertility specialists across the country and has been the featured story in several dozen publications and broadcasts. This unique approach should have been addressed long ago! This book is a nice adjunct to fertility evaluation and treatment, as well as prevention of miscarriage. ---

American Society for Reproductive Medicine
 if you're having problems getting pregnant, Fern Reiss's 'Infertility Diet' is a great place to begin. --Dr. Alan Penzias, Boston IVF and Harvard Medical School
 A compelling review of the numerous links found between diet and reproductive function. I'm going to recommend this book. --Dr. Martin Keltz, Director of Infertility, Columbia University St. Luke's Roosevelt
 Unique natural healing recipe book...The only book that discusses food and fertility exclusively. --Library Journal

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 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 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).

My Fertility Guide is based on the latest scientific evidence sourced from over 350 research studies and my 20 years 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 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 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 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 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 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 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 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 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 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 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 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 (Beijing), BSc (Hons) TCM

Do you wish to birth your baby and relish a deep love 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 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 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 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, recon-

nect 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 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 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-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* 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 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 us. A must-read for any couples planning a family, regardless of their fertility status." - Nisha Gill, Peri-natal & Well-being Practitioner, Feminine Instincts, Melbourne Well-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. 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 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 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 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, 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 "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. Increasing one's level of selfawareness and self-responsibility is the only assurance for bringing a healthier, happier child onto the planet." - Simone Surgeoner, Founder of Birth In Nature, Doula, Mother of Four
www.birthinnature.com

Making a healthy baby begins with healthy ingredients. Learn how to hack your diet to increase fertility--getting your body into the best baby-making shape--in only four weeks! The latest research reveals that by optimizing nutrition, you can boost your chances of conceiving and having a safe, healthy pregnancy and baby. But with so much information out there, how can you make sure you're getting the nutrients you need to maximize fertility and avoiding the seemingly healthy foods that could be interfering with fertility? In this comprehensive guide, diet and nutrition expert and research neuroscientist Dr. Nicole Avena offers revolutionary science-based advice for women and men who are either thinking about having a baby, already trying, or dealing with fertility issues.

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.

This guidebook a comprehensive guide for men and women wanting to create a pregnancy. Whether you have been struggling for months or years or just starting, this instruction provides straightforward common sense approaches from both current research and traditional methods that have helped thousands of couples conceive. The Five-Step Fertility Solution breaks the process down into clear concise steps for both men and women to follow on their path to pregnancy. The bonus chapter titled "What Your Doctor Didn't Tell You About Your Fertility" presents often overlooked yet crucial information to help those finding it difficult to conceive and prepares those who are just starting the process. This is a must-have book for those who are trying hard to conceive, If anyone is on a long path of the fertility journey are still trying to get all the answers. This is it. This book is not a female BS infertility, it explains female and male infertility combined. This book is explaining everything how it works and how to... it also featuring the five-step fertility solution. So far is the best book I've read so far about fertility.

This book contains a possible solution for your infertility problem regardless of how little or long you have been trying to conceive even if you think you can't get pregnant. Need help getting pregnant? One simple change could erase all the helplessness, hopelessness, frustration

and uncertainty you are feeling while putting you back in control to provide help getting pregnant fast. It's time to start learning what really makes our bodies balanced and ready to conceive. Need advice on getting pregnant? See what over 10 health industry experts including physicians and scientists contained within this book have to say about the incredible power of a plant-based approach that will help with infertility. Kimberly Richards spent over three years trying to get pregnant and even gave up on fertility treatments. If you need infertility help, don't think a fertility clinic is the sure bet to get pregnant. "I had been trying to conceive for years, I just didn't think my body would ever become pregnant. After accidentally stumbling onto this plant-based approach, I was pregnant in less than three months."

Are You Ready to Make a Baby?!!! Many women all over the world do want to experience motherhood; however, not everyone is blessed with the opportunity due to the lack of knowledge on how to successfully conceive one. This obstacle can now be overcome through the lessons and anecdotes presented by the book. Through this book, you will learn what proper steps to take months before conceiving a baby. Learn the different dos and don'ts of prepping to get pregnant. From the adjustment of daily activities and the pursuit of proper diet up to the obtainment of expert's advice, all these pre-pregnancy preparations are described in full-detail for the benefit of all mothers-to-be. Learn the implications of obesity as well as being underweight to pregnant women and know how to correct current physical condition to prepare for the anticipated pregnancy. This book explains various activities and diets that can be adhered to by future mothers. In addition, important vitamins,

