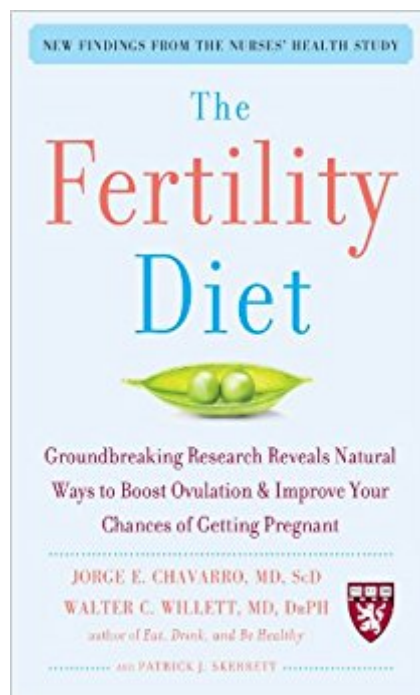




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# The Fertility Diet: Groundbreaking Research Reveals Natural Ways To Boost Ovulation And Improve Your Chances Of Getting Pregnant



## Synopsis

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

## Book Information

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## Customer Reviews

Lots of information on how diet effects fertility. This is one of the best books for women with infertility problems.

This book is amazing and is backed by tons of research. I would love a follow up study!

I like that this was founded on research. As a vegetarian, I have always been careful to make sure

that I was eating a well-balanced diet with enough protein and vitamins. It was reassuring to me to know that I will likely be in good shape from a nutritional point of view once we begin trying for our baby. :)

I wasn't sure whether to download the complete book after reading the sample... but so glad I did! I learned so much (this coming from a healthy 26-time marathoner) and wish there was even more.

The information could have been summarized into a small handout. I was not interested in the specifics of the research, more so in my application of them. Would have liked more information about meal planning.

This book taught me that, contrary to what many of us have been led to believe, fats are not evil. We women of fertile years NEED fat. Not too much, of course, but having enough is essential to ensure our bodies are working properly. My husband and I had been trying, unsuccessfully, to get pregnant for quite some time. I considered myself a healthy eater who led a healthy lifestyle. I had been a follower of a "clean" diet (See Tosca Reno's Eat-Clean Diet books--great for staying trim, and I still recommend them to people to teach them to avoid processed foods), and I exercised regularly, being a personal trainer as well. Reading this book opened my eyes to the need to incorporate more fats into my diet in order to boost my fertility. I ate ice cream, I drank milk that wasn't skim, and I followed other aspects of this "fertility diet" in the hopes I would prove the doctors (including the fertility specialists) wrong, that we COULD and WOULD get pregnant on our own. I was almost at my wit's end. Since I had begun tweaking my diet as the book suggested, my period had returned so I thought I was having cycles again. However, the "experts" still said pregnancy was nearly impossible since there was such a ridiculously slim chance I could be ovulating. The last statistic I was given was that I had a slim 4-5% chance of getting pregnant without an egg donor only if I was on hormone replacement therapy, but zero chance without. Meanwhile, I skipped yet another cycle. I thought it simply meant they were right, that I was going through menopause at the age of 28. This time, however, I was pregnant! I had been on the fertility diet for about 2 months, and now, almost a year later, I have a very healthy, beautiful, 4-month old baby girl. Not only that, but my cycles have been fairly regular since having her. Before pregnancy, I could expect to get maybe 4 or 5 periods a year. I have high hopes that not only has this book helped us have a child when we thought the only way for us to be parents was through adoption or an egg donor, but that we can get pregnant again when the time is right. Let me add that I had never begun taking fertility

drugs of any sort. Each doctor I saw just ran tests and then sent me to yet another specialist. The last doctor who handed me the last statistic was only looking at test results from two and a half months prior to me seeing him and was waiting to run his own tests. He was so sure of his diagnosis of premature ovarian failure that he failed to run a pregnancy test to rule out that possibility! Had he run another test to check my hormone levels, I wonder what he would have found (other than the pregnancy). If you are trying unsuccessfully to get pregnant, you **MUST** read this book!

I skimmed this book and I find it is GREAT book to go to during fertility questions for nutrition. Nothing in it was a shock = eat healthy, work out, drink water, eat fruits and vegetables. It is nice to have for now but if you can borrow from a friend or sit in a bookstore and read/take notes for the afternoon, then do that instead.

This was a very easy read filled with great information. I especially liked how the authors framed their own recommendations within the framework of existing studies on the topic, presenting their particular findings as recommendations based on current knowledge rather than as hard and fast truths (as so many other diet fad books tend to do). They did a great job explaining the science behind their recommendations and then describing how the reader can make easy changes in her life based on that science to increase her fertility. I probably won't follow the recipes provided at the back, but that's okay; the book itself gave me enough comprehensive and useful knowledge to allow me to adjust my own recipes and cooking style to follow the fertility diet guidelines.

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