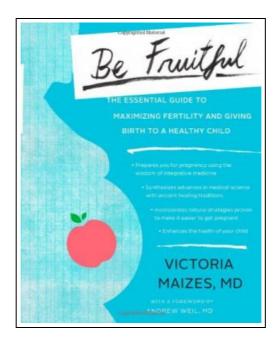
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SIMON SCHUSTER, United States, 2013. Paperback. Condition: New. Original ed.. Language: English. Brand New Book. From an internationally recognized integrative physician, a thorough guide to fertility that encompasses all aspects of female well-being to help women prepare their bodies for easy conception, pregnancy, and the delivery of healthy babies. The increase in environmental toxins, processed foods, and stress, as well as the advancing ages at which couples seek to have children, have made it more difficult for women to conceive. In Be Fruitful, Dr. Victoria Maizes, an expert on women s health and the executive director of the Arizona Center for Integrative Medicine, delivers all the information women and their partners need in order to conceive with ease and confidence, and to bear healthy children. Warm, friendly, and hands-on, Be Fruitful offers a comprehensive self-assessment to help identify any potential physical, emotional, and practical roadblocks that may interfere with conception, as well as clear and easy-to-follow dietary, supplemental, and exercise recommendations proven to increase optimal fertility. Dr. Maizes details how nutrition, mind-body practices, elimination of environmental toxins, and traditional Chinese medicine can all contribute to a successful pregnancy. Unique in its integrative approach, Be Fruitful acknowledges that wellness comes from caring for the entire person--not just the physical body--a crucial factor for the countless women trying to conceive and committed to transforming their overall health.



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