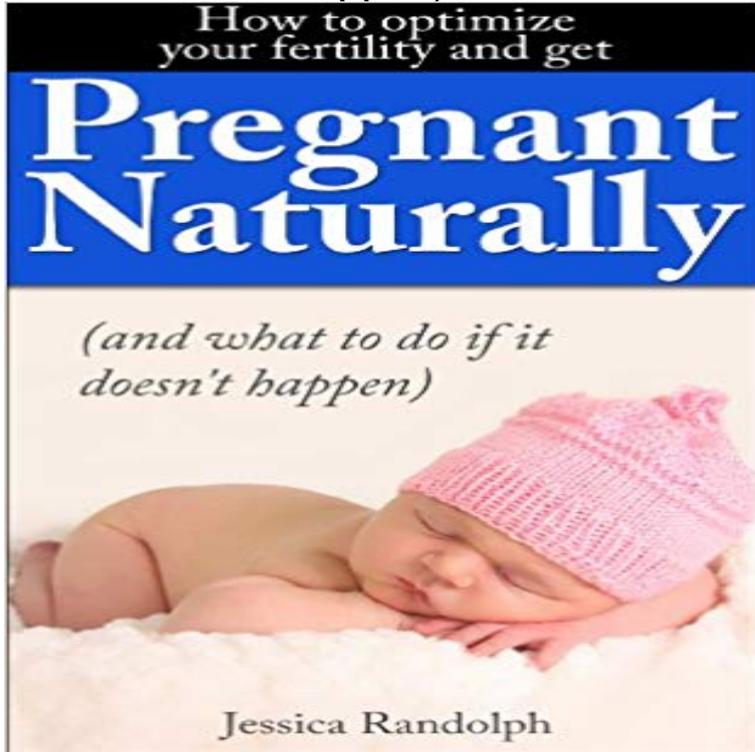


How to optimize your fertility and get pregnant naturally...(and what to do if it doesn't happen)



The purpose of this book is to help those who are struggling to become pregnant for whatever reason. Starting a family is a big decision and most of us expect it to happen pretty quickly. But what if it doesn't? What should we do next when we have tried for a year and nothing has happened? Many people assume the next step is IVF but this is only one option in a vast line of options available and is certainly not right for everyone. Many of you who were labelled infertile will be able to become pregnant naturally by following a few simple steps outlined in this book. Jessica will take you through a logical process of understanding your own body and reproductive system. It is amazing how little we were taught at school about our reproductive health and our body's normal fertility signals. This book will cover male and female fertility separately- how to optimise naturally fertility in both men and women, how to read the body's fertile signals, tests which may be required, and if there is a problem, the appropriate solutions which are available. This book will also cover the psychology of trying to get pregnant, the truth about ageing and fertility, miscarriages and dealing with loss, and assisted reproductive technologies. There is progress all the time in the world of fertility and conception and it is important you understand what these options are and when they are right for you. This will allow you to assist your medical team in getting a solution that you all want- a healthy baby. One of the most stressful things about entering the world of infertility is the feeling of lack of control, feeling like you are on a treadmill of tests and procedures and feeling more and more resentment towards all your friends who are announcing their pregnancies. There is a lot of information out there- some of it is confusing, some of it is contradictory and some of it is misleading. This book pulls together the latest research in one place in a

logical way that you can understand so you know what you need to do next to get a successful pregnancy. Some of you will be able to become pregnant naturally without any intervention by making a few very simple changes. Others may need some assistance but you will know much more clearly what you need and the logical steps to follow. Trying to get pregnant can be overwhelming; knowledge is power- grab this book and take back control of your life!

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pretty quickly. But what if it doesnt? This book will cover male and female fertility separately- how to optimise naturally fertility in both men and women, how to read the