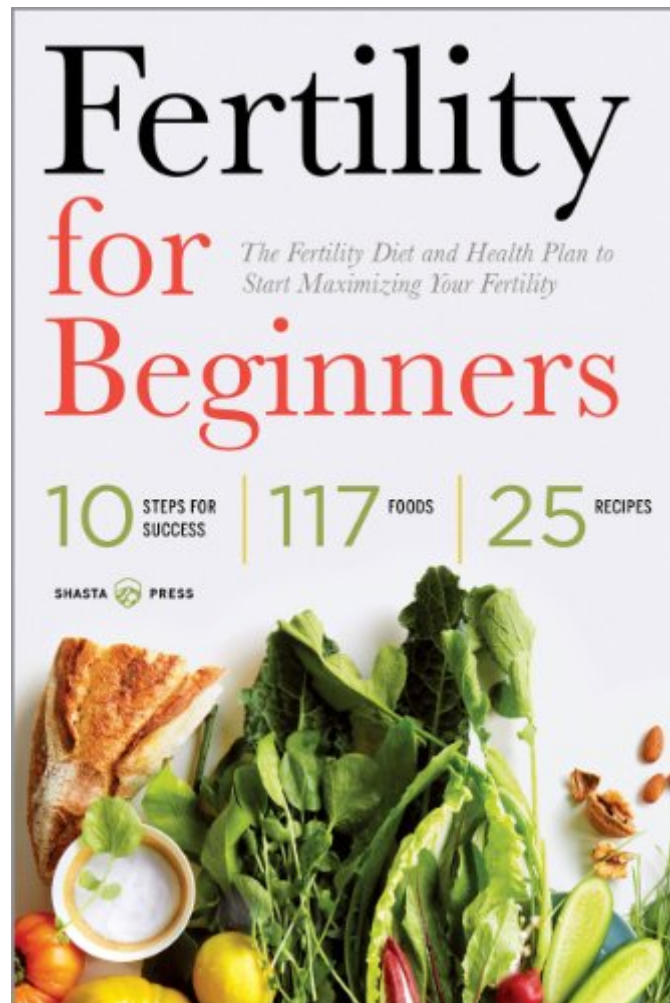


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# Fertility For Beginners: The Fertility Diet And Health Plan To Start Maximizing Your Fertility



## 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. 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
- 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

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

“Fertility for Beginners” isn’t just a book about finding natural ways to conceive. When you read the title, it sounds like a book for those who’ve had difficulty conceiving, but it goes much farther than that. This book should be your go to guide for any time you want to get pregnant, not only those times there are difficulties. Here’s why. The book is broken up into two parts. The first part takes you through the basics of understanding what fertility is (language, signs, charting), ways to live a healthier life (stress, diet, exercise, more) and then gets into the basics of eating healthy. I found chapters 2 and 3 to be the most helpful in breaking down why certain foods are important and how it helps the body. Part two provides some very tasty and easy to follow recipes. Having tried a couple already, I can heartily recommend the tofu slaw with sesame-tamari dressing, the yummy spinach salad with toasted walnuts and walnut oil dressing (shh, didn’t have any walnut oil and used macadamia nut instead), coconut ginger rice (delicious) and both salmon dishes (I made some slight modifications). I was also appreciative of the glossary and medical terms sections. I think the one thing that would have made this a “complete” guide would be already created tracking charts.

The decision to get pregnant can be hard enough for some couples, so can you imagine the frustration that may come from having difficulty with fertility? This book: Fertility for Beginners offers natural ways to improve chances of conception with tried and tested recipes and includes fantastic information to help us understand our bodies better. It explains how the simple act of small changes to our diet and lifestyle can increase our chances of getting pregnant. I learned that there are many factors that play a role in conceiving and how moderate exercise (one hour a day/three days a week) is important, rather than strenuous exercise, which can work against you. Other factors include diet, lifestyle, lack of sleep, medications and more. If you are trying to conceive, whether just starting out or have been trying for months, this informative book will arm you with valuable information that you can only benefit from to maximize the chances of conceiving.

This book tries to bring out the simple changes that we can make to our life style to reduce infertility

problems and is based on Harvard study. Its an insight for every woman to understand there own body and fertility cycle. Its good to keep the fertility cycle chart if you are planning to conceive. The author talks about best conception days and how to determine them, diet and nutrition, exercise, stress and life style challenges in detail. The topics on fertility diet and 7-day meal plan are nicely presented. The book also discusses traditional chinese medicine which can be combined with western medicine to achieve fertility. The recipes are easy to follow, simple to prepare and mouth watering.

I was pleasantly surprised reading "Fertility for Beginners." It describes healthy ways to increase fertility for a successful pregnancy. The first chapter reeled me in when the author describes how healthy fat affects fertility. I did not know that fat converts into androgen, which is a hormone, a type of estrogen, needed for ovulation. I found this fact to be helpful and one that those couples who are trying to conceive children, should definitely know. Another amazing fact that the author points out in Chapter 2, is how implementing Traditional Chinese Medicine (TCM) can also increase chances for fertility. This is done by restoring the yin-yang balance and qi energy flows in the body. This book is perfect for those who have had little success in conception.

Fertility for beginners this book is a guide to every woman for pregnancy. All the information shared by the author in this book is based on the Harvard study. The first half of the books gives in depth information about fertility and what causes infertility and how to overcome it naturally. The recipes shared in this book are simply delicious. I like the way how each recipe is presented with nutritional information. Author also some light on use of Chinese medicines in fertility. All in all a great book for young couples who are thinking of having a baby.

I wish I had this book at the time when we were trying for a baby and no one even told us about balanced life and diet to get on a better path to fertility! I highly recommend the book to all who are working on getting pregnant. The book has plenty of information that will help you understand the best times to conceive, how to read the signs that your own body gives you, and how to get on a path of healthier eating. The book has practical and doable recipes that are well organized and outlined. After reading the book, I am even thinking of going to my wife and telling her, "Let's try again for a baby!"

I thought this book was so-so. A lot of the information is stuff you could just find online, but it is nice

to have it all in one place. I'm kind of a skeptic when I read a scientific study says . . . because a scientific study can say ANYTHING when it's manipulated right. So, I'm hesitant to accept everything in the book. But there are definitely some good ideas that might be worth trying. The fertility-friendly recipes look interesting, meaning they have potential but seem a little bit strange to me. Some of the ingredients are ones I've never heard of, so I'm guessing they'd be pricey at a specialty store or something.

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