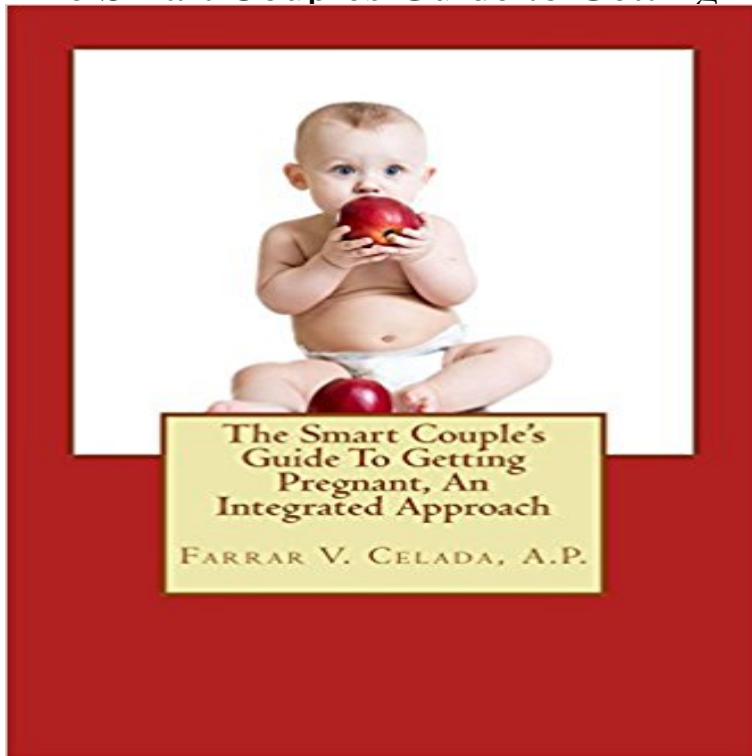


# The Smart Couples Guide to Getting Pregnant: An Integrated Approach



Experience has shown that by having a clear understanding of your fertility plan can lead to shorter, more effective fertility treatment. The Smart Couples Guide To Getting Pregnant, An Integrated Approach offers answers to the tough questions that may not be answered in a typical fertility or gynecology clinic. Based on the experience of a fertility acupuncturist working with IVF patients for over 15 years, Dr. Celada gives clear advice on natural ways to enhance your fertility as a couple along with research to consider before embarking on a medicated cycle. Whether you have been struggling with infertility for nine months or nine years, this book is a must-read. Topics covered include: -Communicating with your IVF clinic and avoiding frustration -Preparing for IUI/IVF and the latest research on getting acupuncture during this time -Supplement recommendations to boost sperm quality -Tips to alleviate PCOS and endometriosis -Transitioning to pregnancy after infertility

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