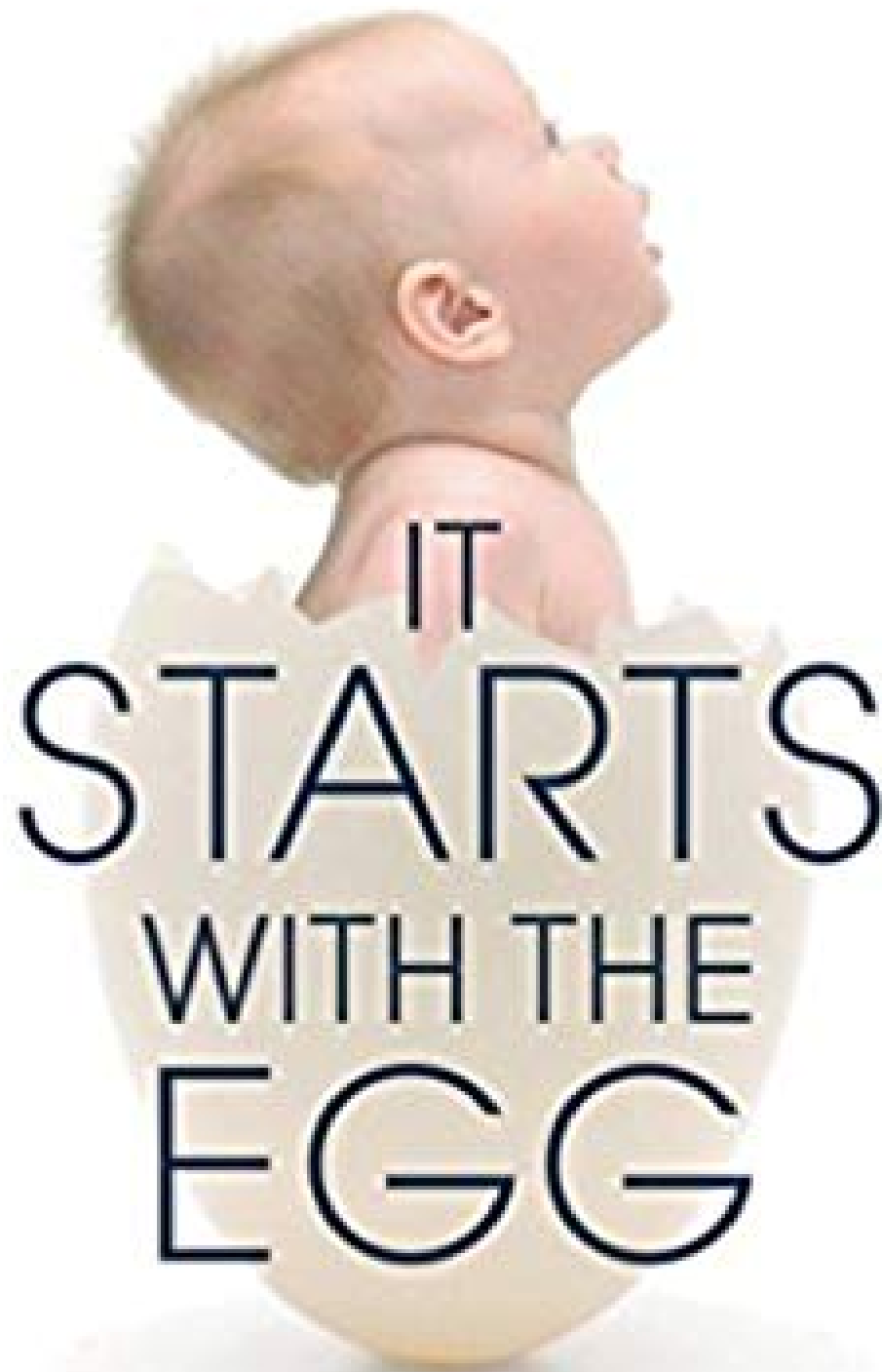


How the Science of Egg Quality Can Help You
Get Pregnant Naturally, Prevent Miscarriage,
and Improve Your Odds in IVF



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It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IUF



