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It is a 3-month program called like a "premester" before you are pregnant. Basically, it is a mixture of eating right, staying away from stress, eliminating toxins, and just making sure you are doing everything you can to prepare your body for a baby.

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As a nurse, I think it?s helpful with the basic facts of getting pregnant, but also has Eastern ideas we?re not used to! I tried a few things in this book and also followed the Restoring Fertility Yoga For Optimal Fertility program (off amazon) and was pregnant in the first month! That program too is a combination of East and Western ideas. http://ebookslibrary.club/download/-Making-Babies--A-Proven-3-Month-Program-for-Maximum--.pdf

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THE PROGRAM So before you make the huge investment (nancial and otherwise) in IVF and other assisted reproductive technologies (ARTs), invest three months in the Making Babies program.

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