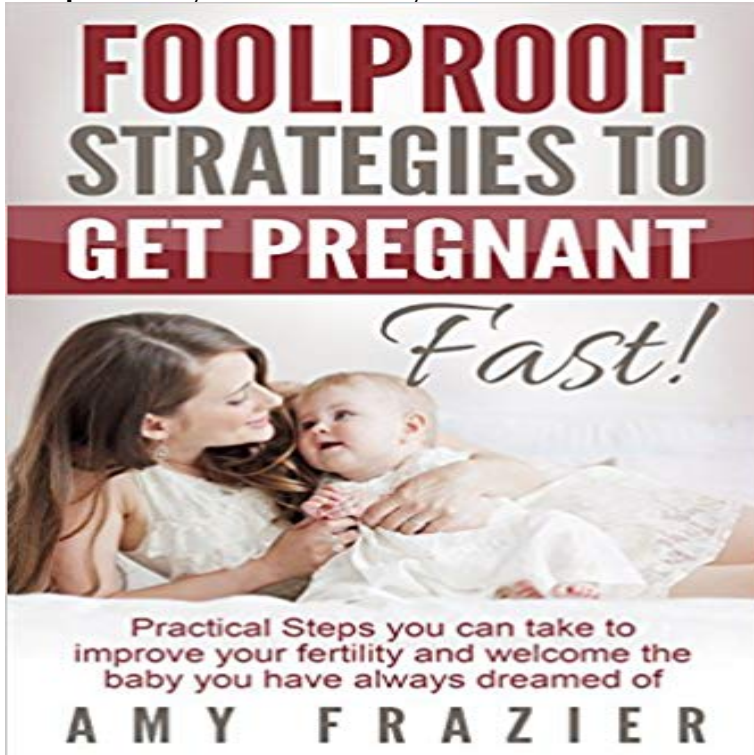


Foolproof Strategies to Get Pregnant Fast: Practical Steps you can take to improve your fertility and welcome the baby you have always dreamed of



It is a shock when we finally decide to start a family, throw caution to the wind then suddenly find we do not become pregnant immediately. Many couples who are labelled infertile will be able to become pregnant in 3-4 months by following the recommendations in this book. Once you understand your bodys reproductive system better you will be able to tip the odds in your favour. But if you do not really know what is going on or have a good idea of how your body functions, getting pregnant fast is really just guess work. In this book Amy takes the guesswork out of it so you can test, track and measure- and most importantly get results! This book will discuss how to optimise naturally fertility in both men and women, how to read the bodys fertile signals, tests which may be required, and if there is a problem, the appropriate solutions which are available. This book will also give you emotional, mental and nutritional strategies to optimise the chances of getting pregnant. The myths of ageing and fertility, miscarriage and assisted reproductive technologies will be uncovered. Ultimately many readers will become pregnant just by following the strategies laid out in this book and will not require the help of the doctors and hospitals. If however you do require assistance, you will go in armed with much more knowledge and control than before.

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