

The Whole Life Fertility Plan

[#whole life fertility plan](#) [#fertility planning](#) [#long term fertility](#) [#reproductive health strategy](#) [#fertility preservation](#)

The Whole Life Fertility Plan is a comprehensive guide designed to empower individuals with a proactive approach to their reproductive health across various life stages. It delves into strategies for optimal fertility, long-term fertility planning, and understanding options for fertility preservation, ensuring you have the knowledge to make informed decisions for your future.

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The Whole Life Fertility Plan

The authors—including the director of the NYU Fertility Center—answer all of the pressing questions about fertility health—looking at such factors as stress, age, diet, chemicals, holistic medicine and more—in a book that is helpful whether one is planning to wait to have kids or are starting the process now.

The Whole Life Fertility Plan

THE WHOLE LIFE FERTILITY PLAN is an updated holistic resource on fertility health that contains everything you need to know to help you take control of your fertility NOW, including: - The effects of diet, exercise, medications & health conditions, plastics and chemicals, and more - Advantageous lifestyle changes - Myth, rumors, and truths about fertility - Men's fertility - Visiting a fertility clinic and IVF - Recent development in infertility treatments - Personal stories from Phillips and Grifo

The Fertility Plan

Infertility medicine today is all about aggressive surgical, chemical and technological intervention. But making babies originally was - and is still best as - a natural process. In the UK it is estimated that approximately 1 in every 7 couples have difficulty conceiving and 1 in 80 babies is born as a result of IVF treatment. While 75% of people seeking help with their fertility try alternative treatment, few doctors are aware of how the disciplines of Western and Eastern fertility treatment can be used together to achieve the best results. This is a unique collaboration that combines the best of Dr David's and Jill Blakeway's expertise. In THE FERTILITY PLAN they show that half of women who use IVF could have got pregnant without it if the right knowledge and advice were available to them, and they share their proven 3-month plan that increases women's chances of conceiving naturally.

The Fertility Plan

For couples who are having difficulty conceiving and are reluctant to use drugs or try invasive procedures--as well as those who want a trouble-free pregnancy--this practical, accessible handbook provides an all-natural approach to fertility. Full-color illustrations.

The Fertility Plan

Andreia Trigo RN BSc MSc tells her infertility journey and how she managed to achieve a meaningful life regardless of circumstances. She also provides the tools that you can use to achieve the same result. It's a very practical book that will help you: -Cope with the losses of infertility -Create a new fertility plan -Increase your chances of success in achieving that plan

The Fertility Plan

This book brings Robert's research and work on infertility into an easy-to-follow infertility Rehabilitation Plan that everyone can use for improved health.

The Formula to Not Giving a F**k About Fertility

The oldest and most universally practiced form of family planning now has a much-needed resource. Understand the body's natural fertility processes, methods that help achieve pregnancy, and proven forms of birth control that are safe, reliable, and without side effects. Guidelines for identifying the fertile and infertile phases of a woman's cycle are covered. Charts and illustrations developed by leading teaching hospitals clarify each process.

Helping Fertility, By The Book

The healing powers of traditional yoga, Oriental medicine, nutrition, and other mind/body techniques are accessible with this do-it-yourself manual for women who are struggling with infertility or just looking to improve their odds of conception. Natural methods based on Integrative Care for Fertility™ use a holistic approach to demonstrate how a home-based holistic fertility program can improve mind, body, and spirit, and in turn, maximize chances for conceiving. Photographs are provided to illustrate the proper yoga postures, and interspersed stories from yoga practitioners and experts present real-life struggles of infertility patients and victories that will inspire all women who are trying for a healthy pregnancy and birth. With more than 30 pages of new information, this updated edition also includes a study guide.

Fertility

The Energetic Fertility Method(TM) Tools for a Healthy Conception and Beyond synthesizes principles of energy medicine and applies them to fertility to help you conceive. Using the chakra system as a guide, it presents step-by-step advice on how to gain a deeper awareness of your body, mind and spirit in order to bring them into alignment for a healthy conception. Discussing everything from how your relationship to your body affects fertility, the impact of secrets, and much more, Nancy Mae offers a roadmap that can help you achieve the family you've always envisioned. This groundbreaking book will not only prepare you for the journey of fertility, it will provide you with tools that you can use for the rest of your life.