minerals, and nutrients are shared in complete detail as a guide to all women. Aside from nutrition, this book takes readers to the biology behind the baby making. More than the intimate act, women, and even men will understand the functions of their respective reproductive systems and how these can be kept as healthy and effective as possible. Furthermore, women are educated about the science behind menstrual cycle and how this affects ovulation. Learn more about the ovulation period and the number of fertile days you may have in a given month. Know the different charting techniques to find your personal ovulation pattern to increase your chances of getting pregnant. Your partner can also get a tip or two on when to consummate and what to do during the intimate act itself. Finally, know the different early tell-tale signs of pregnancy. This book does not only focus on the pre-pregnancy stage but will also make sure that you are well-informed once you successfully get pregnant. Tags: getting pregnant, get pregnant, Getting Pregnant Faster, Expecting, increase fertility, fertility, Healthy Pregnancy, Pregnancy, pregnancy books

The complete guide to all the options for couples facing fertility issues, now revised and updated Newsweek praised *What to Do When You Can't Get Pregnant* for guiding readers through "the medical maze" of infertility treatments. In this completely revised and updated edition, world renowned fertility expert Dr. Daniel A. Potter and journalist Jennifer Hanin have revised their step-by-step guide to walk readers through their best options for conception and birth. Updates include: Advances in natural products for women New supplements, medications, and treatment protocols Advice from leading experts on all areas of infer-

tility treatment The latest in egg freezing, vitrification, gender selection, and genetic testing The future of IVF and reproductive medicine Drawing on the latest science, Potter and Hanin offer sound advice for choosing the right doctor, asking the right questions, and living a healthy, fertile lifestyle. Complete with advice on how to handle the frustrations of not being able to conceive, *What to Do When You Can't Get Pregnant* remains a couple's best guide to making informed decisions about fertility issues.

A practical handbook on women's fertility shares secrets of how to extend fertility into a woman's thirties and forties, teaching women simple lifestyle changes that make fertility possible into middle age. Reprint. 10,000 first printing.

Discusses the causes of infertility, explores natural and medical therapies to increase fertility, and provides legal and financial advice to consider when undergoing treatment.

The purpose of this book is to help those who are struggling to become pregnant for whatever reason. Starting a family is a big decision and most of us expect it to happen pretty quickly. But what if it doesn't? What should we do next when we have tried for a year and nothing has happened? Many people assume the next step is IVF but this is only one option in a vast line of options available and is certainly not right for everyone. Many of you who were labelled "infertile" will be able to become pregnant naturally by following a few simple steps outlined in this book. Jessica will take you through a logical process of understanding your own body and reproductive system. It is amazing how little we were taught at school about our reproductive health and our body's normal fertility signals. This book will cover male and fe-

male fertility separately- how to optimise naturally fertility in both men and women, how to read the body's fertile signals, tests which may be required, and if there is a problem, the appropriate solutions which are available. This book will also cover the psychology of trying to get pregnant, the truth about ageing and fertility, miscarriages and dealing with loss, and assisted reproductive technologies. There is progress all the time in the world of fertility and conception and it is important you understand what these options are and when they are right for you. This will allow you to assist your medical team in getting a solution that you all want- a healthy baby. One of the most stressful things about entering the world of infertility is the feeling of lack of control, feeling like you are on a treadmill of tests and procedures and feeling more and more resentment towards all your friends who are announcing their pregnancies. There is a lot of information out there- some of it is confusing, some of it is contradictory and some of it is misleading. This book pulls together the latest research in one place in a logical way that you can understand so you know what you need to do next to get a successful pregnancy. Some of you will be able to become pregnant naturally without any intervention by making a few very simple changes. Others may need some assistance but you will know much more clearly what you need and the logical steps to follow. Trying to get pregnant can be overwhelming; knowledge is power- grab this book and take back control of your life!

Getting Pregnant Faster Step-By-Step Guide To Achieving Pregnancy So you want to get pregnant, but you don't know where to start? So many terms are used regarding pregnancy which you just don't know enough about - fertility,

trimesters, contractions, ovulation, pregnancy tests and more. You may begin to feel overwhelmed. Well, you don't need to feel overwhelmed anymore! This book contains all you need to know; from your menstrual cycle, to ovulation and fertility, and what steps to take if it just isn't happening. Read 'Getting Pregnant Faster' today and be one step closer to your little bundle or bundles of joy.

