



# **Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living**

*Emily Bartlett, Laura Erlich*

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Do you want to make a healthy baby and have a healthy pregnancy?

Are you interested in a holistic approach to fertility?

Do you need to optimize your fertility due to your age or health conditions?

Are you trying to conceive and experiencing challenges?

Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling.

The good news is that Feed Your Fertility is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn:

How your lifestyle may be inhibiting your ability to conceive - and what to do about it

Why popular fertility diets may be leading you down the wrong road

What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet

How to determine your personal health imbalances that may be interfering with your fertility

How to use Chinese medicine to bring your body into balance and improve your odds of conception

How to streamline your supplements and take only what you really need

Your natural and medical treatment options for common fertility issues

How to navigate the medical fertility world and when to seek help

Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with Feed Your Fertility.

"It takes a village to raise a baby, to start a family... I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - Selma Blair, actress and mother

"Down to earth and practical, Feed your Fertility delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. Feed Your Fertility provides easy to follow solutions for taking charge of your reproductive health." - Randine Lewis, L.Ac., Ph.D., author of The Infertility Cure and The Way of the Fertile Soul

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Have you spare time to get a day? What do you do when you have a lot more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent their spare time to take a go walking, shopping, or went to the Mall. How about open as well as read a book entitled Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living? Maybe it is to be best activity for you. You understand beside you can spend your time along with your favorite's book, you can better than before. Do you agree with it is opinion or you have various other opinion?

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Is it an individual who having spare time and then spend it whole day by means of watching television programs or just lying down on the bed? Do you need something new? This Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your free time by reading in this new era is common not a nerd activity. So what these textbooks have than the others?

#### **Jennifer Lewis:**

That guide can make you to feel relax. This particular book Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living was bright colored and of course has pictures around. As we know that book Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living has many kinds or variety. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and believe you are the character on there. Therefore , not at all of book are generally make you bored, any it offers you feel happy, fun and unwind. Try to choose the best book in your case and try to like reading which.

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