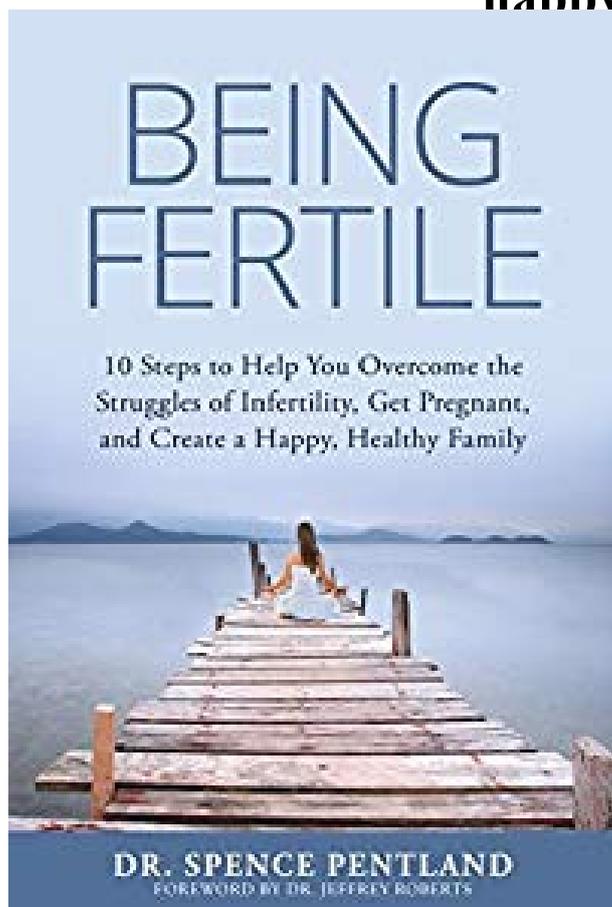


# Being Fertile: 10 Steps to help you overcome the struggles of infertility, get pregnant, and create a happy, healthy family

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[Being Fertile: 10 Steps to help you overcome the struggles of infertility, get pregnant, and create a happy, healthy family.epub](#)

Infertility can be one of the most stressful and heartbreaking journeys that a woman or couple can experience. Dr. Pentland explains how to optimize your chances of getting pregnant naturally or with IVF (In Vitro Fertilization) using evidence-based Traditional Chinese Medicine (TCM) and acupuncture.

This book also contains real-life stories from couples who have experienced the process and features innovative but practical tips on coping with the associated stresses of infertility and IVF procedures, how diet, attitude, the relationship of hormones, the male factor and other conditions play a role, and how to keep joy and hope in your lives during your journey in creating a happy, healthy family. INTRODUCTION If you were baking a cake for someone you loved on a special occasion, you would take great care to follow the recipe, right? You would preheat the oven and use the best quality ingredients, you would stir and whip and measure with the utmost of care before baking it at just the right temperature and watching it mindfully. And the results would be magnificent and worth the effort. But that's just a cake... The subject of this book is how to create the most precious thing of all--a human life, so I trust you will want to heed an even greater regard for the

recipe at hand. I have included 10 steps, each one as important as the next. I cannot guarantee with absolute certainty that you will reach your goal. My experience has shown me time and again that these steps will greatly improve your chances. If you follow them, you will improve your physical and emotional health and provide the best possible environment for your unborn child. It is a great privilege for me to share my knowledge with you as we embark on the most important and rewarding journey of your life. I wish you happy and healthy children and to know the joys of being a parent in whatever way that comes to you. Let's get started, shall we? STEP 1 - Ancient Healing: An Overview of Traditional Chinese Medicine. "A mediocre doctor treats disease, a good doctor prevents disease and a master doctor teaches his community to be well." ~Huang Di Nei Jing Su Wen STEP 2 - Goal Setting: Getting from point A to point B by breaking down what needs to be done.

"Change is never a matter of ability, it is always a matter of motivation born from a compelling 'why'.

Once you are clear on your 'why' setting goals is the first step in turning the invisible into the visible." ~Tony Robbins STEP 3 - Self-Monitoring: Learning to pay attention to your body's signals. "When we're willing to listen to our bodies and begin trusting ourselves as much as we trust outer authorities, all the rules change. And so does our biology. Statistics no longer apply to us. We enter the realm of miracles and undreamed-of possibilities." ~Dr. Christiane Northrup STEP 4 - Nurturing Your Spirit Looking inside to get the whole picture. "What's meant to be will always find a way." ~Trisha Yearwood STEP 5 - Curing Yourself with Diet and Supplements: Looking inside to get the whole picture. "Tell me what you eat and I'll tell you what you are!" ~Anthelme Brillat-Savarin, 1826 STEP 6 - Get Moving: What to Do and How to Start. "An early-morning walk is a bing for the whole day." ~Henry David Thoreau STEP 7 - Toxin Awareness What to avoid when you're trying to conceive. "The essence of strategy is knowing what not to do.