" A breakthrough revolutionary plan for getting pregnant fast, solving common fertility problems and having a healthy baby - this is NOT your average book on getting pregnant !" Renowned fertility expert Dr. Niels Lauersen & women's wellness expert Colette Bouchez help readers take charge of their fertility with a revolutionary new self-help plan designed to show couples how to work together to boost their conception odds, plan for a healthy pregnancy, & get pregnant faster - all without the use of expensive fertility treatments or medications. Based on scientific research & tested on thousands of couples Eat-Love- GET PREGNANT is a simple yet revolutionary plan that provides the quintessential "missing link " absent from most other fertility programs - namely, the importance of not only boosting both male and female fertility simultaneously, but bold new evidence showing how, when couples work together in certain special and unique ways, they can create a unified "fertility power boost" strong enough to take them from infertile to fertile in as little as three months. For those thinking about getting pregnant it's the planning tool that will help ensure not just pregnancy success but a healthy baby. For those already trying to conceive it's a way to give their fertility a power boost and get pregnant faster. For those already working with a fertility doctor, the

secrets in Eat- Love- GET PREGNANT will dramatically increase their chances for pregnancy success! Filled to the brim with new discoveries and exciting "A Ha !" moments from start to finish, Eat-Love-GET PREGNANT will open your eyes to a whole new way of approaching pregnancy success - whether you are trying to get pregnant on your own, or already working with a fertility doctor. Just some of what you'll find in this heartwarming and fascinating new book: * The Couples Approach To Boosting Fertility: What It Is & Why It Works * How To Make Love To Get Pregnant - it's not what you think! * How To Find Your Most Fertile Time - brand new advice! * How Pillow Talk Can Increase Fertility -and what to say to make it happen! * How Your Relationship Affects Your Fertility - and how to make it work for you! * The Secret Behind Orgasm & Getting Pregnant - WOW - wait till you read this! * Secret Fertility Boosting Foods for Men & Women * Vitamin Power Fertility Supplements - what science shows really works - what doesn't! * Natural Herbs & Other Fertility Enhancers - some of these will really surprise you! * How Stress Affects Fertility - & 6 Ways To Beat It To Get Pregnant Faster! * How To Use A Power Nap, Meditation & Yoga to Have A Healthy Baby! * Six Secret Natural Sperm Boosters Your Doctor Didn't Tell You! * Easy, natural ways to reduce your risk of miscarriage * How to ensure a healthy conception and a healthy baby Plus lots more information you've never heard before! A true couples guide, EAT, LOVE, GET PREGNANT provides the tools that will empower you and your partner to not only boost your fertility, but get pregnant faster, avoid miscarriage and give birth to a stronger, healthier baby. By the authors of Getting Pregnant - the world's best selling fertility book for over 20

years - and co-directors of GettingPregnantNow.org - one of the top fertility websites worldwide - you'll soon discover why those who have tried this program call Eat - Love -GET PREGNANT their new "Fertility Bible" - and a "must read" for any couple who wants to get pregnant! Written by experts, this primer of fertility basics helps women track their monthly reproductive cycle, predict ovulation, get pregnant faster--and record their thoughts and feelings along the way. A helpful medical reference on conceiving and maintaining pregnancy from the Mayo Clinic, #1 on US News & 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 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 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 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 your journey, and to give you hope that with time and patience, pregnancy is often possible. From lifestyle and dietary rec-

ommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility, this book is a comprehensive source of answers from "one of the most reliable, respected health resources that Americans have" (Publishers Weekly).

'When are you giving us the good news?' For couples struggling with infertility, this is an especially difficult question because the answer is complicated, emotional and can test even the best of us. In India, nearly 27.5 million couples battle infertility daily. Around two lakh IVF cycles are done every year, and their success rate usually ranges between 30 and 35 per cent. An average couple spends around Rs 4 to 6 lakh in this journey. Couples embarking on fertility treatments go in buoyed by positive stories but are seldom prepared for the grueling mental, physical and financial challenges that lie ahead. Journalist and Founder of Fertility Dost - an online community for people struggling with infertility - Gitanjali Banerjee went through five miscarriages over a span of 10 years before she got pregnant through IVF. In her book, How to Get Pregnant with IVF: An In-depth Indian Guide to Fertility Treatments offers aspiring parents an honest account of what it means to be diagnosed as infertile, the many tests and their results, and roadblocks of the fertility process. This definitive guide lights the way for a reader who wants to know everything about IVF treatments in India.