Fully Fertile

Embarking on IVF - or any assisted fertility treatment - can be a very demanding and stressful experience, but the right physical, nutritional and emotional support can lessen these stresses and strains and increase your chances of success. In Zita West's Guide to Fertility and Assisted Conception leading fertility and pregnancy expert, Zita West, offers an in-depth explanation of all aspects of fertility and, uniquely, addresses the issues involved in using assisted conception. In her clear, yet sensitive, style Zita explains: - All aspects of fertility - from preconception and trying naturally through to assisted conception - What is involved in the IVF process - How to prepare your body to increase your chances of conceiving successfully - The importance of a proactive approach to diet and nutrition - How complementary therapies, such as acupuncture, can increase your chances of success Including interviews with leading experts in the field, case histories from patients and Zita's own holistic principles, this is an invaluable guide for the growing number of people who are considering, or have already embarked on, medical intervention to enable them to conceive.

The Energetic Fertility Method

A complete dietary program for women seeking healthy pregnancy. Created by RDN certified experts, Fertility Foods provides you with powerful nutritional benefits and more than 100 recipes. Struggling with infertility can be one of the most frustrating experiences for women looking to conceive. Rather than juggle multiple prescription medications all while scheduling an endless series of doctors' visits, Fertility Foods helps you to seek better results—just by changing your diet! As you prepare to enter one of the most significant times in your life, you owe it to yourself and your future children to make sure that your body has absolutely everything it needs, at the proper times and in the proper quantities. Fertility Foods includes:

- Over 100 nutritious, satisfying dishes to boost your fertility
- Dietary breakdowns to help you understand what will help your body conceive, and why
- Tips on managing stress and other lifestyle factors
- Heartfelt support and guidance from women who have struggled with infertility
- A how-to guide on putting together a healthy kitchen

Fertility Foods is more than just a diet plan or cookbook. It's a companion, a constant support providing you with the information you need to ensure you receive proper nutrition before conception.

Zita West's Guide to Fertility and Assisted Conception

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies. Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to:

- Enjoy highly effective and scientifically proven birth control without chemicals or devices
- Maximize your chances of conception before you see a doctor or resort to invasive high-tech options
- Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement
- Gain control and a true understanding of your gynecological and sexual health

This new edition includes:

- A fully revised and intuitive charting system
- A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause
- An expanded sixteen-page color insert that reflects the book's most important concepts
- Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of

Fertility Foods

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives. Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Taking Charge of Your Fertility

Fertility Awareness is key to understanding sexual and reproductive health at all life stages. It can be used to either plan or avoid pregnancy. Fertility Awareness Methods (FAMs) are highly effective when motivated couples are taught by trained practitioners. These methods are in demand for ecological, medical, cultural, religious and moral reasons. The ability to control fertility naturally is a lifestyle choice. The Complete Guide to Fertility Awareness provides the science and methodology suitable for health professionals and a general audience. It covers reproductive physiology and the fertility indicators: temperature, cervical secretions and cycle length calculations. It explores ways to optimise conception and

to manage conception delays. Case studies and self-assessment exercises are included throughout. The book addresses the scientific credibility of new technologies including fertility apps, home test kits, monitors and devices. The Complete Guide to Fertility Awareness offers: evidence-based information for general practitioners, practice nurses, school nurses, midwives, sexual health doctors and nurses a unique perspective on subfertility for gynaecologists and fertility nurses an authoritative source of reference for medical, nursing and midwifery students a straightforward and practical reference for new and experienced FAM users the core text for the FertilityUK Advanced Skills Course in Fertility Awareness

Womancode

Making Babies Book is a fun, informational, artistic, and colorful pregnancy book. Follow Shoshanna through her pregnancy and the birth of her daughter as she stays healthy and builds a baby. Making Babies Book covers information that is in the Making Babies DVDs, volumes 1, 2, and 3, and includes many deliciously healthy recipes, wonderful gluten-free recipes, grandma's remedies, herbal concoctions, need-to-know facts, and a baby diary to learn and journal about your baby experience. Packed with 480 beautiful pages of research about fertility, conception, morning sickness, pregnancy, birth, nursing, postpartum issues, losing weight, and more.

