

Yes You Can Get Pregnant Natural Ways To Improve Your Fertility Now And Into Your 40s

The #1 New York Times Bestseller Jessica reveals for the first time her inner monologue and most intimate struggles. Guided by the journals she's kept since age fifteen, and brimming with her unique humor and down-to-earth humanity, *Open Book* is as inspiring as it is entertaining. This was supposed to be a very different book. Five years ago, Jessica Simpson was approached to write a motivational guide to living your best life. She walked away from the offer, and nobody understood why. The truth is that she didn't want to lie. Jessica couldn't be authentic with her readers if she wasn't fully honest with herself first. Now America's Sweetheart, preacher's daughter, pop phenomenon, reality tv pioneer, and the billion-dollar fashion mogul invites readers on a remarkable journey, examining a life that blessed her with the compassion to help others, but also burdened her with an almost crippling need to please. *Open Book* is Jessica Simpson using her voice, heart, soul, and humor to share things she's never shared before. First celebrated for her voice, she became one of the most talked-about women in the world, whether for music and fashion, her relationship struggles, or as a walking blonde joke. But now, instead of being talked about, Jessica is doing the talking. Her book shares the wisdom and inspirations she's learned and shows the real woman behind all the pop-culture clichés — "chicken or fish," "Daisy Duke," "football jinx," "mom jeans," "sexual napalm..." and more. *Open Book* is an opportunity to laugh and cry with a close friend, one that will inspire you to live your best, most authentic life, now that she is finally living hers.

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition A memoir of hope for the thousands of women struggling with infertility, from one who beat the odds by simply tuning in to her body and tapping her well of sheer determination. At a time when more and more women are trying to get pregnant at increasingly advanced ages, fertility specialists and homeopathic researchers boast endless treatment options. But when Julia Indichova made the rounds of medical doctors and nontraditional healers, she was still unable to conceive a child. It was only when she forsook their financially and emotionally draining advice, turning inward instead, that she finally met with reproductive success. *Inconceivable* recounts this journey from hopeless diagnoses to elated motherhood. Anyone who has faced infertility will relate to Julia's desperate measures: acupuncture, unidentifiable black-

and-white pellets, herb soup, foul-smelling fruit, even making love on red sheets. Five reproductive endocrinologists told her that there was no documented case of anyone in her hormonal condition getting pregnant, forcing her to finally embark on her own intuitive regimen. After eight caffeine-free, nutrient-rich, yoga-laden months, complemented by visualization exercises, Julia received amazing news; incredibly, she was pregnant. Nine months later she gave birth to a healthy girl. Unlike the many infertility books that take a clinical “how to” approach, *Inconceivable* simply professes the wisdom of giving expert status back to the patient. Julia’s self-discovery, and her ability to see her body as an ally once again, yield a beautiful message about the importance of honoring the body’s innate powers, and the power of life itself. “Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” —Amy Schumer

Fully Revised and Updated for 2021 *What to Expect When You're Expecting* meets *Freakonomics*: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of *Cribsheet* and *The Family Firm*, a data-driven decision making guide to the early years of parenting *Pregnancy*—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. *Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

The complete guide to getting pregnant and improving fertility naturally ó even if you’ve been told your chances of conception are low Worried about your ability to have children in the next five years? Have you been trying to get pregnant for a while now and it’s just not happening? Does it seem like every woman you know is having a hard time getting pregnant and you don’t want that to be you when you’re ready? Do you want natural, non-invasive options to conceive? If you answered “yes” to any one of these questions, *Yes, You Can Get Pregnant* is for you. A nationally renowned women’s health and fertility expert, Aimee Raupp has helped hundreds of women optimize their fertility and get pregnant, even after age 40. Here, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches and the latest nutritional advice. Her remedies help you how to get in tune with your body, eat the best fertility-enhancing foods, and avoid

environmental toxins to achieve a healthy and stress-free pregnancy. In a friendly, understanding, and inspirational manner, *Yes, You Can Get Pregnant* provides hope, scientifically-backed knowledge, and emotional support to help you become the mother you want to be.

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.

