

Embrace Your Fertility: Empowering You with Tools to Help You Succeed (Hardback)



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Reviews

This book is definitely worth buying. This really is for all who stante there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).
(Mr. Martin Baumbach)

EMBRACE YOUR FERTILITY: EMPOWERING YOU WITH TOOLS TO HELP YOU SUCCEED (HARDBACK)

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Balboa Press, 2016. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.When you are struggling with fertility, navigating your options may feel overwhelming. In *Embrace Your Fertility*, Dr. Timea Belej-Rak demystifies the process with a guide that melds heartfelt patient stories and expert knowledge on the latest resources including: ? naturopathic perspectives - by Tanya Wylde, ND, R.Ac. ? acupuncture and East Asian medicine - by Tim Tanaka, Ph.D., R.Ac., R. TCMP ? mind body connection - by Glenda Johnson, RPT, MCHt ? counseling - by Reina Zatylny, MSW, RSW ? medical treatments - by Timea Belej-Rak, MD ? sperm donation - by Haimant Bissessar, BSc ? egg donation - by David Sher, CEO, Elite IVF ? adoption - by Sofie Stergianis, MSW, RSW Offering a multifaceted discussion about a complex and emotional subject, *Embrace Your Fertility* includes chapters by professionals in the field with detailed information about processes and procedures. It includes a look at both mainstream medical interventions and alternative health options from diet to acupuncture and views your fertility struggle from new perspectives. Praise for *Embrace Your Fertility* *Embrace Your Fertility* is a splendid book which covers everything you need to know and do to help you conceive a child or otherwise make peace with your fertility. It is written with the authoritative compassion of a physician who has not only been there herself, but has also helped hundreds of other individuals through the fertility journey. This book is a gem that I highly recommend to everyone who is concerned about her (or his) fertility. --Christiane Northrup, MD, Ob/Gyn Physician and Author of the New York Times bestsellers: *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing*, *Women s Bodies*, *Women s Wisdom*, and *The Wisdom of Menopause* Compiled by...



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