The Complete Guide to Fertility Awareness

Zita West, midwife to Cate Blanchett, Stella McCartney and Kate Winslet, shares her expertise in nutrition to help you and your baby stay healthy naturally throughout your pregnancy. It is crucial to eat an optimum diet during pregnancy. Your levels of nutrients need to be high in order to support you through the process of pregnancy, and the baby that you're carrying inside of you needs the full range of nutrients to be as healthy as possible. It can be difficult and tiring to make nutrient-filled meals, but Zita gives you clear information and simple, easy-to-make recipes. The first section of the book covers details such as what nutrients are important and what they do for you and your baby, and foods that are unhealthy to consume during pregnancy. The second section uses the vitamins and nutrients explained in the first section in 80 delicious recipes. Introduction Your Health (nutrients your body needs as it changes, sources of these nutrients, foods that help with the side effects of pregnancy, the importance of safe exercise) Your Baby's Health (nutrients your baby needs to grow, what they do, sources of these nutrients) What to Avoid (foods not to eat why they are bad for you and your baby) Breakfasts Light Meals Snacks and Treats Main Meals Desserts.

Making Babies Book

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

Eat Yourself Pregnant

The cookbook companion to the groundbreaking fertility book It Starts with the Egg. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant

Women battling infertility is a familiar though still harrowing story these days. Women using yoga to reduce stress and become more aware of its body and its rhythms is another. So it comes as no surprise that yoga is helping women to cope with the physical and emotional stress of infertility and its treatments.

It Starts with the Egg Fertility Cookbook

The bestselling author of *The Kind Diet* offers practical solutions for a healthier, more vibrant approach to new motherhood. When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of looking at diet and lifestyle as key factors, doctors are racing to pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal. Once their babies are born, they assume it will be just as challenging—from breastfeeding woes to screaming fits and constant trips to the doctor. It doesn't have to be that way. In *The Kind Mama*, Alicia Silverstone shows that if we kick nasty foods that fight our bodies and replace them with nutrient-rocking "clean" foods that heal and nourish, we can create a more positive baby-making experience, from conception through the third trimester (and beyond). By encouraging basic diet and lifestyle modifications and drawing on wisdom from medical experts, friends, and her own experience, Silverstone has created a one-stop guide that empowers women to take charge of their fertility and pregnancy, and helps them to embark on a healthier, more vibrant path to parenthood.

Yoga and Fertility

A guide to caring for mind and body while trying to conceive from the bestselling authors of *The First Forty Days*, with recipes included. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

The Kind Mama

Written by one of the country's leading complementary fertility specialists, *The Baby-Making Bible* draws together Emma Cannon's years of experience and success in treating couples hoping to get pregnant. Her special plan blends the ancient wisdom of Chinese medicine with the highest standards in Western medical practice. Whether you are trying for a natural conception or undergoing treatment for assisted conception, she offers a practical plan you can follow to create a fertile environment and encourage healthy baby-making. Emma approaches fertility in its widest context by taking you through her essential couples' health and lifestyle check, and makes suggestions to help you achieve optimum dietary, environmental and emotional health. She also offers specific advice for anyone who has been diagnosed with unexplained infertility or who is embarking on fertility treatment. The book features a foreword by Dr Tim Evans. 'Emma Cannon is a new health guru' - RED magazine

Awakening Fertility

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 Baby-Making Bible

MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. *The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility* brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: –What a normal cycle looks like; –The best way to chart your cycle and increase your fertility awareness; –How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; –Natural methods for managing period pain and PMS; –How to successfully avoid pregnancy without the pill; and –How to plan ahead if you do want to get pregnant. *The Fifth Vital Sign* aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. **READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY** Whether children

are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

Making Babies

Nourish your eggs and genes—easy recipes for IVF success A healthy diet can play a huge part in reproductive success. IVF Meal Plan offers more than a fertility diet—it shows you how powerful wholesome food can be in enhancing the health of your eggs and genes for conception. IVF Meal Plan features four easy-to-follow 7-day meal plans, developed for women who have undergone IVF or those who have tried other medications with no success. Cook your way to IVF success using 31 tasty, nutrient-rich recipes—each designed to nourish your body, mind, hormones, and long-term health, as well as the overall wellness of your future baby. IVF Meal Plan includes: Happy eggs—Explore how “food as medicine” can aid a healthy IVF cycle and take a deep dive into egg science covering everything from follicle to fertilization. Conception comfort foods—Improve your egg quality with fertility-friendly foods that come with dietary labels, storage tips, and more. Meal maps—Build a strong food foundation using hormone-healthy meal plans, complete with helpful shopping lists and easy time-saving tips. Boost your IVF odds (deliciously) and choose the right foods for your own successful path to parenthood.

