

Taking Charge Of Your Fertility Revised Edition The Definitive Guide To Natural Birth Control Pregnancy Achievement And Reproductive Health

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." –Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

An increasing collection of research confirms that men's fertility health is just as important as the women's when couples are trying to conceive. Yet, there are only a small handful of resources supporting men trying to expand their family. Written by award-winning registered dietitian and nutrition expert Lauren Manaker, this guide you will find specific nutrition and lifestyle interventions that have been shown to improve male fertility parameters in scientific peer-reviewed papers. You will also find the author's personal recommendations for how to implement certain measures. Lastly, you will find a brief outline highlighting certain things you can do to modify your diet and lifestyle according to specific fertility challenges.

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way.

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Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

Out of the 100 million women—almost 11 million in the United States alone—who are on the pill, roughly 60 percent take it for non-contraceptive reasons like painful periods, endometriosis, PCOS, and acne. While the birth control pill is widely prescribed as a quick-fix solution to a variety of women's health conditions, taking it can also result in other more serious and dangerous health consequences. Did you know that women on the pill are more likely to be prescribed an antidepressant? That they are at significantly increased risk for autoimmune disease, heart attack, thyroid and adrenal disorders, and even breast and cervical cancer? That the pill can even cause vaginal dryness, unexplained hair loss, flagging libido, extreme fatigue, and chronic infection. As if women didn't have enough to worry about, that little pill we're taking to manage our symptoms is only making things worse. Jolene Brighten, ND, author of the groundbreaking new book BEYOND THE PILL, specializes in treating women's hormone imbalances caused by the pill and shares her proven 30-day program designed to reverse the myriad of symptoms women experience every day—whether you choose to stay on the pill or not. The first book of its kind to target the birth control pill and the scientifically-proven symptoms associated with taking it, BEYOND THE PILL is an actionable plan for taking control, and will help readers:

- Locate the root cause of their hormonal issues, like estrogen dominance, low testosterone, and low progesterone
- Discover a pain-free, manageable period free of cramps, acne, stress, or PMS without the harmful side effects that come with the pill
- Detox the liver, support the adrenals and thyroid, heal the gut, reverse metabolic mayhem, boost fertility, and enhance mood
- Transition into a nutrition and supplement program, with more than 30 hormone-balancing recipes

Featuring simple diet and lifestyle interventions, BEYOND THE PILL is the first step to reversing the risky side effects of the pill, finally finding hormonal health, and getting your badass self back.

Guide Book to Getting Pregnant This book covers some crucial and important topics as far as getting pregnant and infertility is concerned. What is explained in this book is only but the writer's views and expression and needs the reader to accept the NO LIABILITY TERMS before reading and using this knowledge. Key topics such as Infertility in Men and Women, Understanding your Body, and How to get a baby boy or girl are covered. Details Contains vital and important information for every couple who are trying to have a baby Sized 6 by 6 inches easy to carry Unique and Elegant Matte Cover

A deadly plague has devastated Earth, killing all the adults. Lisa and her younger

brother Todd are struggling to stay alive in a world where no one is safe. Other children along Grand Avenue need help as well. They band together to find food, shelter, and protection from dangerous gangs invading their neighborhood. When Tom Logan and his army start making threats, Lisa comes up with a plan and leads her group to a safer place. But how far is she willing to go to protect what's hers?

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

A complete update of a classic. Dr. Silber is the preeminent expert in the field of male and female fertility problems. He has appeared on "Oprah, the "Today show, Good Morning America, ABC's World News Tonight, Nightline, and was featured on Discovery Health's documentary program on infertility, "The Baby Lab, and many other national programs. The media world will eagerly welcome Dr. Silber to discuss the latest developments in infertility treatment.

Fertility Awareness is key to understanding sexual and reproductive health at all life stages. It can be used to either plan or avoid pregnancy. Fertility Awareness Methods (FAMs) are highly effective when motivated couples are taught by trained practitioners. These methods are in demand for ecological, medical, cultural, religious and moral reasons. The ability to control fertility naturally is a lifestyle choice. The Complete Guide to Fertility Awareness provides the science and methodology suitable for health professionals and a general audience. It covers reproductive physiology and the fertility indicators: temperature, cervical secretions and cycle length calculations. It explores ways to optimise conception and to manage conception delays. Case studies and self-assessment exercises are included throughout. The book addresses the scientific credibility of new technologies including fertility apps, home test kits, monitors and devices. The Complete Guide to Fertility Awareness offers: evidence-based information for general practitioners, practice nurses, school nurses, midwives, sexual health doctors and nurses a unique perspective on subfertility for gynaecologists and fertility nurses an authoritative source of reference for medical, nursing and midwifery students

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a straightforward and practical reference for new and experienced FAM users the core text for the FertilityUK Advanced Skills Course in Fertility Awareness

More and more couples are turning to IVF each year to help them conceive, and yet there are still many questions to be answered. "What makes IVF successful?" and "what else can we do to support our treatment?" are two of the most important queries couples can have, and here, Zita West offers solutions. Nutrition and lifestyle advice, psychological and emotional support and a positive mindset all play an important part in helping couples conceive, and can even make the difference between a successful and unsuccessful outcome. This book not only advises how to prepare for IVF, but why it's so important, and the step-by-step diet and lifestyle plan is a clear way to support your treatment.

