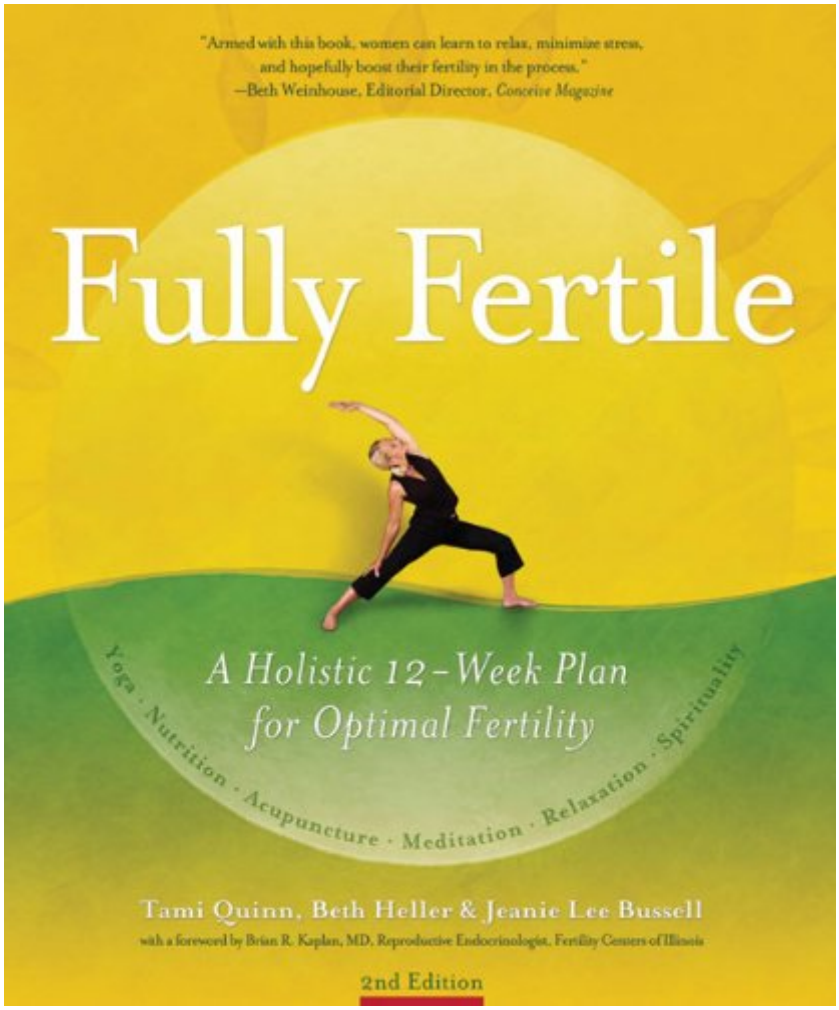
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Fully Fertile: A Holistic 12-Week Plan For Optimal Fertility



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Synopsis

The healing powers of traditional yoga, Oriental medicine, nutrition, and other mind/body techniques are accessible with this do-it-yourself manual for women who are struggling with infertility or just looking to improve their odds of conception. Natural methods based on Integrative Care for FertilityÃ¢â Â¢ use a holistic approach to demonstrate how a home-based holistic fertility program can improve mind, body, and spirit, and in turn, maximize chances for conceiving. Photographs are provided to illustrate the proper yoga postures, and interspersed stories from yoga practitioners and experts present real-life struggles of infertility patients and victories that will inspire all women who are trying for a healthy pregnancy and birth. With more than 30 pages of new information, this updated edition also includes a study guide.

Book Information

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Customer Reviews

I like this book and enjoy reading it. I like stretching and doing the poses in the privacy of my own home. I also enjoy reading it before bed. It's a thick one so you just pick and choose which ones you'd like to do. This book comes in handy when I'm on vacation and want to do yoga but can't remember the poses. It's a must take wherever you go if you enjoy yoga even if not trying to get

pregnant. I gave PCOS a severe case so it’s not the books fault. I will need other treatments.

This book spoke to me in so many ways. Having the foundation of a solid yoga practice and spiritual growth interest allowed me to absorb the contents immediately.I’ve read other fertility books that focus on nutrition or other specific areas, but this book is unique in that it’s holistic approach brings fertility to life, for all areas of your life, in a balanced (non-obsessive) way.I am grateful for Beth, Tami, and Jeanie’s openness in sharing their stories, knowledge and experiences!

This book has been such an anchor and guide for me. When bombarded with conflicting advice, this book was a source of clarity and calm. It has changed my life for the better and helped me heal.

If you are looking to find some guidance while you TTC that is natural and addresses spiritual needs then this book is for you. Read it through first then begin the many tasks assigned in the readings. It was enlightening and inspiring. It is honest and thought provoking. I look forward to trying the many suggested tasks.

This book thankfully had a decent chunk available to view before I bought it, which really helped sway me into a purchase (thanks !). Although I am still on my first read through, I am already elated to see natural means of promoting my fertility. My MD was quick to offer an rx and that is really my last option, rather than my first. Can’t wait to finisher this book!

One of the great book, with human touch and a lot of humor.

I am very pleased with this book, it start as a fertility book but in someway is about getting better and look after yourself and find the way after been lost in the infertility world. Two thumbs up!

Nothing special.If you’ve practiced yoga for any length of time there will be nothing new in this book - most information is vastly simplified and lacking in depth at that. I found the 12 week program very disappointing and hard to follow as well. Some of the "homework" includes art projects (drawing a forest) and writing (valuable but a book can’t replace a therapist or spiritual teacher) - that while I am not knocking it - is not what I am looking for in a fertility program as I struggle with infertility at 38 years old. I returned the book after looking through it once. May be good for someone not familiar with any yoga, spiritual paths, or good nutrition. I have found better information just researching

online.

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