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Yes, You Can Get Pregnant: Natural Ways To Improve Your Fertility Now And Into Your 40s



Synopsis

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’re ready? Do you want natural, non-invasive options to conceive? If you answered “yes” to any one of these questions, Yes, You Can Get Pregnant is for you. A nationally renowned women’s health and fertility expert, Aimee Raupp has helped hundreds of women optimize their fertility and get pregnant, even after age 40. 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. In a friendly, understanding, and inspirational manner, Yes, You Can Get Pregnant provides hope, scientifically-backed knowledge, and emotional support to help you become the mother you want to be. "

Book Information

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Customer Reviews

This book is a must read for anyone that is preparing to conceive or has been trying to conceive. I read this book in May of 2014 when I had had enough of fertility drugs and treatment along with too many unanswered questions from top doctors. Aimee has taken the time to think outside of the box (which I have found most doctors do not) and present holistic practices along with new scientific

research. I knew there was another way and this book just happened to find its way to me. Within 3 months of following Aimee's optimal health protocol I was pregnant NATURALLY and was able to keep the pregnancy (I am now 7 months pregnant), something that I have struggled with for years. I was absolutely blown away and I now feel empowered knowing that as women we have absolute control over our fertility. Aimee presents a mind/body approach along with a refocus on our diets. It all makes perfect sense! Be ready and committed!

I am not finished with this book yet, but I am loving it!! love the chinese medicine aspects as well. I have been trying to get pregnant for 16 months now and have read just about every fertility book on here, and this is in my top three!!!

I can't stop singing this book's praises. This book touches upon some really important topics when it comes to fertility - not just nutrition but the importance of balancing our emotions and having faith in our bodies. I feel empowered with all the knowledge and invaluable guidance that the author has provided. I highly recommend - Yes, You Can Get Pregnant!!

In November of 2014, my husband and I suffered a miscarriage. Being just newly 31, I was having such a hard time dealing with our loss, which felt like my loss, really. I feel so responsible and helpless and worthless. Through the next 7 months I discovered that I have Hashimoto's Thyroiditis, a hypothyroid autoimmune disease that probably stemmed from my Celiac disease. I discovered "Yes, You Can Get Pregnant" from a dear family friend of both mine and Amy's and I cannot be more grateful. I read it in April immediately seeking an acupuncturist close to my job and began fertility support. I started following the diet and an Autoimmune Diet as well to ramp my body up for a healthy pregnancy. I am so grateful to say that as I type this now, I am 5 weeks pregnant. There are no "buts" in my vocabulary so I proudly say that I am with child!!! All of Amy's advice, the diet, the bone broth, the guided meditations, the spiritual comfort she offers, is all worth it. I couldn't have done it without her or her guidance from afar. I really do believe that each of us have our own unique path to becoming mothers and I believe with my whole heart that the universe pointed me in this direction aligning every one of my supporters and mentors to guide me and put me in this moment right now. I pray that this review will be a part of the universe's guiding light to help show you the way! All my love! Happy baby making!!!

After reading Aimee's book, I felt so inspired and hopeful about my fertility challenges. I've been

trying to conceive for almost 3 years, and went through a barrage of fertility testing. I was told that I was not candidate for IVF using my own eggs due to my advanced maternal age and low ovarian reserve, and the success of conceiving on my own would be very low. I've been following the recommendations in Aimee's book for nearly 3 months. My energy level and pms have greatly improved, my old digestive symptoms are gone, and overall I feel more alive! But most importantly, I just found out that I'm pregnant!!! It's still very early, but I'm staying positive and as Aimee says, " I have the power to change my health, and improve my fertility. " Thank you Aimee for giving me hope and the tools to better my health, and the health of my "Child's Palace".

Love this book !!! She tells it like it is. I have had a couple setbacks in trying to get pregnant and this book along with acupuncture has gotten me healthy in body and mind. I also highly recommend her first book "Chill Out and Get Healthy"

I feel so grateful and blessed that I stumbled upon this book "Yes, you can get pregnant" and Aimee herself. The book is incredibly comprehensive and clear. I feel so empowered and grounded when I read it knowing that I can change my fertility in the most positive ways. After following the recommended diet and lifestyle I feel so much more nourished whole and strong within my body, which is exactly how I was hoping to feel as I start the process of conceiving my first child. Aimee's incredibly loving, understanding and bright spirit is palpable throughout the book and I feel so held by her caring and great knowledge of the body and making the most fertile nurturing home for our future baby. My husband has also been eating this way and he is bounding with a new found energy. This book and Aimee herself are a true gift to anyone looking to get grounded and feel amazing in their bodies at any age, and of course to feel empowered in taking charge of your fertility to create the best home for your baby! Thank you Aimee for being such a wonderful beacon of light! On a side note she also makes the most incredible skin products, and my skin as never looked better since I have been using them!

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