From the bestselling authors of *The First Forty Days* comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

In celebration of its 20th anniversary, a thoroughly revised and expanded edition of the leading book on fertility and women's reproductive health. Since the publication of *Taking Charge of your Fertility* two decades ago, Toni Weschler has taught a w Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include:

- New 'Preface to the 10th Anniversary Edition'
- Updates on new fertility technologies
- Natural approaches to conception
- Updated Resources and Books

For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to:

- Enjoy highly effective, scientifically proven birth control without chemicals or devices
- Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception
- Increase the likelihood of choosing the gender of her baby
- Gain control of her sexual and gynecological health

Do you want to make a healthy baby and have a healthy pregnancy? Are you interested in a holistic approach to fertility? Do you need to optimize your fertility due to your age or health conditions? Are you trying to conceive and experiencing challenges? Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling. The good news is that *Feed Your Fertility* is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn:

- How your lifestyle may be inhibiting your ability to conceive - and what to do about it
- Why popular fertility diets may be leading you down the wrong road
- What foods to eat to optimize and nourish your

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fertility, and how to adopt a real foods diet -How to determine your personal health imbalances that may be interfering with your fertility -How to use Chinese medicine to bring your body into balance and improve your odds of conception -How to streamline your supplements and take only what you really need -Your natural and medical treatment options for common fertility issues -How to navigate the medical fertility world and when to seek help Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with Feed Your Fertility. "It takes a village to raise a baby, to start a family... I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - Selma Blair, actress and mother "Down to earth and practical, Feed your Fertility delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. Feed Your Fertility provides easy to follow solutions for taking charge of your reproductive health." - Randine Lewis, L.Ac., Ph.D., author of The Infertility Cure and The Way of the Fertile Soul

Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! If you're a teenage girl, you've probably asked yourself these questions and many more. Now Cycle Savvy has the answers that will help you understand what is really happening with your body on a day-to-day basis. It's the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and first-person tales of experiences that every girl can relate to, Cycle Savvy takes the mystery out of your amazing body.

Track your fertility through science and strategy--a modern guide to understanding FAM Pregnancy isn't always easy. For couples trying to conceive, navigating the complex charts and techniques behind Fertility Awareness Methods (FAM) can add stress and confusion to an already difficult journey. Understanding Fertility Awareness Methods is here to help, with medically accurate information to guide your decisions about if, when, and how to build a family. This friendly and compassionate resource can help you if you're ready to get pregnant, if you're concerned about your future fertility, or if you just want more control over your reproductive health. Learn the science behind different FAM methods, from Basal Body Temperatures to cycle calendars, and how tracking them can maximize your chances of conceiving. Understanding Fertility Awareness Methods offers: Fertility 101--Discover the mechanics of menstruation, fertility, and pregnancy, and how to familiarize yourself with your own body and cycle. Charting and tracking--Learn to track the different facets of your fertility using everything from pen-and-paper charts to apps and wearables. Complete health--Explore options about your long-term reproductive wellness, as well as the conditions that affect fertility, and when you should seek medical evaluation. Timing is everything--Develop a fertility strategy that lets you know when you're at your most fertile and why, so you'll be able to act

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when the time is right. Feel empowered and informed along the road of your fertility journey with this approachable and friendly guide.

The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

Detailing a groundbreaking technique, the Fertility Awareness Method, an illustrated, updated guide for couples facing infertility offers a natural alternative to ineffective procedures and a biologically proven method of fertility control for avoiding or achieving pregnancy.

Simultaneous. 40,000 first printing.

Offers a natural alternative to ineffective procedures and a biologically proven method of fertility control for avoiding or achieving pregnancy.

