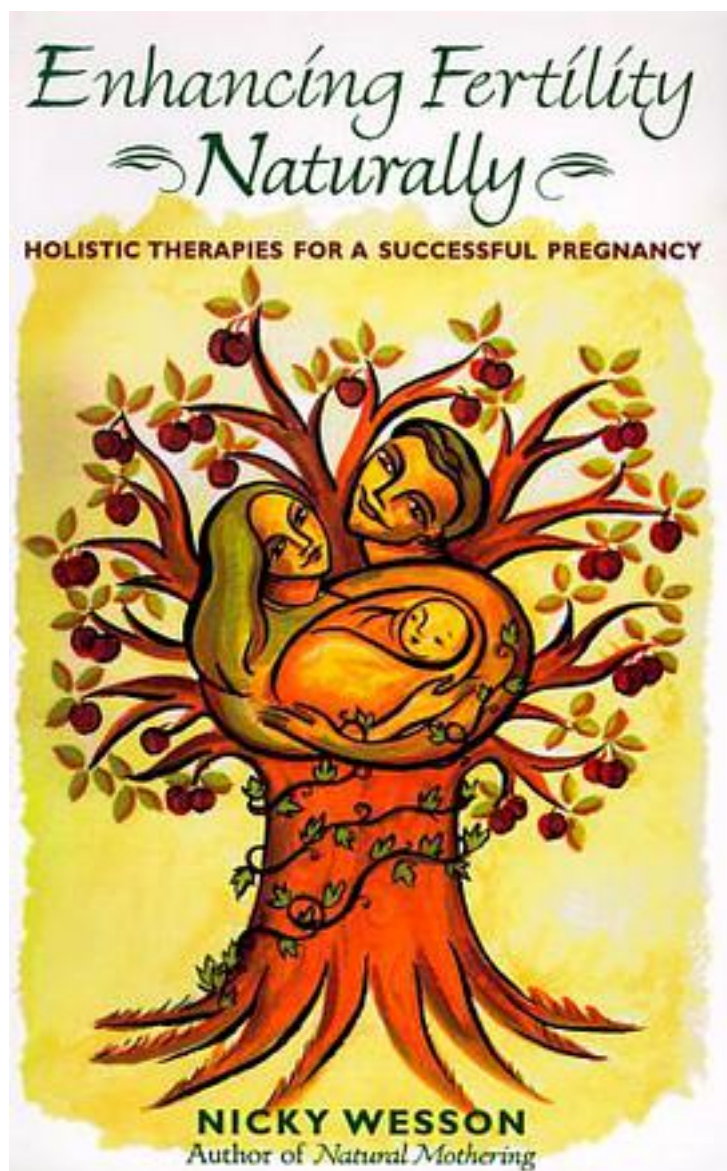


Enhancing Fertility Naturally



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- A guide to safe and inexpensive natural alternatives to often hazardous and extremely expensive conventional medical treatments for infertility. - Provides guidelines for using alternative therapies, diet, exercise, and relaxation techniques. - Explores acupuncture, reflexology, homeopathy, cranial osteopathy, aromatherapy, and herbalism. - Includes the personal stories of couples who have successfully conceived using these methods. "Enhancing Fertility Naturally" outlines ways in which you can improve your fertility through alternative therapies, diet, exercise, and relaxation techniques and avoid some of the hazards associated with conventional treatments. It discusses the most common causes of infertility and explains how to determine which therapy is most appropriate for you. In vitro fertilization, conventional medicine's most prescribed remedy for infertility problems, is expensive, dangerous, and has a success rate of only 14 percent, yet few of the one in six couples that experience infertility are aware of the effectiveness and safety provided by the wide range of alternative treatments. Thoroughly researched and packed full of invaluable advice and tips, the book explores such therapies as acupuncture, reflexology, homeopathy, cranial osteopathy, aromatherapy, and herbalism. The author includes case histories for each of the therapies discussed, showing how the therapies helped couples overcome both primary and secondary infertility in order to have the baby they longed for.

作者介绍:

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