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Worth its excess weight in gold After two miscarriages, 4 failed fertility treatment cycles and being told by three separate fertility specialists that we had less than 5% potential for conceiving and carrying to term, we decided it was time to have a even more proactive and informed method of our infertility. Our search for solid information lead in many directions, including to this book. We bought it, devoured it, put as many of its recommendations into practice in our lives as we possibly could, and gave the program 4 months to work its magic while going for a break from fertility treatment. This book is enlightening. We are finally 32 weeks with baby gal, after 5 early (6-9 week) losses. Working out of budget, we cannot afford another fertility treatment in a near future. If you have struggled with infertility, and you're determined to not go down with out a battle like me following the doctors have told you you're a lost cause also to start taking into consideration egg donors or adoption, this book simply MUST be one of the products in your arsenal of substitute approaches. This book helped me see through miscarriages and conceive at age 40 This book is everything! I would highly recommend scanning this as a first stage to anyone having trouble conceiving or having recurrent miscarriages. I experienced recurrent miscarriages and awful fertility scores- an fsh of 14 and an AMH < It makes sense that optimizing your body's health can help with fertility as well. My fertility doctors gave me in regards to a 4-8% chance of an IUI helping me conceive. But i needed to check it out. 14 weeks after i added in the DHEA i got pregnant during my second IUI. I did so acupuncture along with acquiring ubiquinol, melatonin, and DHEA as recommended in the book. So i did everything feasible to boost my odds. I believe everything I did made all of the difference. I want to mention that i desire the writer hadn't downplayed the importance of cutting out caffeine. So I turned my hope to diet and supplement. Great Information! I lessen sugar but i didn't totally eliminate it like i did so the caffeine and alcoholic beverages. I will continue to implement the suggestions and see if we can have a baby again.1. The first across the blastocyst tested abnormal. I did acupuncture 2-3 times a week during the cycle that got my pregnant. My doctor was suprised i could obtain 3 follicles within my age and with my fertility quantities. It has given me hope for my rainbow baby. This book is crucial have got whether you try naturally or with assistance. After being diagnosed unexplained infertility and multiple failed treatments, .. I do believe this book helped! After being diagnosed unexplained infertility and multiple failed treatments, We lost all of the faith on medical help and myself after 3 years of trying. My assistance is, don't allow doctors dictate what's or isn't possible predicated on their very own repertoire of (limited) treatment options they make available to their patients. Actually a little bit of caffeine per day leading up to pregnancy may boost miscarriage risk- they don't have enough proof disproving that. From it we learned that though ladies with high FSH like myself tend to be told its because we've "diminished ovarian reserve" and "poor egg quality", the science of egg advancement and quality is a lot more complicated and there are ways you can intervene to encourage the eggs you do have remaining to end up being the best they could be. I started taking ubiquinol, vitamin d and inositol. In addition, i cut off all of the refined carb, candy and processed food. Eating absolutely nothing but nutritious lean meats, nuts and veggies. 4 cycles after I implement the program instructed by the reserve, I first time ever saw a dual line on my testing strip! I also cleaned up most of my personal care products and my cleaning products with items the writer suggested. Try it After 5 years of trying to conceive, failed iuf, countless other fertility treatments; I purchased this publication. I also think it is a great book for anybody who offers struggled with infertility because all her suggestions can't harm and it looks like they possess helped other women. Healthy lifestyle ideas for anyone, but doesn't may actually have impacted egg quality This book contains good advice for anyone who want to live a wholesome lifestyle and reduce their contact with toxins. I took the suggested health supplements and I conceived within a few months. But however for me, following her plan didn't change my IUF final result. I did a lot of what she suggests -- reduced contact with BPA and phthalates, implemented the supplement suggestions, and reduced (though didn't get rid of) refined carbs in my own diet. I did so this for 3-4 weeks between IUF cycles. Prior to starting a third circular I starting taking

the supplement regimen in this publication (without the DHEA). I don't regret trying because once again, her suggestions are most likely good suggestions for anyone, but I did not see the effect. I was overwhelmed but I learned so much from this book. After my second failed attempt with IUF I decided to purchase this book. We'd done two rounds in which only 1 embryo made it to blastocyst stage after retrieving 11-12 embryos. Read this publication and do acupuncture regularly for at least 3 months before you make an effort to conceive. The second round the blastocyst tested regular, but I did so not get pregnant following the transfer. In my own subsequent routine, I did have significantly more eggs retrieved (therefore perhaps quantity improved) however the quality was still poor. This reserve is a lifestyle changer, telling the reality no fertility doctor will consult with you. I'm pleased to survey my third round was effective! I am pregnant and we have one healthy embryo in the freezer. No Bollox in this Book The best fertility book I have come across. Compiled by a scientist using empirical evidence instead of pop science/previous wives tale-ish incorporated with fad diet trends, this is absolutely the very best book on the market. It is written by a professional, but divided for the people without technology backgrounds. So informative! I'm technology minded enough to learn that I can't draw any firm conclusions about whether the suggestions in this book produced the difference for all of us or we just got lucky, but after those four months we started trying to conceive once again, did so immediately, and I offered birth to our beautiful, healthful, miracle baby woman just a couple of days ago..! I really like this book! Decent Decent advice for some bucks. Great book Really has a lot of information! This worked for me! Very helpful Great information Very Helpful and Confirms Chiro Recommendations Well-written and laid out. Appreciate the science I appreciated this book because it explained reproduction and reproductive problems backed up by science, and discussed factors my doctors weren't telling me. My doctors didn't recommend any of the tips in this book, but they didn't stop me from trying some of it, either. I implemented some of the strategies ahead of IUF and didn't have a baby, nor did I get pregnant via IUF afterwards, but I did make 14 high-quality mature eggs during my IUF cycle, and perhaps some of which can be attributable to the supplements I got and the poisons I cut out as a result of reading this book. One phrase of caution: as someone with unexplained infertility, I already experienced that everything I was doing/eating/placing on my own body was leading to my infertility, and this book only made me Even more paranoid. For me I believe cutting it out completely was an essential (though difficult) step. I learned so much in what affects egg quality and quantity. But it's totally unquestionably possible - you merely need to give the body a possibility to respond to the adjustments you make! I wish I read this publication years back. Recommended actions (environmental what to remove), supplements (those with scientific studies to support or not support fertility) and partner/donor sperm issues are covered. So very much awesome information and plans to follow. Certainly love this book! Helped me improve egg quality and obtain my 1st ever bfp (unfortunately pregnancy led to ectopic). Regardless- this reserve is so needed in a global where doctors frequently don't provide us with important info to improve our health.



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