



Taking Charge of Your Fertility For Dummies

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Take charge of your fertility

If you're struggling with fertility and want to take all the right steps to increase your chances of conceiving and delivering a healthy baby, you've come to the right place. Packed with down-to-earth advice and practical tips, *Taking Charge of Your Fertility For Dummies* is your sensitive and supportive guide to beginning—or completing—the family of your dreams. Inside, you'll discover the connection between diet and fertility, common causes of male infertility, how to nourish your body to promote fertility, and so much more.

Infertility has become more pervasive worldwide, and the number of couples seeking medical help to have a family—through IVF and other infertility treatments—continues to rise. If you have babies on the brain, but your body is setting up roadblocks, this friendly and approachable guide offers guidance on how to turn fertility in your favor, offering up the latest techniques to cultivate a healthy lifestyle for greater fertility.

- Get the most up-to-date information on IVF, egg donation, and other infertility treatments
- Find out which foods you should be eating—and which ones you should avoid
- Get tips and advice on losing weight and exercising to increase fertility
- Treat your body kindly in order to induce fertility and prepare your body for conception

If you're one of the millions of women who suffer from the inability to conceive or carry a baby to term, taking charge of your fertility starts here.



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