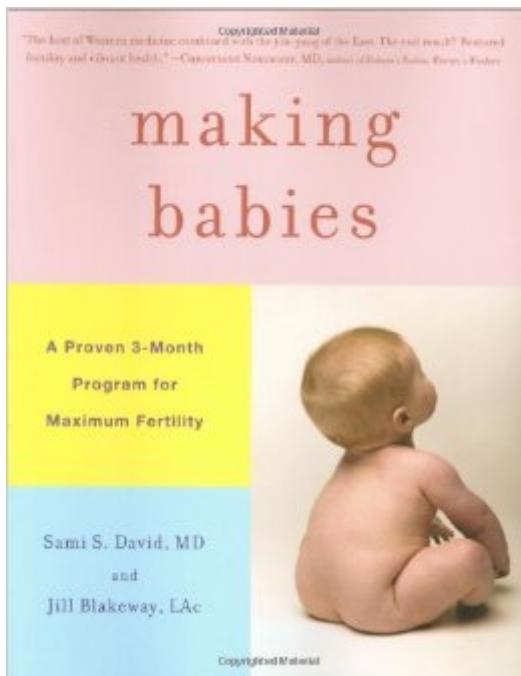


The book was found

Making Babies: A Proven 3-Month Program For Maximum Fertility



Synopsis

MAKING BABIES offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. MAKING BABIES is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

Book Information

Hardcover: 384 pages

Publisher: Little, Brown and Company; 1 edition (August 12, 2009)

Language: English

ISBN-10: 0316024503

ISBN-13: 978-0316024501

Product Dimensions: 8.9 x 1.2 x 9.6 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (242 customer reviews)

Best Sellers Rank: #20,372 in Books (See Top 100 in Books) #7 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #66 inÂ Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #79 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

My husband and I have been trying for over two years with no luck. I was diagnosed by my fertility specialist as "unexplained infertility," and she wanted to go directly to IUI and IVF if necessary. If nothing physically was wrong with me, then why wasn't she willing to do any further tests to see if I can't get pregnant naturally? I don't mean to knock western medicine, but I dumped my doctor when she wouldn't even examine whether or not I had hostile cervical mucous or endometriosis. I'm really glad I found this book. It was very thorough, informative, and easy to understand. It was a very quick read and even provides an online quiz to make identifying your "fertility type" easier. It's been three months since I purchased it and started following the recommended guidelines for my fertility type (stuck), which meant changing my diet and seeing an acupuncturist. I am not yet pregnant, but I

have already had plenty of physical changes to know that this really does work. My body is changing for the better, and I know now that I never would have gotten pregnant through IUI or IVF had I not changed my daily routine. Turns out I was experiencing a perpetual state of gut inflammation and lack of blood flow to the uterus (blood stagnation) due to dairy, sugar, and not enough fruits/vegetables. Western medicine never would have identified this problem.

[Download to continue reading...](#)

Making Babies: A Proven 3-Month Program for Maximum Fertility Month-by-Month Trait-Based Writing Instruction: Ready-to-Use Lessons and Strategies for Weaving Morning Messages, Read-Alouds, Mentor Texts, and More ... Writing Program (Month-By-Month (Scholastic)) Fertility, cycles, and nutrition: Can what you eat affect your menstrual cycles and your fertility? Fertility, Cycles and Nutrition : Can What You Eat Affect Your Menstrual Cycles and Your Fertility? Second Edition 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility No B.S. Guide to Maximum Referrals and Customer Retention: The Ultimate No Holds Barred Plan to Securing New Customers and Maximum Profits The Book on Managing Rental Properties: A Proven System for Finding, Screening, and Managing Tenants with Fewer Headaches and Maximum Profits The Book on Managing Rental Properties: A Proven System for Finding, Screening, and Managing Tenants With Fewer Headaches and Maximum Profit HTML for Babies: Volume 1 of Web Design for Babies Javascript for Babies (Code Babies) CSS for Babies (Code Babies) CSS for Babies: Volume 2 of Web Design for Babies Quantum Information for Babies (Physics for Babies) (Volume 5) Quantum Entanglement for Babies (Physics for Babies) (Volume 4) HTML for Babies (Code Babies) Mail Order Bride: The Biggest Brides and Babies Box Set....EVER! 25 Book Box Set (Brides and Babies Historical Romance Series) The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source The Kind Mama: A Simple Guide to Supercharged Fertility, a Radiant Pregnancy, a Sweeter Birth, and a Healthier, More Beautiful Beginning Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health

[Dmca](#)