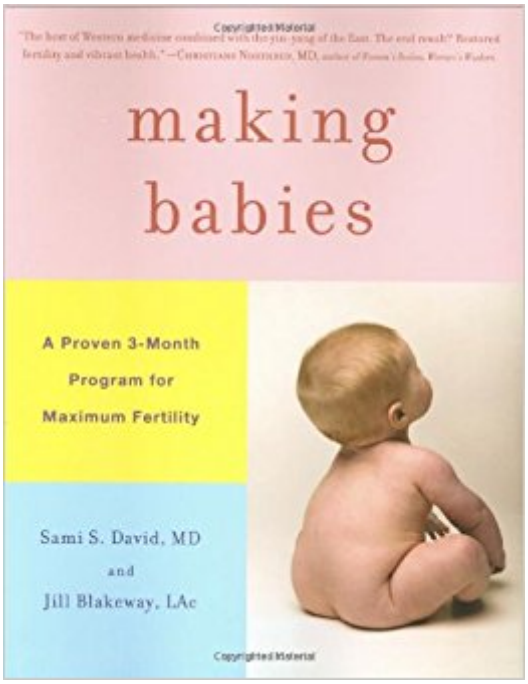
Ebook Directory
the best source of ebook

The book was found

Making Babies: A Proven 3-Month Program For Maximum Fertility



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

MAKING BABIES offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. MAKING BABIES is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

Book Information

Hardcover: 384 pages

Publisher: Little, Brown and Company; 1 edition (August 12, 2009)

Language: English

ISBN-10: 0316024503

ISBN-13: 978-0316024501

Product Dimensions: 8.9 x 1.2 x 9.6 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 257 customer reviews

Best Sellers Rank: #27,154 in Books (See Top 100 in Books) #6 inÃ Â Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #64 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > Pregnancy & Childbirth #87 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > General

Customer Reviews

"These days the name of Sami David, M.D., is on everybody’s lips....He’s a prophet, a sage, a poet, a priest. He’s the answer to every mid-thirtyish woman’s prayers."Ã¢â ¬â ¢Wendy Wasserstein, New York Woman"> is an excellent, well-organized guide on how to get pregnant naturally. It combines the best of both Western and Chinese methods."-Marc Goldstein, MD, co-author of the upcoming > and Surgeon-in-Chief, Male Reproductive Medicine and Surgery at New York Presbyterian Hospital/ Weill Cornell Medical College"Ask a fancy reproductive endocrinologist about acupuncture and you’re likely to hear, ’If it relaxes you, it’s fine with me.’ In other words, the official position of the high-tech fertility folks on traditional fertility medicine amounts to benign ignorance. > will change that. Here’s proof that traditional and modern methods work, and not only that: they

work better together. This is very good news for mothers, fathers, and babies."-Nina Planck, author of >, >, and >."> is a must read for any woman who wants to become pregnant. Its unique, holistic approach to conception encompasses traditional Western and Eastern medicine, proven alternatives, and lifestyle modifications. It offers women (and couples) solid medical information and advice that can help them increase their chances of conception, often in the quickest, most cost-effective, and least invasive manner."-Joan Liebmann-Smith, Ph.D., coauthor of The Unofficial Guide to Getting Pregnant and Body Signs: How to Be Your Own Diagnostic Detective"Filled with invaluable guidance from two seasoned, brilliant clinicians, Making Babies can speed up the arrival of your child without depleting your ovarian reserve or your bank account. It might even save your life."-Julia Indichova, author of Inconceivable"> is a marriage made in heaven. The best of western medicine combined with the yin-yang approach of the east. The end result? Restored fertility and vibrant health. Lovely."-Christiane Northrup, M.D., author of

Sami David, M.D., is a reproductive endocrinologist. He was the first doctor in New York state to perform a successful IVF, though he now focuses on more conservative approaches to infertility. Jill Blakeway, L.Ac, is a Licensed Acupuncturist and Board Certified Herbalist, and founder and clinical director of The YinOva Center, an alternative health service for women in New York City.

Interesting stuff but the tests are very confusing. I seem to have a different result every time. Not straightforward, so I end up doing/eating for all types. Ha!

