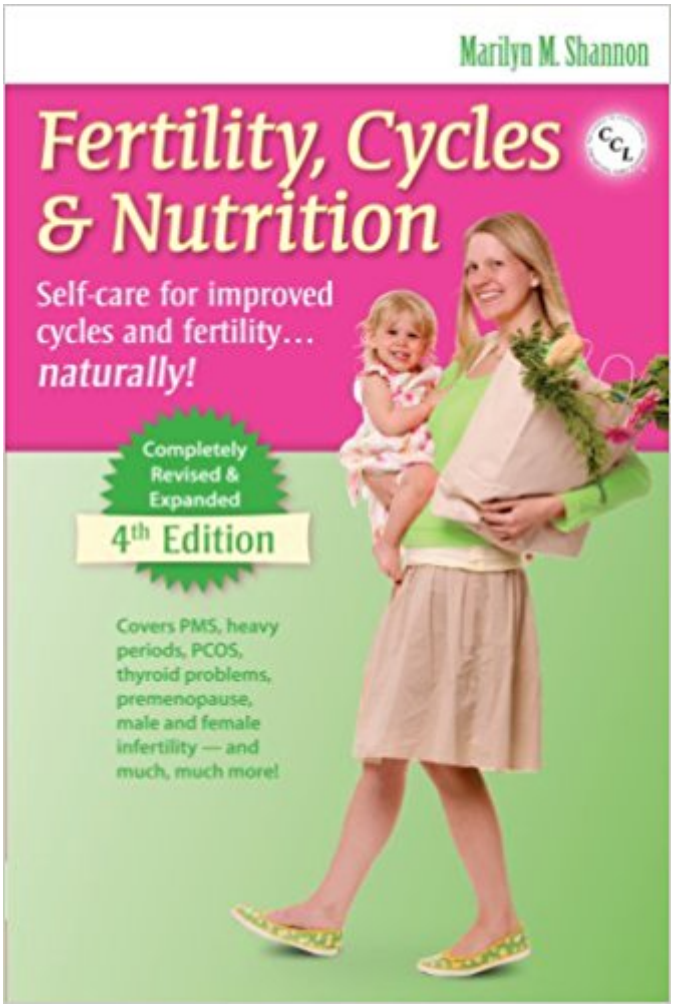
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Fertility, Cycles & Nutrition 4th Edition



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Synopsis

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

Book Information

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Customer Reviews

Marilyn Shannon, author of Fertility, Cycles & Nutrition, knew her popular book was due for an update. But even she was surprised by the explosion of research in this area since her last edition in 2001."I was amazed when I did the literature search," Shannon says. "I knew there had been an increase in research on nutrition for fertility, but my search results far exceeded my expectations." Shannon began her research by whittling down over 900 journal article citations specifically related to her topics, to 500 abstracts, and then to 300 full articles, many of which are cited in the reference pages of the new book.The result is a completely revised and expanded 4th edition of Fertility, Cycles & Nutrition: Self-care for improved cycles and fertility...naturally!. Based on her experience both as an instructor of human anatomy and physiology at Indiana University Purdue University at Fort Wayne, Indiana, and over 25 years as a Natural Family Planning (NFP) teacher, Shannon is convinced that in most cases, self-care for better fertility is the best place to start.A mainstay originally for couples practicing NFP, Fertility, Cycles & Nutrition has helped thousands of women over the years to improve their fertility cycles, often either making the practice of NFP easier, relieving cycle irregularities, or helping them to achieve a much-desired pregnancy. While the new 4th edition does not really conflict with the old, it goes far beyond previous editions. "There are

