

# Stay Fertile Longer



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Many women today dream of having it all—a challenging career, a satisfying personal life, a loving mate, and a baby whenever they're ready. But there's no denying the fact that their biological clocks are ticking away. The odds of conceiving drop by 15 to 20 percent for a woman in her early 30s and plummet to less than 50 percent when she's in her 40s. The good news is that there are a host of natural strategies every would-be mom can use today to preserve and optimize her fertility, so that she can conceive quickly and easily when she's ready.

Here women will discover:

- An eye-opening list of popular medications that can impair or destroy fertility
- The best contraception choices to use now for enhanced fertility later
- Common household chemicals that can be dangerous to your fertility—and how to avoid them
- Lovemaking strategies to boost your conception odds

- The top fertility-boosting diet-and the foods to avoid when you're trying to conceive
- The connection between stress and infertility
  - - Customized action plans telling what to do to get pregnant now, up to 20 years from now, or after 6 months of trying

作者介绍:

目录:

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