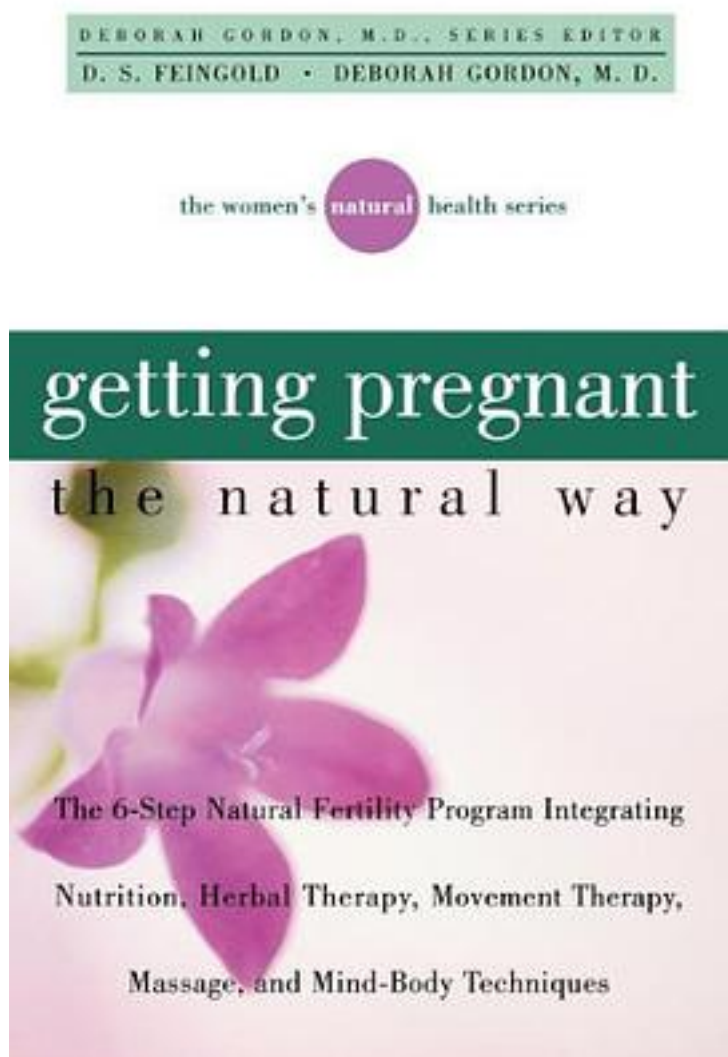


Getting Pregnant the Natural Way



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The Wiley Women's Natural Health Series brings together mainstream, complementary, and alternative medical approaches. These unique books offer advice and support on a wide range of topics of concern to women, including perimenopause, breast health, and menopause. Are you experiencing infertility? Written by an authority in complementary medicine, *Getting Pregnant the Natural Way* is a compassionate guide that offers natural approaches to help you now. Drawing on the benefits of herbal medicine, homeopathy, nutritional therapies, and mind-body medicine in conjunction with the latest medical therapies, Dr. Deborah Gordon explains the mechanisms of fertility and the possible causes of infertility, then outlines a simple six-step program to help you: Prepare your body, mind, and spirit for pregnancy Prevent, control, or reverse conditions that impair fertility Improve your overall feelings of health and well-being Reduce stress and anxiety Create balance in your life Uniquely created from a woman's perspective, *Getting Pregnant the Natural Way* offers support, wisdom, and hope for you to reach your goal of a healthy pregnancy.

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