Easy to read and informative, this book will guide you through the physical and emotional roller coaster of getting pregnant. Based on her professional and personal experience of infertility Dr Emma Gray, a mother of 4 conceived naturally over the age of 35, despite being told she was 'infertile', shares scientifically proven strategies to prepare your mind and body to conceive naturally and quickly. Including comprehensive information on diet, supplements, optimising ovulation and conception, lifestyle, complementary approaches, psychological techniques and dealing with miscarriage, you will be able to get pregnant without needing to read anything else. Dr Emma Gray is a Clinical Psychologist and awarding winning author with 16 years of experience helping people overcome infertility. Her book is written so you can quickly and easily understand what you need to do to get pregnant and feel confident that whatever has happened before, this is possible for you.

Pathways to Pregnancy is a collection of wide-ranging and relatable stories, shared by an expert who also knows first-hand the pain and joy of the fertility journey from her own experience. Instructional and inspirational to anyone going through it or seeking to understand it deeply and in all its variations, these are real stories of hope and humor — and some practical advice that is often overlooked but easy to incorporate into your life. These stories about real women, related by Mary Wong with both compassion and authority, retain many of the subjects' own words and particular perspectives. Through their stories, Mary explains the central principles of fertility treatment by both Traditional Chinese Medicine practitioners and Western doctors. Each story focuses on a set of archetypal challenges or life situations found in patients seeking fertility treatment. In this way, the book serves as a comprehensive examination of the spectrum of infertility experience, expressed through the lens of highly personal anecdotes and intimate experiences.

"*Mama Natural's Week to Week Guide to Pregnancy* is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

An empowering guide to your reproductive health. The secret to understanding your fertility lies in understanding your cycle. *Mastering Your Fertility* provides you with all the information you need to take complete control of your reproductive health. Learn how to decipher your body's

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natural indicators with charts to track, interpret, and put this vital information to use. Find ways to manage irregularities in your cycle, figure out the best times to try and conceive, and get tips for overcoming common challenges. It's your cycle--and Mastering Your Fertility gives you the power to make the most of it. Mastering Your Fertility includes: Decode your fertility--From fluids to follicular phases, learn all the things your mom (probably) never taught you about your period. Two-years of charts--Track your basal body temperature over twenty-four months with color-coded charts that make it simple to understand and visualize the progression--whether you have a regular or irregular cycle. Empower yourself--Discover how to take all this information and apply it to your life, health, and reproduction. Whether you're looking to have a baby or just want to better understand your cycle, Mastering Your Fertility is one of the most helpful and compassionate guides you'll find.

In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. *The Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques *The Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

In *The Garden of Fertility*, certified fertility educator Katie Singer explains how easy it is to chart your fertility signals to determine when you are fertile and when you are not. Her Fertility Awareness method can be used to safely and effectively prevent or help achieve pregnancy, as well as monitor gynecological health. Singer offers practical information, illuminated with insightful personal stories, for every woman who wants to learn to live in concert with her body and to take care of her reproductive health naturally. *The Garden of Fertility* provides: Directions (and blank charts) for charting your fertility signals Instructions for preventing pregnancy naturally – a method virtually as effective as the Pill, with none of its side effects. Guidelines for timing intercourse to enhance your chances of conceiving without drugs or hormones Information to help you use your charts to gauge your reproductive health – to determine whether you're ovulating; if you have a thyroid problem, low progesterone levels, or a propensity for PCOS or miscarriage; or if you're pregnant Nutritional and nonmedical strategies for strengthening your gynecological health Clear descriptions of reproductive anatomy, hormonal changes throughout the menstrual cycle, and how conception occurs

Detailing a groundbreaking technique, the Fertility Awareness Method, an illustrated, updated guide for couples facing infertility offers a natural alternative to ineffective procedures and a biologically proven method of fertility control for avoiding or achieving pregnancy.

If you have been told that you need to lose weight to get pregnant, you're probably feeling pretty crap right now. Your mind is going a million miles a minute: - frantically searching for another way to try and lose weight, - feeling so guilty that you could have let yourself get to this point, - swallowed by the utter

sadness that you can't do the one thing in the world that you want most, to get pregnant. You are in the right place, my friend. In this book, Nicola breaks down the stigma that surrounds people who want to get pregnant in fat bodies. In a mix of personal experience, supportive advice and real research, she: - dives deep into what it means to get pregnant in a fat body, - offers tools to support you throughout the journey - and guides you through the twists and turns you may experience as you navigate infertility in a bigger body. Nicola Salmon is a fat-positive and feminist fertility coach. She advocates for change in how fat women are treated on their fertility journey and supports fat women who are struggling to get pregnant to find peace with their body, find their own version of health and finally escape the yo-yo dieting cycle.

