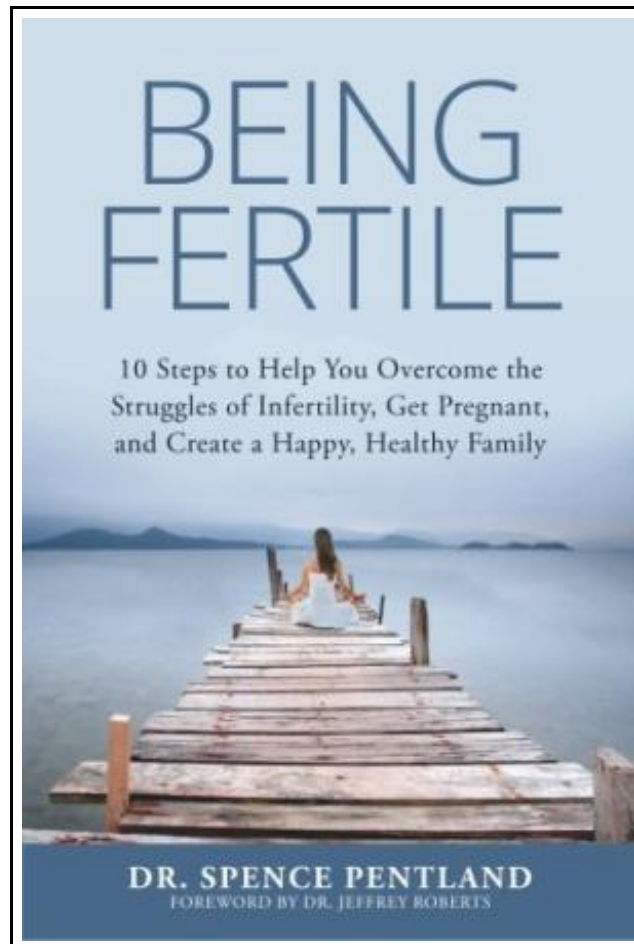


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
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BEING FERTILE: 10 STEPS TO HELP YOU OVERCOME THE STRUGGLES OF INFERTILITY, GET PREGNANT, AND CREATE A HAPPY, HEALTHY FAMILY


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Infertility can be one of the most stressful and heartbreaking journeys that a woman or couple can experience. Dr. Pentland explains how to optimize your chances of getting pregnant naturally or with IVF (In Vitro Fertilization) using evidence-based Traditional Chinese Medicine (TCM) and acupuncture. This book also contains real-life stories from couples who have experienced the process and features innovative but practical tips on coping with the associated stresses of infertility and IVF procedures, how diet, attitude, the relationship of hormones, the male factor and other conditions play a role, and how to keep joy and hope in your lives during your journey in creating a happy, healthy family. INTRODUCTION If you were baking a cake for someone you loved on a special occasion, you would take great care to follow the recipe, right? You would preheat the oven and use the best quality ingredients, you would stir and whip and measure with the utmost of care before baking it at just the right temperature and watching it mindfully. And the results would be magnificent and worth the effort. But that s just a cake. The subject of this book is how to create the most precious thing of all--a human life, so I trust you will want to heed an even greater regard for the recipe at hand. I have included 10 steps, each one as important as the next. I cannot guarantee with absolute certainty that you will reach your goal. My experience has shown me time and again that these steps will greatly improve your chances. If you follow them, you will improve your physical and emotional health and provide the best possible environment for...

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