

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



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(Dax Herzog)

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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