In this dazzling debut novel, a pregnant teen learns the meaning of friendship—from the boy who pretends to be her baby’s father. When the entire high school finds out that Hannah Shepard is pregnant via her ex-best friend, she has a full-on meltdown in her backyard. The one witness (besides the rest of the world): Aaron Tyler, a transfer student and the only boy who doesn’t seem to want to get into Hannah’s pants. Confused and scared, Hannah needs someone to be on her side. Wishing to make up for his own past mistakes, Aaron does the unthinkable and offers to pretend to be the father of Hannah’s unborn baby. Even more unbelievable, Hannah hears herself saying “yes.” Told in alternating perspectives between Hannah and Aaron, *Trouble* is the story of two teenagers helping each other to move forward in the wake of tragedy and devastating choices. In a year marked by loss, regret, and hope, the two will discover a simple truth: Nothing compares to finding your first, true best friend.

A no-nonsense, tell-it-like-it-is guide for women who need to get a grip on their health-now! Aimee Raupp, a practitioner of traditional Oriental medicine, provides women with the tools to stress less, look their best, prevent disease, and live more comfortable, harmonious lives-by living clean. Raupp's enthusiasm, sassy tone, and probing questions will motivate women toward ultimate fulfillment and show them how to discard unhealthy habits and become strong and sexy for life. Women will learn how to: ? nourish the body and soul ? decrease general anxiety ? manage overwhelming stressors ? maintain and improve fertility factors ? fight the perils of aging ? sleep better ? and live sensibly and organically in this pre-packaged and overly medicated world Direct and irreverent, Raupp's book encourages today's women to not believe the hype-and to take charge of their own health.

Acupuncturist and herbalist Aimee Raupp, M.S., L.Ac., offers a holistic plan for healing from autoimmune disease through reconnection to yourself, renewal of your beliefs, and reawakening of your health. This book will guide you on a life-changing path to radically shift your health and love your body more. Raupp posits that the rampant rise in autoimmune illness is due to three co-existing factors: body disconnect (a loss of connection to the spiritual, emotional, and physical aspects of self, resulting in systemic body chaos), behavioral sabotage (where deep-rooted beliefs negatively dictate your behavior, which dictates your health), and environmental toxins (exposure to external disease-promoting elements). With warmth, sensitivity, and practicality, Raupp will help you to resurrect your full potential to happily and gracefully inhabit your body and mind. As you follow Raupp's two-phase Body Belief diet and Body Belief lifestyle roadmap, your health will begin to thrive, both inside and out. Included are a diet plan, shopping lists, menus, meditations, mantras, and DIY and commercial suggestions for bath, beauty, and home products for self-care.

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

Making a healthy baby begins with healthy ingredients. Learn how to hack your diet to increase fertility--getting your body into the best baby-making shape--in only four weeks! The latest research reveals that by optimizing nutrition, you can boost your chances of conceiving and having a safe, healthy pregnancy and baby. But with so much information out there, how can you make sure you're getting the nutrients you need to maximize fertility and avoiding the seemingly healthy foods that could be interfering with fertility? In this comprehensive guide, diet and nutrition expert and research neuroscientist Dr. Nicole Avena offers revolutionary science-based advice for women and men who are either thinking about having a baby, already trying, or dealing with fertility issues.

'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

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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.

The complete guide to all the options for couples facing fertility issues, now revised and updated Newsweek praised *What to Do When You Can't Get Pregnant* for guiding readers through "the medical maze" of infertility treatments. In this completely revised and updated edition, world renowned fertility expert Dr. Daniel A. Potter and journalist Jennifer Hanin have revised their step-by-step guide to walk readers through their best options for conception and birth. Updates include: Advances in natural products for women New supplements, medications, and treatment protocols Advice from leading experts on all areas of infertility treatment The latest in egg freezing, vitrification, gender selection, and genetic testing The future of IVF and reproductive medicine Drawing on the latest science, Potter and Hanin offer sound advice for choosing the right doctor, asking the right questions, and living a healthy, fertile lifestyle. Complete with advice on how to handle the frustrations of not being able to conceive, *What to Do When You Can't Get Pregnant* remains a couple's best guide to making informed decisions about fertility issues.

