



Getting Pregnant the Natural Way

By Feingold, D. S.; Gordon, Deborah

Paperback. Book Condition: New. Ships From Canada. New 256 Pages. Book Description The Wiley Women s Natural Health Series brings together mainstream, complementary, and alternative medical approaches. These unique books offer advice and support on a wide range of topics of concern to women, including perimenopause, breast health, and menopause. Are you experiencing infertility? Written by an authority in complementary medicine, Getting Pregnant the Natural Way is a compassionate guide that offers natural approaches to help you now. Drawing on the benefits of herbal medicine, homeopathy, nutritional therapies, and mind-body medicine in conjunction with the latest medical therapies, Dr. Deborah Gordon explains the mechanisms of fertility and the possible causes of infertility, then outlines a simple six-step program to help you: Prepare your body, mind, and spirit for pregnancy Prevent, control, or reverse conditions that impair fertility Improve your overall feelings of health and well-being Reduce stress and anxiety.



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