When you've tried everything to get pregnant--from eating the right foods to spending thousands on medical treatments--and nothing's worked, it's hard to stay positive. But this book holds the key to success. The mind-body connection, a vastly under-acknowledged and understudied area in fertility, has helped many

women become pregnant. It can help you, too. Holistic fertility coach A'ndrea Reiter helps you explore the four areas that may be blocking your pregnancy efforts and offers concrete ways to navigate them to create the baby, and the life, you deserve. Her mind-body approach focuses on natural alternatives to invasive and expensive fertility procedures. By changing your thought process, you can change your physical condition and remove the obstacles you thought you couldn't overcome.

When you've tried everything to get pregnant—from eating the right foods to spending thousands on medical treatments—and nothing's worked, it's hard to stay positive. But this book holds the key to success. The mind-body connection, a vastly under-acknowledged and under-studied area in fertility, has helped many women become pregnant. It can help you, too. Holistic fertility coach A'ndrea Reiter teaches you about the four areas that may be blocking your ability to conceive and offers concrete ways to navigate them. Her mind-body approach focuses on natural methods instead of invasive and expensive fertility procedures. A'ndrea also provides practical exercises, in-depth case studies, eye-opening information, and expert guidance on understanding the nuances of energy and mindset. Whether you have PCOS, endometriosis, male factor infertility, unexplained infertility, thyroid issues, or are over forty, A'ndrea can show you how to move through it and achieve your dream of motherhood.

A complete update of a classic. Dr. Silber is the preeminent expert in the field of male and female fertility problems. He has appeared on "Oprah, the "Today show, Good Morning America, ABC's World News Tonight, Nightline, and was featured on Discovery Health's documen-

tary program on infertility, "The Baby Lab, and many other national programs. The media world will eagerly welcome Dr. Silber to discuss the latest developments in infertility treatment.

Now completely revised and updated, the classic guide that helps mothers-and fathers-to-be conceive more easily and boost the odds of a healthy pregnancy Covering preconception and interconception (between-pregnancy) well-being for women and men, Amy Ogle and Lisa Mazzullo draw on new research from their complementary fields of expertise and reveal how good preconception health can lower the risk of pregnancy complications and improve lifelong health. Why a ninety-day guide? It takes that long for sperm to mature, and at least that much time for the prospective mother to ensure that her body becomes pregnancy-ready. In a warm, intelligent style, the authors address up-to-date topics such as age, heredity, vaccinations, supplements, and weight. In easily accessible chapters, this guide covers such topics as • Nutrition: meal makeovers plus new facts (and fiction) about fish, omega-3s, vitamins, and herbs • Personal readiness: how to assess emotional, financial, and physical readiness, including a preconception-friendly exercise program, plus advice for avid athletes • Becoming an informed patient: choosing a doctor, insurance coverage, baby-friendly medications, and the latest genetic screening guidelines • Women's health: expanded coverage of gynecologic and medical conditions affecting fertility and pregnancy (including bariatric surgery and physical disabilities), and steps to create a welcoming womb by optimizing immune health • Environment: a roundup of environmental exposures and travel tips • Men's health: practical lifestyle advice for men to help maximize

the number and health of sperm • Conception: clear signs that predict when to “start trying,” and the truth behind common myths • Infertility: reassuring options for reproductive assistance • Interconception health: the best plan for pregnancy recovery, before trying for another • Resources: questionnaires for your preconception medical visit, and charts to track fertility signs

A memoir of hope for the thousands of women struggling with infertility, from one who beat the odds by simply tuning in to her body and tapping her well of sheer determination. At a time when more and more women are trying to get pregnant at increasingly advanced ages, fertility specialists and homeopathic researchers boast endless treatment options. But when Julia Indichova made the rounds of medical doctors and nontraditional healers, she was still unable to conceive a child. It was only when she forsook their financially and emotionally draining advice, turning inward instead, that she finally met with reproductive success. *Inconceivable* recounts this journey from hopeless diagnoses to elated motherhood. Anyone who has faced infertility will relate to Julia’s desperate measures: acupuncture, unidentifiable black-and-white pellets, herb soup, foul-smelling fruit, even making love on red sheets. Five reproductive endocrinologists told her that there was no documented case of anyone in her hormonal condition getting pregnant, forcing her to finally embark on her own intuitive regimen. After eight caffeine-free, nutrient-rich, yoga-laden months, complemented by visualization exercises, Julia received amazing news; incredibly, she was pregnant. Nine months later she gave birth to a healthy girl. Unlike the many infertility books that take a clinical

“how to” approach, *Inconceivable* simply professes the wisdom of giving expert status back to the patient. Julia’s self-discovery, and her ability to see her body as an ally once again, yield a beautiful message about the importance of honoring the body’s innate powers, and the power of life itself.