At fifty-three, Kevin Nealon thought he had it all: a massive international celebrity with legions of loyal fans; a fabulous modeling career; hundreds of millions of dollars in the bank; and the most recognizable face on the planet. Nealon had accomplished the impossible: a thirty-year career in show business with only limited trips to rehab. But just like every other celebrity, he felt that was not enough. The perpetually insatiable Nealon wanted more, and for him "more" meant a little addition that drooled, burped, and pooped (no, not a Pomeranian). Now, in his first-ever book, Nealon tells the outrageous story of how he battled through aching joints, Milano cookie cravings, and a rapidly receding hairline to become a first-time dad at an age when most fathers are packing their kids off to college. Offering hysterical commentary about his fickle, often hormonal, road to belated and bloated fatherhood, Nealon guides you through the delivery room and beyond, discussing how his past, his wife, and his neuroses all converged in a montage of side-splitting insecurities during the months leading up to the birth of his son. In *Yes, You're Pregnant, But What About Me?*, Nealon details his trip through all the emotional stages of pregnancy—uncomfortable, denial, hungry, sleepy, self-conscious, hungrier, confused, cranky, not-quite-as-hungry but still craving something, sweaty, covered in cookie crumbs—all while struggling to keep his blood pressure down and find the time to read the latest issue of the AARP Bulletin. Wrestling with the dilemmas and fears that fathers have been dealing with for centuries (Can I duct-tape a crib together? How often can I reuse a disposable diaper? What if the baby looks like me and not my wife?), Nealon never fails to entertain with the frequent lunacy and inevitable joy that punctuate his story about parenthood. Laugh-out-loud funny and remarkably poignant, Nealon's entertaining perspective and his wealth of sarcasm provide a take on fatherhood that is as fresh as it is universal, always reminding you that half the fun of being a parent is getting there.

Am I the Reason I'm Not Getting Pregnant? gets women struggling with infertility ready to unleash unshakable confidence and certainty on the road to motherhood. *Am I the Reason I'm Not Getting Pregnant?* reveals the secret to trading that fear for the unwavering confidence

and certainty that women are truly doing everything they can. Rosanne Austin is the coach women around the world turn to when they want success on their fertility journey. In *Am I the Reason I'm Not Getting Pregnant?* Rosanne shares: The genius hack for getting back on the road to fertility success, regardless of age, past "failures," and scary statistics The secret to making fertility decisions like an expert, so women improve their chances of getting pregnant immediately and don't waste time or resources How to create the perfect Bump Squad, so women can finally get the support they really want – even from people they think won't "get" it What it takes to crush fear, doubt, negativity, and spinning in "what-ifs", so women don't wreck their results or set themselves up for soul-searing regret Daily practices that empower women to never have to utter the words, "What should I do," ever again

A collection of letters infertility patients can send themselves as a way to remind themselves of how strong, capable and beautiful they are. *Is Your Dream to Become a Mother?* Any woman who has experienced challenges with fertility knows it comes with profound fear, anxiety, and self-doubt. It can seem like everyone around you is having children effortlessly. If your deepest desire is to become a mother, or become a mother again, join family and child therapist Shannon Rios Paulsen, MS LMFT and all the other mothers/babies on this thirty-day journey. Read this book to receive support and prepare spiritually, emotionally, and physically to bring your child to you through ivf, adoption, natural pregnancy, egg donor, or embryo donation. Shannon is here to tell you the perfect time has come for you to prepare to welcome a new soul into your life. In *Manifesting Baby*, Shannon shares her own fertility/adoption journey while helping to open the aspiring mother's mind, spirit, and body to a baby. If you are currently considering or in the process of ivf, adoption, egg donor, embryo donation or spontaneous pregnancy, this book will assist you in creating the sacred space for your child to manifest into your life. Daily exercises and reflections allow you to bring mindfulness, love and peace to the fertility process. Surround yourself with Paulsen's positive and nurturing fertility messages/meditations of peace, health, and infinite love."Prior to reading this book, I had lost all hope. Shannon's book gave me strength, joy and hope. It also gave me the miracle of connecting to my future babies. I thank Shannon every day for writing this book." -Stacey Teegardin, Program Manager and Future Mother to Livia and Frederick

It's time to change the way we see babies. Drawing on principles developed by the educator Dr Maria Montessori, *The Montessori Baby* shows how to raise your baby from birth to age one with love, respect, insight, and a surprising sense of calm. Cowritten by Simone Davies, author of the bestselling *The Montessori Toddler*, and Junnifa Uzodike, it's a book filled with hundreds of practical ideas for understanding what is actually happening with your baby, and how you can mindfully assist in their learning and development. Including how to: Prepare yourself for parenthood—physically, emotionally, intellectually, and spiritually. Become an active observer to understand what your baby is really telling you. Create Montessori spaces in your home, including "yes" spaces where nothing is off-limits. Set up activities that encourage baby's movement and language development at their own pace Raise a secure baby who's ready to explore the world with confidence.

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.

