



The Smart Couple s Guide to Getting Pregnant: An Integrated Approach

By Farrar V Celada Ap

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Experience has shown that by having a clear understanding of your fertility plan can lead to shorter, more effective fertility treatment. The Smart Couple s 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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