

The Everything Fertility Book - Nicole Galan

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One in eight couples experiences some sort of issue with fertility, often compounded by complicated treatments and so-called miracle cures. But if you have had trouble conceiving, you need all of your options laid out in one convenient guide. Fertility counselor and nurse Nicole Galan shows you the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs; Yoga poses that aid fertility; What to expect when seeing a fertility expert; Birth rates associated with various treatments; Coping methods for dealing with loss; and more. With this authoritative and friendly guide, getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you'll be ready to make the choices that work best for you and start your family today. Author: Galan, Nicole Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Fertility Book Pages: 00304 (Encrypted PDF) On Sale: 2010-12-31 SKU-13/ISBN: 9781440505461 Category: Health & Fitness : Pregnancy & Childbirth

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