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Yes, You Can Get Pregnant Natural Ways to Improve Your Fertility Now and Into Your 40s Demos Medical Publishing

Yes, You Can Get Pregnant: How To Improve Your Fertility Now & Into Your 40's is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in Yes, You Can Get Pregnant, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually. In a friendly, understanding, and inspirational manner, Yes, You Can Get Pregnant provides hope, scientifically-backed knowledge, and emotional support to help you improve your health and fertility from the inside out so that you can become the mother you want to be.

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.

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.

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. 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.

Getting Pregnant is Easy as 1, 2, 3, when You follow the Tips and Tricks in this Book. You Will of Course Want to Cut Out Alcohol and Stress in Your Life. If You Didn't Know You Will Start Ovulating 2 Weeks before Your Period and for those who Didn't know Yes You Can Get Pregnant while on Your Cycle. Buy a Ovulation Kit to Track when You are Ovulating and Track Your Monthly Cycles and Makes Sure You include Certain Foods and Vitamins in Your Diet. Get Pregnant Today !!!

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Based on the Book of Genesis, Dinah shares her perspective on religious practices and sexual politics.

Alexander Tyler, a well-known and respected therapist in New York who has helped many families with conception, due to lots of demand has come to write this book. Yes, you can get pregnant after many tries is the total manual for getting pregnant and improving fruitfulness naturally regardless of whether you've been told your odds of conceptions are low. Have you been attempting to get pregnant for some time now and it's simply not occurring? Does it seem like each lady you know is struggling to get pregnant and you don't want that to be you when you are prepared? Do you need natural, non-intrusive choices to consider? You'll figure out how to plan for pregnancy, regardless of whether you pick in vitro preparation or were diagnosed to have unexplained infertility, or were attempting to get pregnant for quite a long time. You'll get exhortation on the best way to get pregnant naturally and what common family arranging techniques worked for different ladies.

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.

Eat to support your fertility. The **Yes, You Can Get Pregnant Cookbook** includes more than 120 recipes for delicious meals and snacks to boost your fertility and improve your chances of getting pregnant. A nationally renowned women's health and fertility expert, Aimee Raupp has helped hundreds of women optimize their fertility and get pregnant, even after age 40. With an emphasis on clean, whole foods and the latest research-backed nutritional advice, the recipes in **The Yes, You Can Get Pregnant Cookbook**: Provide fertility-enhancing nutrients, vitamins, and minerals to promote a healthy reproductive system and optimal egg quality. Support hormonal balance. Help your body make essential fatty acids and provide a rich source of fat-soluble vitamins, essential for pregnancy. Including 30-minute meals and recipes with five ingredients or less plus meditations and other mind-body practices to help relieve stress and improve your emotional well-being, **The Yes, You Can Get Pregnant Cookbook** will inspire and empower you to achieve optimal fertility.

Presents an argument for pregnant women to start a vegetarian diet to ensure the best health for their newborn and to avoid the side effects and health risks associated with foods such as meats, seafood and dairy products. Original.

The Egg Quality Diet is the culmination of what Aimee Raupp has found, during her two decades of clinical practice, to be the most effective nutritional approach to optimizing fertility. This diet has been proven to work not in a randomized control trial (RCT) but in real life, on thousands of real women like you. Real women who have been told they have no good eggs left or they are too old or they are in menopause. This diet has been proven in women with high follicle stimulating hormone (FSH), low anti-mullerian hormones (AMH), recurrent pregnancy loss (RPL), multiple failed in-vitro fertilizations (IVF) and intrauterine inseminations (IUI). This diet has been proven in women with endometriosis, miscarriage, poly-cystic ovarian syndrome (PCOS), fibroids, cysts, adenomyosis, Asherman's syndrome, premature ovarian

failure (POF) and hypothalamic amenorrhea. This diet has helped hundreds of women, even those in their mid to late forties, make healthy babies using their own eggs. This diet has helped women bring their FSH from above 50 down to 10. This diet has helped women double, even triple their AMH. Even more, this diet has been recommended by multiple reproductive endocrinologists (R.E.) to their clients.

"Yes, You Can Get Pregnant: How To Improve Your Fertility Now & Into Your 40's" is the complete guide to getting pregnant and improving fertility naturally - - even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in "Yes, You Can Get Pregnant," she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually. In a friendly, understanding, and inspirational manner, "Yes, You Can Get Pregnant" provides hope, scientifically - backed knowledge, and emotional support to help you improve your health and fertility from the inside out so that you can become the mother you want to be.

