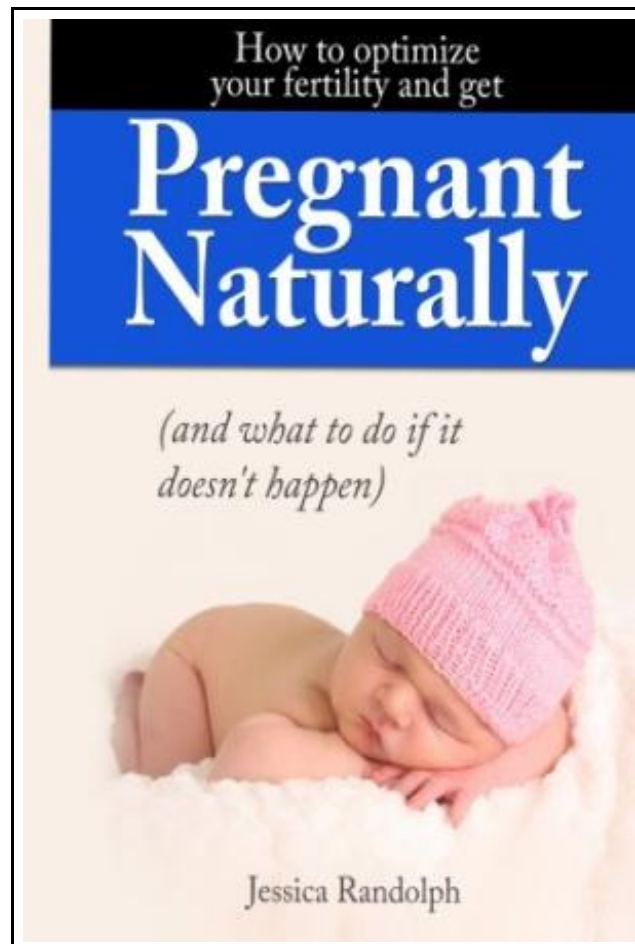


## How to optimize your fertility and get pregnant naturally and what to do if it doesn't happen



Filesize: 4.2 MB

### ***Reviews***

*This composed publication is fantastic. This is certainly for all those who statte that there was not a well worth reading through. You will not truly feel monotony at whenever you want of your respective time (that's what catalogs are for regarding when you ask me).*  
*(Prof. Mark Ratke Jr.)*

## HOW TO OPTIMIZE YOUR FERTILITY AND GET PREGNANT NATURALLY AND WHAT TO DO IF IT DOESNT HAPPEN



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 66 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. 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 female 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...



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