The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility

In vitro fertilization (IVF) treatment is a complex process that can involve multiple medical teams and points of contact, and it is a significant financial investment. The cost for treatment includes numerous medications, appointments, daily tests, and procedures. Predictably, IVF is the theme of endless books, websites, blog posts, and articles. Based on her personal experiences with IVF, author Monica Bivas created this journal to help you organize the process, handle stress better, and bring focus and clarity to your personal IVF journey. She created The IVF Planner both as an information guide and for you to write your own story. She touches on everything from the basics of the process to financing to a support network and more. Bivas communicates that the IVF journey, no matter the end result—negative, positive, or even cancelled cycles—takes strength, takes courage, and teaches you to be disciplined. Though expensive and challenging, it's a journey to be proud of.

IVF Meal Plan

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.

The Ivf Planner

This book outlines practical and specific changes in food and lifestyle choices that will dramatically improve your health AND optimise your chance of conceiving and maintaining a healthy pregnancy. Making these changes now will positively impact the health of the eggs and the sperm and fast-track your chance of getting pregnant. Based on current scientific evidence, it will reduce risk of pregnancy issues such as miscarriage, gestational diabetes or preeclampsia and give your child the best start in life, minimising their risk of childhood illnesses too. Written by a team of health professionals - naturopaths and acupuncturists - at Fertile Ground Health Group whose work focuses on the care of people struggling with fertility issues and longing to make a family. Over the last nearly 20 years they have provided health solutions to fertility problems and have supported many women and men in their journey to create a healthy family. This book reflects the well-researched approaches they use with all patients, in collaboration with other fertility and medical health-care providers.

Trying to Get Pregnant (and Succeeding)

This book is published open access under a CC BY 4.0 license. This open access book provides an overview of childlessness throughout Europe. It offers a collection of papers written by leading demographers and sociologists that examine contexts, causes, and consequences of childlessness in countries throughout the region. The book features data from all over Europe. It specifically highlights patterns of childlessness in Germany, France, the United Kingdom, Finland, Sweden, Austria and Switzerland. An additional chapter on childlessness in the United States puts the European experience in perspective. The book offers readers such insights as the determinants of lifelong childlessness, whether governments can and should counteract increasing childlessness, how the phenomenon differs across social strata and the role economic uncertainties play. In addition, the book also examines life course dynamics and biographical patterns, assisted reproduction as well as the consequences of childlessness. Childlessness has been increasing rapidly in most European countries in recent decades. This book offers readers expert analysis into this issue from leading experts in the field of family behavior. From causes to consequences, it explores the many facets of childlessness throughout Europe to present a comprehensive portrait of this important demographic and sociological trend.

Create a Fertile Life

Do you want to make a healthy baby and have a healthy pregnancy? Are you interested in a holistic approach to fertility? Do you need to optimize your fertility due to your age or health conditions? Are you trying to conceive and experiencing challenges? Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling. The good news is that Feed Your Fertility is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn: -How your lifestyle may be inhibiting your ability to conceive - and what to do about it -Why popular fertility diets may be leading you down the wrong road -What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet -How to determine your personal health imbalances that may be interfering with your fertility -How to use Chinese medicine to bring your body into balance and improve your odds of conception -How to streamline your supplements and take only what you really need -Your natural and medical treatment options for common fertility issues -How to navigate the medical fertility world and when to seek help Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with Feed Your Fertility. "It takes a village to raise a baby, to start a family... I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - Selma Blair, actress and mother "Down to earth and practical, Feed your Fertility delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. Feed Your Fertility provides easy to follow solutions for taking charge of your reproductive health." - Randine Lewis, L.Ac., Ph.D., author of The Infertility Cure and The Way of the Fertile Soul

Childlessness in Europe: Contexts, Causes, and Consequences

More than 1 in 10 couples experience infertility, finding themselves in a “desert”—lost and abandoned, hungering and thirsting, praying and waiting—for a child. Discover the direction, nourishment, and faith provided within this spiritual resource for infertile Catholic couples, their families, and friends. Personal reflections from Catholic women struggling with infertility evoke a heartfelt realism, while passages from Scripture and prayers from the Book of Psalms provide the comfort and hope to trust in God, the “Divine Physician.”