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices Maximize your chances of conception before you see a doctor or resort to invasive high-tech options Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement Gain control and a true understanding of your gynecological and sexual health This new edition includes: A fully revised and intuitive charting system A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause An expanded sixteen-page color insert that reflects the book's most important concepts Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of

The new comprehensive guide to healthy conception, pregnancy, and postpartum that every woman over thirty must read More and more women are choosing to have children later in life, but since fertility declines starting at age thirty, many moms-to-be face conception and pregnancy with fear, uncertainty, and anxiety. Women thirty and older who wish to conceive naturally are often told it is a "bit too late" for easy conception, or they are forced to turn to invasive, expensive treatments. But there is a better way! With **HOW TO CONCEIVE NATURALLY: AND HAVE A HEALTHY PREGNANCY AFTER 30** readers will discover that it's possible to have a healthy pregnancy in your thirties or early forties. Experts Christa Orecchio and Willow Buckley share their vast knowledge

of holistic health, nutrition, and fertility in this powerful program that has helped thousands of women conceive naturally and quickly. From a 12-week preconception fertility detox to a postpartum plan to rebalance hormones, this book empowers women to take charge of their fertility at any age. Orecchio and Buckley present the most current research in nutrition and homeopathy to equip women with the wide-ranging knowledge they'll need on each step of the journey to having a baby naturally, from preconception to postpartum.

Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman’s Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who’s been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you’ve been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you’re ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman’s Guide to Getting Pregnant* is the bedside companion to help you through it.

MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. *The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility* brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you’ll learn: –What a normal cycle looks like; –The best way to chart your cycle and increase your fertility awareness; –How best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; –Natural methods for managing period pain and PMS; –How to successfully avoid pregnancy without the pill; and –How to plan ahead if you do want to get pregnant. *The Fifth Vital Sign* aims to better

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connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. ABOUT THE AUTHOR Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization.

Making a baby through love and science? Get the guidance you need to navigate the conception process with confidence and ease. The only evidence-based, up-to-date fertility guide for queer people from an experienced health care provider, this is also the first to be transgender inclusive and body-positive. Here, queer prospective parents will find sound advice for navigating complex medical, social and financial decisions. Trusted fertility midwife Kristin Kali walks you through the baby-making process: creating a timeline; fertile health for every body; preconception tests; identifying ovulation; donors, gamete banks, and surrogacy; methods of insemination including IUI, IVF and reciprocal IVF; navigating early pregnancy; and preparing for infant feeding, including lactation induction for trans women and nongestational parents. This book is for all LGBTQ+ readers interested in creating family through pregnancy: anyone who identifies as queer, lesbians, gay men, bisexual people, trans and nonbinary people, couples, single parents by choice, poly families, and coparents. This unparalleled resource mentors and affirms queer and trans people seeking parenthood via pregnancy--it's an antidote to a culture and medical system that all too often centers heterosexual couples experiencing infertility while overlooking our unique needs. It also contains sidebars with guidance for reproductive healthcare professionals.

In clear, everyday language, *Honoring Our Cycles* describes what happens during a menstrual cycle and how a baby is conceived. It explains how to chart the body's fertility signs to know which days are best for becoming pregnant or avoiding becoming pregnant, without the use of hormonal drugs. Includes dietary advice for successful conception and healthy babies and families. "If you think natural family planning is complicated, read this book--and be surprised and delighted!" *Mothering Magazine* This guide offers information on reproduction, fertility, and natural conception, and gives instructions on Natural Family Planning (NFP) and the Fertility Awareness Method (FAM). This completely revised and updated edition includes new methods of natural birth control, illustrations and charts that show the planning methods described, and updated bibliography and resource sections.

Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body

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revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

'This book is an absolute game-changer' - Dr Xand Van Tulleken 'Everyone concerned about their fertility should read this book' - Dr Raj Mathur, Chair of the British Fertility Society The book you can trust to help you achieve a healthy pregnancy. Whether you are trying for a baby now or preparing for a family in future, The Fertility Book is the no-nonsense guide you need to help you to optimize your chances of a healthy pregnancy. World-renowned fertility consultant Adam Balen and reproductive biologist Grace Dugdale dispel the myths in this comprehensive guide to reproductive health, explaining in easy-to-understand terms the genetic and lifestyle factors at play. They take an honest look at the evidence for both conventional and alternative approaches, equipping you with powerful tools to improve your chances of a natural conception and an understanding of how to create the best environment for a healthy pregnancy. If you do decide to seek help through assisted conception, this book will be with you every step of the way, explaining what treatments are available and how to approach them, so that you can come to an informed decision about what is right for you. Professor Adam Balen and Grace Dugdale have decades of experience helping couples on their journey to conception and beyond. Now in this, their first book for a general readership, they explain everything you need to know to understand your own fertility.

A practical and evidence-backed approach for improving egg quality and fertility— fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, It Starts with the Egg provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges— including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

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