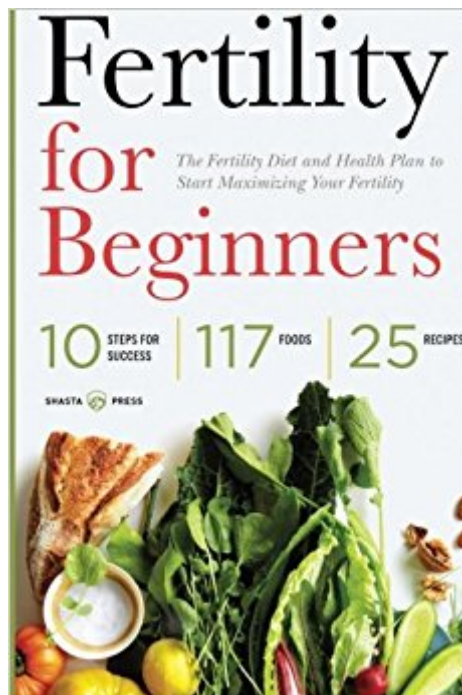




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Fertility For Beginners: The Fertility Diet And Health Plan To Start Maximizing Your Fertility



Synopsis

One of the greatest joys in life is for you or your partner to conceive and carry a child. Fertility for Beginners is your guide to healthy and effective methods for increasing your fertility naturally, and getting one step closer to becoming pregnant. ã ã Perhaps you have been trying to conceive for some time, or perhaps you are just beginning to explore your options. With supportive advice and practical steps, Fertility for Beginners will show you how to make simple changes to your lifestyle and diet in order to improve your fertility naturally. Lifestyle changes can have as much effect on fertility as medical issues or medical intervention. And this handy starter guide gives you the tools you need to eat healthy, reduce stress, and treat your body kindly in order to naturally induce fertility and prepare your body for conception. Fertility for Beginners will coach you through the basics of increasing fertility naturally with: A primer on the science of fertility, and how to chart your body's fertility cycle Useful tips for ways to cultivate a healthy lifestyle for greater fertility, including stress management, suggested tests, and natural treatments to consider ã ã Information on how to nourish your body to improve fertility, including what foods to eat and what foods to avoid A 7-day fertility meal plan to help you begin the Fertility Diet, with numerous delectable recipes like Baked Apples with Almonds and Honey, or Citrus-Soy Salmon ã ã Fertility for Beginners will help you increase your fertility naturally so you can take the worry out of conceiving a child, and instead enjoy this special time in your life.

Book Information

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Customer Reviews

As an introduction to changing/adapting your lifestyle to improve your chances of fertility, this covers the bases so far as presenting necessary considerations and providing initial instruction. Also, the 7-Day Meal Plan looks genuinely appetizing. It does not; however, touch on any of the emotional aspects of approaching fertility/infertility. It systematically lays out factors playing into fertility, including many of obstacles. It outlines Western and Eastern medicine approaches to dealing with various aspects of fertility (or infertility), including the use of supplements and herbs. It even has a section to debunk fertility myths. If you need a dry review of all of these factors, then this will suit you. If you want or need something that offers emotional tools for approaching the world of fertility, this text doesn't have it.

While not looking to improve my fertility at the moment, *Fertility for Beginners* is an easy to read general health guide in regards to fertility. The book bases most of its information and conclusions on a 10 year study out of Harvard. Most of the information I found was applicable also to health and wellness for those who are not interested in increasing their fertility. I felt that, after reading this, I could now read a more in depth book or study and be able to understand it. Some of the recipes looked very tasty and am looking forward to making the smoothie! It would have been helpful to have a few examples of the graphs suggested in the book. I had a hard time visualizing it and ended up having to go online to see what a Fertility Awareness Method chart might look like. I particularly liked that the book did not just focus on female fertility, but also gave many suggestions on what to do for males. There was a section on debunking common myths about fertility which I found interesting as well. Overall, a good, simple book to get one started on a healthy way to improve their fertility

Understanding fertility is important for those who are trying to conceive. This book starts at the core, informing the reader of the most important changes to make in order to improve one's fertility naturally. It contains two parts, the first addressing the basics, (how to maximize your chances and the getting started). The second part is entirely made up of recipes- sectioned by snacks, breakfast, lunch, and dinner. It also suggests a meal plan that is well balanced and includes a list of important nutrients for fertility. The notes and glossary, along with the Resources section are most helpful in understanding how to improve one's fertility.

As someone who does not plan on having children any time soon, this book was rather irrelevant. However, I found the underlying intentions (conveying healthy options to

“maximize fertility) as both commendable and generally coherent. Exercise, travel, weight, stress and age are prominent factors examined at the book’s commencement in terms of their prospective adverse and/or beneficial impact on fertility. In addition the segments break down scientific observations and rhetoric explicating how and why evaluating these aspects is so essential in fostering healthy fertility. Next the anatomical methods of measuring individual fertility signs and interpreting biological responses were straightforward and responsibly clarified (references and glossary terms are also collectively provided at the back of the book). A subsequent section is devoted to debunking misrepresentations and myths involving both nurturing and depleting male and female fertility. Segueing into nutritionally conscious territory, the book offers extensive guidance with distinguishing good fats from bad ones, the role of dairy and “smart” proteins, and culminating in laundry-style lists of foods to excitedly consume and others to mindfully avoid. Although the recipe options are generally appealing, from “Coconut Ginger Rice” and “Buffalo Burgers With Smoky Flavors” entrees to tasty snacks like “Dark Chocolate Nut Clusters,” there are only a handful of specific meals. I guess that ultimately compels you to get creative in combining and testing the aforementioned and broad lists of foods to devour for optimal baby-making. A couple of cautionary notes include how the book admittedly notes how the featured studies are based on a relatively small scale in terms of research surrounding the complexities diet and fertility, as well as the virtually non-existent reminders about maintaining medical care and supervision when planning parenthood (the book provides dietary ADVICE as opposed to any health mandates to be used in lieu of routine and proper doctor visits).

Fertility for Beginners by Shasta Press is a very good book for couples who seemed to be having problems conceiving. Having a baby is something every woman takes for granted. Women are taught at a young age about pregnancy and how to prevent getting pregnant. Most couples assume that getting pregnant will be simple, until they find that they have infertility problems. Sometimes the reason could be medical, but if not medical then you have to make some changes in your lifestyle. Fertility for Beginners will teach you the physical signs of fertility and about your body. The book also tells you how to make the important changes to your lifestyles in order to enhance your fertility. This book is good for couples who want to improve the fertility naturally. Most couples who has been unsuccessfully trying to conceive often look for help like reproductive technologies (ARTS) or drugs or vitro fertilization (IVF). This book also tells you what you would need to do to get pregnant and

how to make the changes to your body to become pregnant.

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