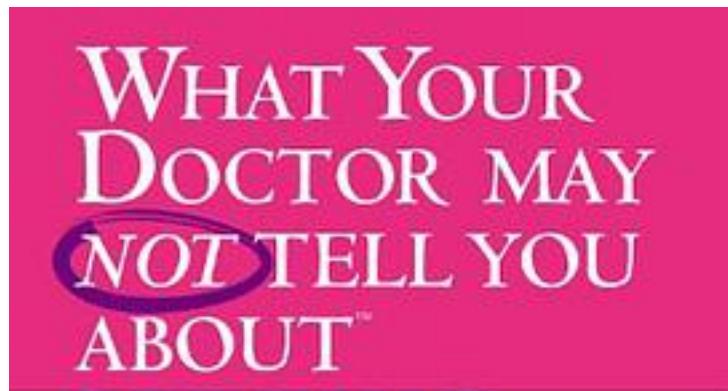


What Your Doctor May Not Tell You About Getting Pregnant



Boost Your Fertility
with the Best of Traditional
and Alternative Therapies

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WITH ELENA OUMANO, Ph.D.

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Internationally-known physician-acupuncturist Raymond Chang, M.D. offers individualized strategies for the millions of couples who want to improve their odds of conceiving. Research shows that combining conventional Western medicine with complementary approaches can dramatically increase the chances of conception. Through an unconventional mixture of evidence- and research-based Western medicine, Traditional Chinese Medicine and Western holistic practices, Chang offers a scientifically proven approach that will change long-held beliefs about fertility. For example, less exercise is more, diet really counts (gaining, not losing weight), and the mind may be more important than the body in your pursuit of a child. Readers will find: New perspective on both the female and male reproductive systems; Information on the best of Western approaches, including surgical repairs, hormonal help and IVF and Assisted Reproduction Technology (ART); A guide to alternative therapies, including acupuncture, herbs and supplements and off-label use of prescription drugs; A new approach to nutrition and exercise; A guide to using the mind to prepare for conception

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