Feed Your Fertility

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections and probes, becoming involuntary experts on embryology through failure, despair, persistence and success. After 4 years, 3 different clinics, 2 positive pregnancy tests and 1 miscarriage, they finally had a successful pregnancy. GET A LIFE is the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. IVF is terrifying, awful and extraordinary in equal measures for both partners. GET A LIFE shares Richard and Rosie's ride on the fertility roller coaster, bringing you the funny, emotional and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

Facing Infertility: A Catholic Approach

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.

Get A Life

A brilliant exploration of the natural, medical, psychological, and political facets of fertility When Belle Boggs's "The Art of Waiting" was published in Orion in 2012, it went viral, leading to republication in Harper's Magazine, an interview on NPR's The Diane Rehm Show, and a spot at the intersection of "highbrow" and "brilliant" in New York magazine's "Approval Matrix." In that heartbreaking essay, Boggs eloquently recounts her realization that she might never be able to conceive. She searches the apparently fertile world around her--the emergence of thirteen-year cicadas, the birth of eaglets near her rural home, and an unusual gorilla pregnancy at a local zoo--for signs that she is not alone. Boggs also explores other aspects of fertility and infertility: the way longing for a child plays out in the classic Coen brothers film Raising Arizona; the depiction of childlessness in literature, from Macbeth to Who's Afraid of Virginia Woolf?; the financial and legal complications that accompany alternative means of family making; the private and public expressions of iconic writers grappling with motherhood and fertility. She reports, with great empathy, complex stories of couples who adopted domestically and from overseas, LGBT couples considering assisted reproduction and surrogacy, and women and men reflecting on childless or child-free lives. In The Art of Waiting, Boggs deftly distills her time of waiting into an expansive contemplation of fertility, choice, and the many possible roads to making a life and making a family.

Yes, You Can Get Pregnant

An award-winning scientist, in this urgent, thought-provoking and meticulously researched book, shows how chemicals in the modern environment are changing--and endangering--human sexuality and fertility on the grandest scale.

The Art of Waiting

A practical 12-week guide offering help and hope. Across the globe, millions of women are reaching their mid-forties without having had a child. Although some are child-free by choice, many others are childless by circumstance and are struggling in a life they didn't foresee. Most people think that women without children either 'couldn't' or 'didn't want to' be mothers. The truth is much more complex. Jody

Day would have liked to have had children, but it didn't work out that way. At the age of forty-four she realized that her quest to be a mother was at an end. She presumed that she was through the toughest part, but over the next couple of years she was hit by waves of grief, despair and isolation. Eventually she found her way and created the Gateway Women Network, helping many thousands of women worldwide. In *Living the Life Unexpected*, Jody Day addresses the taboo of childlessness and provides a powerful, practical 12-week guide to help women come to terms with their grief, and to move on to live creative, happy, meaningful, and fulfilling lives without children. Previously titled *Rocking the Life Unexpected*, this inspiring and practical guide to a life without children has been extensively revised and updated, and includes significant additional content including extracts from the stories of 24 women and 2 men from around the world.

Count Down

The new comprehensive guide to healthy conception, pregnancy, and postpartum that every woman over thirty must read More and more women are choosing to have children later in life, but since fertility declines starting at age thirty, many moms-to-be face conception and pregnancy with fear, uncertainty, and anxiety. Women thirty and older who wish to conceive naturally are often told it is a "bit too late" for easy conception, or they are forced to turn to invasive, expensive treatments. 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 thirties or early forties. Experts Christa Orecchio and Willow Buckley share their vast knowledge of holistic health, nutrition, and fertility in this powerful program that has helped thousands of women conceive naturally and quickly. From a 12-week preconception fertility detox to a postpartum plan to rebalance hormones, this book empowers women to take charge of their fertility at any age. Orecchio and Buckley present the most current research in nutrition and homeopathy to equip women with the wide-ranging knowledge they'll need on each step of the journey to having a baby naturally, from preconception to postpartum.

Living the Life Unexpected

Ever stopped to read the list of ingredients in the products you use every day? In *Low Tox Life*, activist and educator Alexx Stuart gently clears a path through the maze of mass-market ingredient cocktails, focusing on four key areas: Body, Home, Food and Mind. Sharing the latest science and advice from experts in each area, Alexx tackles everything from endocrine-disruptors in beauty products to the challenge of going low plastic in a high-plastic world, and how to clean without a hit of harmful toxins. You don't need to be a fulltime homesteader with a cupboard full of organic linens to go low tox. Start small, switching or ditching one nasty at a time, and enjoy the process as a positive one for you and the planet.

How to Conceive Naturally

Low Tox Life