The new healthy eating and lifestyle book from the inspirational and widely followed personal trainer, Kayla Itsines.

Marisa Peer's unique brand of hypnotherapy is truly life changing the proof is overwhelming her last book has over 245 five star customer reviews, with readers saying again and again how their lives have completely turned around since reading Marisa's book. Now in her fantastic new book Trying to Get Pregnant (and Succeeding) Marisa gives you the tools to get pregnant quickly and easily in a programme that is effortless and rewarding. Marisa's tried and tested programme is a natural way to increase your fertility. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns that have been suppressing and blocking your fertility without you knowing it. Marisa uses her revolutionary method of reprogramming the brain to alter any blocks related to pregnancy, birth and motherhood. Addressing women with every kind of infertility problem and women who are planning or undergoing IVF, Marisa's powerful techniques, which are not to be found anywhere else, lie in the process of reading the book. Trying to Get Pregnant (and Succeeding) is an exciting book that enables any women struggling to get pregnant to deliver a healthy baby, even if they've been told they were infertile. It works on multiple levels using techniques including powerfully affecting exercises, subtle repetition and straightforward questionnaires to break negative blocks about pregnancy and birth whilst improving your fertility. An effortless process, the reader's progress through the book is a hypnotherapy treatment in itself. Marisa Peer was voted Britain's Best Therapist and is listed in The Tatler guide to Britain's very best Doctors and specialists she has a unique ability to help people with fertility problems. Written in the highly engaging style she is renowned for, Marisa speaks to you on an extremely personal level and tailors her proven methods in boosting conception to your unique needs. Unlike other books, not only does her programme naturally boost fertility but it can do so by your next cycle. If you want to have a baby the most important tool to boost your fertility is your mind. This book offers hope for all women with fertility issues, so if you are struggling with unexplained infertility or secondary infertility Marisa's brand new book shows you how to get pregnant fast. With Marisa's proven programme you can increase your fertility, improve your ability to conceive naturally, or with IVF, and then carry your perfect baby to full term.

A New York Times bestseller! A pioneering and timely study of how to navigate life's biggest transitions with meaning, purpose, and skill Bruce Feiler, author of the New York Times bestsellers The Secrets of Happy Families and Council of Dads, has long explored the stories that give our lives meaning. Galvanized by a personal crisis, he spent the last few years crisscrossing the country, collecting hundreds of life stories in all fifty states from Americans who'd been through major life changes—from losing jobs to losing loved ones; from changing careers

to changing relationships; from getting sober to getting healthy to simply looking for a fresh start. He then spent a year coding these stories, identifying patterns and takeaways that can help all of us survive and thrive in times of change. What Feiler discovered was a world in which transitions are becoming more plentiful and mastering the skills to manage them is more urgent for all of us. The idea that we'll have one job, one relationship, one source of happiness is hopelessly outdated. We all feel unnerved by this upheaval. We're concerned that our lives are not what we expected, that we've veered off course, living life out of order. But we're not alone. Life Is in the Transitions introduces the fresh, illuminating vision of the nonlinear life, in which each of us faces dozens of disruptors. One in ten of those becomes what Feiler calls a lifequake, a massive change that leads to a life transition. The average length of these transitions is five years. The upshot: We all spend half our lives in this unsettled state. You or someone you know is going through one now. The most exciting thing Feiler identified is a powerful new tool kit for navigating these pivotal times. Drawing on his extraordinary trove of insights, he lays out specific strategies each of us can use to reimagine and rebuild our lives, often stronger than before. From a master storyteller with an essential message, Life Is in the Transitions can move readers of any age to think deeply about times of change and how to transform them into periods of creativity and growth.

When you've tried everything to get pregnant—from eating the right foods to spending thousands on medical treatments—and nothing's worked, it's hard to stay positive. But this book holds the key to success. The mind-body connection, a vastly under-acknowledged and under-studied area in fertility, has helped many women become pregnant. It can help you, too. Holistic fertility coach A'ndrea Reiter teaches you about the four areas that may be blocking your ability to conceive and offers concrete ways to navigate them. Her mind-body approach focuses on natural methods instead of invasive and expensive fertility procedures. A'ndrea also provides practical exercises, in-depth case studies, eye-opening information, and expert guidance on understanding the nuances of energy and mindset. Whether you have PCOS, endometriosis, male factor infertility, unexplained infertility, thyroid issues, or are over forty, A'ndrea can show you how to move through it and achieve your dream of motherhood.