The new must-have guide for a healthy conception & pregnancy More and more women are choosing to have children later in life, but since fertility declines starting at age 30, many moms-to-be are forced to turn to invasive, expensive treatments to conceive. But there is a better way: with *HOW TO CONCEIVE NATURALLY: AND HAVE A HEALTHY PREGNANCY AFTER 30* readers will discover that it's possible to have a healthy pregnancy in your 30s or early 40s. Orecchio and Buckley share their vast knowledge of holistic health, nutrition, and fertility in this powerful program that has helped thousands of women conceive naturally. From a 12-week fertility detox to a postpartum plan to rebalance hormones, this book empowers women to take charge of their fertility and pregnancies.

Get Pregnant and Raise a Healthy Baby - The Easy and Natural Way! This book could dramatically change your chances of conceiving! Do you want to feel Healthy? Fertile? Relaxed? Confident? and Loved? If so, read this new, May 2016 3rd Edition of *Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby* right away! Inside, you'll discover how the process of getting pregnant works, what causes infertility in both men and women, and how to reverse infertility by making the right lifestyle and dietary changes. It's time to give your body what it needs to create a new little life! Don't let the time keep slipping by - get the help you need to conceive TODAY! In *Fertility: How to*

Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby, you'll find out about the various cultural and educational perspectives on infertility. With care and compassion, this book describes the emotional problems fertility-challenged women face - and how stress is linked to infertility. With this life-changing advice, you can detoxify your body, explore alternative methods of maximizing fertility, and have the baby you've always dreamed of! Don't wait another minute - Read Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby right away! You'll be so glad you did!

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

The complete guide to getting pregnant and improving fertility naturally even if you've been told your chances of conception are low Worried about your ability to have children in the next five years? Have you been trying to get pregnant for a while now and it's just not happening? Does it seem like every woman you know is having a hard time getting pregnant and you don't want that to be you

when you are ready? Do you want natural, non-invasive options to conceive? Here, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches and the latest nutritional advice. Her remedies help you how to get in tune with your body, eat the best fertility-enhancing foods, and avoid environmental toxins to achieve a healthy and stress-free pregnancy.

A PRACTICAL, INTENTIONAL GUIDE TO CREATING ENHANCED CONDITIONS FOR CONCEPTION Creating new life is a natural part of being a woman, but it doesn't always come as easily as we expect. With high-stress modern lives, many women's bodies are not prepared to nurture the growth of a child, and they may find it challenging to become pregnant. Heather Grzych discovered firsthand that the practice of Ayurveda, and its deep teachings on the Four Fertility Factors, could help her and other women create the optimal conditions for conception. She shares that understanding — which led to the birth of her son — in this comprehensive book. Ayurveda, the ancient "science of life," teaches rejuvenating mind-body-spirit practices and herbal remedies that will help you and your partner align with nature for a healthy conception. You can safely explore this holistic approach as you plan for your pregnancy. With Heather's guidance, you will discover and learn to enhance the factors that contribute to fertility and overall well-being, including the spiritual, emotional, and environmental dimensions of conception.

Offers answers to common pre-conception questions, from how to chart fertility cycles to when to seek medical assistance.

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

If you want to learn all the tips and tricks of improving your chances of getting pregnant fast, then this book is for you! No other phase of life harbors quite as much meaning, effort, reward and a promise of better things - in essence, the hallmarks of positive change - as when you and your partner are ready to step into parenthood. Now that you've made this decision, and have come to the conclusion that the two of you are mentally, emotionally, and financially ready to expand your own family, you've embarked upon a journey to understand and learn all you can about conception in your keen enthusiasm to have a child - whether you're just eager, or you want the baby to be born at a specific time. However, while there are plenty of sources of information on the matter - maybe too many - they're often disjointed, abrupt, and hardly possess all the information you need, all in one location. So, if you're ready to embark upon this journey to parenthood, and want to have every tip and trick at your fingertips that could improve your chances of a quick conception, let's get started!

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 approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: • whether to freeze your eggs • finding (and affording) a clinic • what to expect during your first IVF cycle

• baby envy—aka it's okay to skip your friend's shower • whether the alternative route—acupuncture, herbs, supplements—is for you • helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.