many new options for basic topics like PMS (premenstrual syndrome), short luteal phase, or heavy bleeding," Shannon explains. "This edition also provides more explanations of the 'why and how' behind various topics, such as why exercise builds bone, how insulin levels relate to PCOS (polycystic ovary syndrome), how light affects the fertility cycle, or how flax oil differs from fish oil." The new Fertility, Cycles & Nutrition still recommends first improving the diet, with an emphasis on plenty of whole, unrefined foods. Yet it also acknowledges that flexibility is important, as what is best for one person might not be what is best for another. For instance, Shannon recommends both animal and plant protein sources, but is flexible as to how much and what kinds. Her recommendations for fats and oils have strengthened the emphasis on animal fats, and she now recommends fish oil as well as flax oil. Part II moves into targeted advice for supplements aimed at improving specific cycle irregularities such as PMS, painful or heavy periods, PCOS, infertility, repeated miscarriage, etc. While new research still supports Shannon's longstanding recommendation of the vitamin Optivite PMT for many cycle irregularities, she also now endorses ProCycle PMT and Fertility Blend for overcoming certain problems or trying to achieve pregnancy. The new edition also has expanded information on nutrition during pregnancy, age-related infertility, preventing birth defects, celiac disease, low sexual desire, and male fertility-- including the importance of antioxidants for men -- and much more.Fertility, Cycles & Nutrition is unique in that it covers the gamut of nutrition to improve the cycle for women who are not seeking pregnancy, for women who are using Natural Family Planning, as well as for women -- and couples -- who are trying to overcome infertility. --The Couple to Couple League

The explosion of scientific research on the connection between nutrition and fertility confirms what Marilyn Shannon has been saying in Fertility, Cycles & Nutrition since 1990. That is, in many cases cycle irregularities can be either eliminated or alleviated simply through better nutrition or body balance. Originally written to help make the practice of Natural Family Planning easier for couples experiencing irregular cycles, this book has proven to be invaluable for anyone looking for improved fertility. In this completely updated and expanded edition, Shannon first provides practical guidelines for selecting nutritious food, the highest priority for maintaining good health. Next, she systematically explains a host of reproductive problems and identifies the specific nutrition and targeted supplementation that research shows can be used as self-care to overcome such problems or improve fertility.

Natural family planners (NFP users) need a book like this. Most doctors aren't on board with NFP

and finding natural alternatives for menstrual issues. I wish is was organized better. A lot of the advice was the same. I think the most important thing is a NFP supportive doctor to meet each woman individual needs. if you can't find one then at least this book will give you some ideas on how to start that conversation with the doctor you have.

The information in this book was very useful in understanding women's cycles and how nutrition may help to regulate them. This book is full of suggestions, some of which I implemented into my daily routine. I did not use the vitamins suggested, rather I chose some supplements that I thought were more useful.There are also several references in the book to help you find more information about specific problems you may be having. Overall, I thought it was well-written and had some great tips and worth the money spent to learn a little more about your body and how adding a few supplements or changing your diet a little can help you a great deal. As with all books that suggest changes, and the author mentions this in the book as well, implement small changes at a time, that way you know what works for you and what doesn't. Good luck in your journey.

I love this book!! It has already helped me have an easy menstrual cycle and have less water retention through the recommendations listed. Mrs. Shannon is a brilliant author and professor! I have recommended this book to so many other women.

Good information, but the presentation can be a little daunting and the information itself can be scary and difficult to digest. While accurate, it made me feel as though the good changes I was making were simply not enough unless I was also taking additional supplements and dabbling in vegetarianism and all organic foodstuffs.

Being a doula in training, I needed to understand more about fertility and its relation to food so I can help my clients and this book is very helpful. I have learnt different things about foods, hormones, cycles and how they all relate. I am looking forward to use this knowledge to help my clients!

I guess I had higher expectations. I was hoping to get a little more guidance on which supplements balance you depending on which end of the spectrum your hormones lay. Instead it tells you how to have a balanced diet and pushing a priopriety blend supplement.

A wonderfully helpful book on a whole range of issues. Highly recommend to anyone looking to

improve their fertility or be healthy while pregnant!

This book is very informative and I would highly recommend it.

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