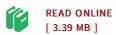




## Being Fertile: 10 Steps to Help You Overcome the Struggles of Infertility, Get Pregnant, and Create a Happy, Healthy Family

By Dr Spence Pentland

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...



## Reviews

This publication is definitely not effortless to get going on reading through but really exciting to read through. it was actually writtern really properly and beneficial. I am just very easily could get a delight of reading through a created publication.

-- Gino Jerde Jr.

Without doubt, this is actually the best operate by any article writer. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been written in an exceedingly straightforward way in fact it is only soon after i finished reading through this book through which in fact changed me, modify the way in my opinion.

-- Miss Elissa Kutch V