

Marilyn M. Shannon

Fertility, Cycles & Nutrition



Self-care for improved
cycles and fertility...
naturally!

Completely
Revised &
Expanded

4th Edition

Covers PMS, heavy
periods, PCOS,
thyroid problems,
perimenopause,
male and female
infertility — and
much, much more!



Marilyn M. Shannon and

Fertility, Cycles & Nutrition 4th Edition



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This new fourth edition explains cycle irregularities and nutritional values to improved and understand our body balance; invaluable to Natural Family Planning couples.



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Learned some very nice tips The info in this book was very helpful in understanding women's cycles and how nutrition can help to modify them.. I appreciate the common sense diet advice and also the specific brand recommendations for supplements to try for specific cycle problems. I was hoping to get a little more guidance on which supplements balance you depending on which end of the spectrum your hormones lay. General, I thought it was well-written and acquired some very nice tips and worthy of the money spent to learn a bit more about your body and how adding a few health supplements or changing your diet a little can help you a great deal. As with all books that suggest adjustments, and the writer mentions this in the reserve as well, implement small adjustments at a time, that way you know what works for you and what doesn't. I really like that the author is indeed compassionate towards anyone trying to get pregnant, also older lovers, and that she gives ideas to try before getting pushed into a hysterectomy, for example. It has already helped me have an easy menstrual cycle and also have less water retention through the suggestions listed. I love this book. I did not use the vitamins suggested, rather I chose some products that I thought were more useful. Good luck in your journey. Most of the suggestions was the same.. Five Stars Good book with lots of great information. I love this book I love this book! Sometimes (not always) you have to stop concentrating on trying and just enjoying your partner and your love for every other to get being pregnant. The book was great, however in the finish I had to stop worrying and trying to check out all these things in order to get pregnant.! Great for NFP users! If you're looking for meal programs or dishes, this . Shannon is normally a brilliant writer and professor! I think the most important thing is definitely a NFP supportive doctor to meet up each woman individual needs. Good information, but the presentation could be a little challenging and the information itself could be scary and hard to digest. I used it together with NFP charting, and I was able to lengthen my luteal phase (luteal insufficiency) and increase my basal temps (poor thyroid performance, overall too much inflammation in my own system) naturally using her assistance on nutrition and products. I recommend it highly. Meh. I recommend it highly This book was integral to my conceiving a child with both my children. While accurate, it made me feel as though the good adjustments I was making had been simply not more than enough unless I was also acquiring additional supplements and dabbling in vegetarianism and all organic foodstuffs. Was hoping for more. I guess I actually had higher expectations. Additionally, there are several references in the book to assist you find more information on the subject of specific problems you may be having. Four Stars As advertised A wonderfully helpful publication on a whole range of issues A wonderfully helpful publication on a whole range of issues. Natural family planners (NFP users) need a book like this. It has loads of info on basic nutrition however, many of it seems just a little outdated.. This publication is filled with suggestions, some of that i implemented into my day to day routine. Organic family planners (NFP users) need a book such as this. Most doctors aren't on board with NFP and getting natural options for menstrual issues. I want is was organized better. The book was great, however in the end I had to stop . I have recommended this reserve to so a great many other women. if you cannot find one after that at least this publication will give you some tips on how to start that conversation with the physician you have. Mrs... If you're looking for meal programs or recipes, this is not your book. Most doctors aren't on board with NFP . Rather it tells you how to have a well balanced diet and pushing a propriety mix supplement. Recommend to anyone looking to improve their fertility or be healthy while pregnant!. I simply don't follow the part about drinking milk.



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