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

Worried about your ability to have children in the next five years? Have you been trying to get pregnant for a while now and it's just not happening? Does it seem like every woman you know is having a hard time getting pregnant and you don't want that to be you when you're ready? If you answered yes to any one of these questions, Aimee's second book, Yes, You Can Get Pregnant: The Diet That Will Improve Your Fertility Now & Into Your 40's, was written for you. Whether you're in your 20's, 30's or 40's, this book will give you all the nutritional information you need to keep your baby-making machinery in tip-top shape.

Did you ever Google “pregnancy after 35” or “getting pregnant at 40” for helpful advice and inspiration on your way to motherhood? Did your excitement and hope turn into disbelief and shock when your search turned up millions of gut wrenching stories on the risks and dangers of later pregnancies and the staggering rise of age related infertility in women? The Joy of Later Motherhood is the much-needed antidote to all

the negative hype surrounding motherhood at advanced maternal age (which is 35+). Written by seasoned journalist Bettina Gordon-Wayne—herself a first-time mom at 44 and the third generation of women in her family who did not get the memo that conceiving a baby after 40 is dangerous, if not outright impossible—*The Joy of Later Motherhood* is: Positive, honest, deeply human, and an inspiring guide to mature motherhood that will undoubtedly boost your fertility and your chances of getting pregnant; Full of real-life stories and helpful insights of more than 40 women over 40 (and top natural fertility experts) who all had natural pregnancies and healthy babies. With love and candor these women tell of heartbreak—like infertility diagnosis and miscarriage—and triumph—from healing diseases to finding their faith. They share their stories in order to empower other women to approach the topic of later motherhood from a position of strength and courage and to show them what's possible and, in fact, natural. If you are looking for a medical book focused on only the physical aspect of pregnancy, this may not be the right one for you. *The Joy of Later Motherhood* is written by experts of a different kind. It's written from the perspective of the women who actually achieved what millions of women are striving for: naturally conceiving a healthy baby after 35 and, especially, after 40. You'll learn how to prepare for pregnancy, even if you choose in vitro fertilization or were diagnosed with unexplained infertility or were trying to get pregnant for years. You'll get advice on how to get pregnant naturally and what natural family planning methods worked for other women. But maybe most importantly, you'll learn that trying to get pregnant is not just a physical matter, but also a matter of the mind and maybe even your spiritual beliefs as these women attest to. *The Joy of Later Motherhood* is for you if the following rings true: You hear your biological clock ticking, but you don't want to be in a panic about it like everyone else. You are afraid that your body may fail you. Or that your contradictory thoughts—"I would love to have a baby, but I don't think I can give up my freedom!"—may influence your fertility. You feel alone and isolated because you've already experienced more than your fair share of heartache. You need different perspectives to help you go on. You wonder if it is fair to a child to have older parents and whether he'll have to shoulder the burden of an ailing mother or father long before his peers. Maybe you are worried or are upset. Maybe you doubt that motherhood will ever happen for you. We get it. We've been there. With our stories, we want to lovingly see you through this journey as much as we can. We've got you.

"[T]his book is so much more than a memoir . . . Her prose has the power to undo deep-set cultural biases about poverty and parenthood."—New York Times Book Review An activist calls for better support of young families so they can thrive and reflects on her experiences as a Black mother and college student fighting for opportunities for herself and her child. *Pregnant Girl* presents the possibility of a different future for young mothers—one of success and stability—in the midst of the dismal statistics that dominate the national conversation. Along with her own story as a young Black mother, Nicole Lynn Lewis weaves in those of the men and women she's worked with to share a new perspective on how poverty, classism, and systemic racism impact teen pregnancy and on how effective programs and equitable policies can help teen parents earn college degrees, have increased opportunity, and create a legacy of educational and career achievements in their families. After Nicole became pregnant during her senior year in high school, she was told that college was no longer a reality—a negative outlook often unfairly presented to teen mothers. Nicole left home and experienced periods of homelessness, hunger, and poverty. Despite these obstacles, she enrolled at the College of William & Mary and brought her 3-month-old daughter along. Through her experiences fighting for resources to put herself through college, she discovered her true calling and founded her organization, Generation Hope, to provide support for teen parents and their children so they can thrive in college and kindergarten—driving a 2-generation solution to poverty. *Pregnant Girl* will inspire young parents faced with similar choices and obstacles that they too can pursue their goals with the right support.

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