



## Take Charge of Your Fertility: Teach Yourself

By Heather Welford

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 194 x 128 mm. Language: English . Brand New Book. Take Charge of Your Fertility explains everything the prospective parent may need to know as they face the physical, emotional and practical challenges of trying for a baby. It covers health issues in full, from basic biology and an explanation of fertility and cycles to outlining what supplements are useful and what aren't, and how you can maximise your chances by following a healthy diet and cutting alcohol or nicotine intake. There are plenty of resources and guidelines for parents facing difficulties, including a guide to the medical options, and advice on how to seek further help. It will help couples to deal with the emotional issues faced when trying for a baby, and will also give practical information on who you should tell and who you must tell, and when. With coverage of all aspects of very early pregnancy, from do-it-yourself tests to the very first scan, it will be a useful resource which will help all prospective parents, whether looking to start or to expand their family. NOT GOT MUCH TIME? One, five and ten-minute introductions...



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