# The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life

By Daoshing Ni, Dana Herko

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life, Daoshing Ni, Dana Herko, With infertility statistics soaring, a growing number of women are embracing natural approaches to enhance fertility and de-stress during rigorous, emotionally draining treatments. Traditional Chinese Medicine (TCM) is powerful in supporting fertility because it treats body, mind, and spirit - all must be strong to conceive. "The Tao of Fertility" is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry the reader not just through pregnancy and birth, but through life in general. Readers learn to boost their chances of conception as Dr. Dao shares the dietary plans, recipes, herbal supplements, meditative exercises, and self-applied acupressure he uses so successfully with his patients. The methods are inexpensive and accessible. A detailed questionnaire helps women discover their personal fertility profile, followed by methods to calm and strengthen the body to receive and nourish new life.Enriched by powerful stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook. It includes: a questionnaire assessing fertility potential; a 28-Day fertility...

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## Reviews

It is an remarkable pdf that I actually have actually read. It really is packed with knowledge and wisdom I am very happy to tell you that this is the finest ebook i actually have go through during my very own life and may be he very best book for actually.
-- Hailey Jast Jr.

It in a of my personal favorite ebook. It is probably the most awesome publication i have read through. You wont really feel monotony at anytime of the time (that's what catalogs are for regarding in the event you check with me).
-- Juliet Kertzmann