I was trying for a baby for 1 year without success. My friend recommended this book to me. I told myself that maybe it’s time to stop trying if we still have no success after using tips from this book. I was really surprised that I got pregnant the 2nd month after I started using its tips. It’s worth a try if you are still trying.

I love this book! My husband and I have been trying to conceive for over a year. I have PCOS and I’ve been using acupuncture and Chinese medicine for the last 4 months. I was curious what other information was out there. I feel like I have read every blog and website available. I really like Randine Lewis’ The Infertility Cure, but like this book even more. It’s so easy to read and understand. I laughed when I started to read the Chapter entitled "How to Get Pregnant: The Basics". I thought there was no way they could teach me something I didn’t already know....I was wrong! I’ve only had this book for 6 days and I’ve already carved out a lot of time to read

it...something I haven’t done with other infertility books. I don’t know if their methods work, but it’s definitely a great read, especially for the price!!

I was looking for a book that gave my husband and I solid steps to take to improve our fertility, and that is just what this book does. As someone who has thankfully not experienced any fertility issues, but has been very concious that there are many enviornmental factors involved in concieving, I wanted to make sure that when we start trying again we were doing as many "right" things as possible to improve our chances and the health of our baby. The book gives short case histories to illustrate how certain factors truly effected actual couples, which lends a bit of relatablility and also makes it more ejoyable to read (and less like reading a text book).

Really good information for fertility. There’s quizzes to determine your needs then specific recommendations, mainly for diet.

This is a fantastic book that merges Eastern and Western medicine in a way thats practical and user-friendly. It didn’t seem biased in either direction and it opened my eyes to many of the issues surrounding fertility and childbirth in this nation. I’ve seen many friends jump on the IVF train after a very short time because the docs simply didn’t want to investigate what could really be causing their infertility.The 3-month program is awesome and I really love that they offer different plans for different "types." Most books only have umbrella advice that may not be best for one couple versus another.A must-read for anyone trying to get pregnant.

This book contained a lot of very good information. I have had complicated issues with fertility and am still trying to conceive for the first time but this helped me be informed on my condition and how to approach the situation in a holistic way. It is a very informative book for anyone trying to conceive with fertility issues or not.

Definitely a must-read for those struggling with starting a family.

Download to continue reading...

Making Babies: A Proven 3-Month Program for Maximum Fertility Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap

Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility Month-by-Month Trait-Based Writing Instruction: Ready-to-Use Lessons and Strategies for Weaving Morning Messages, Read-Alouds, Mentor Texts, and More ... Writing Program (Month-By-Month (Scholastic)) 8 Steps to Reverse Your PCOS: A Proven Program to Reset Your Hormones, Repair Your Metabolism, and Restore Your Fertility The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Fertility: Get Pregnant Fast Cookbook (Women's Health, Fertility, Homeopathy, Cookbook, Pregnancy, Baby Health, Healthy Living 1) Fertility, cycles, and nutrition: Can what you eat affect your menstrual cycles and your fertility? Fertility, Cycles and Nutrition : Can What You Eat Affect Your Menstrual Cycles and Your Fertility? Second Edition Robotic Fish iSplash-MICRO: A 50mm Robotic Fish Generating the Maximum Velocity of Real Fish (High Speed Robotics. Mechanical engneering and kinematics for maximum velocity robot fish. Book 4) Maximum Ride Box Set (Maximum Ride, School's Out Forever, Saving the World) Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods Pacific Northwest Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year New England Month-by-Month Gardening: What to Do Each Month to Have a Beautiful Garden All Year - Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, Vermont Month-By-Month Gardening in the Deserts of Arizona: What to Do Each Month to Have a Beautiful Garden All Year Month-By-Month Gardening in New Jersey: What To Do Each Month to Have a Beautiful Garden All Year Texas Month-by-Month Gardening: What to Do Each Month to Have A Beautiful Garden All Year Florida Month-by-Month Gardening: What to Do Each Month to Have A Beautiful Garden All Year

Contact Us

DMCA

Privacy

FAQ & Help