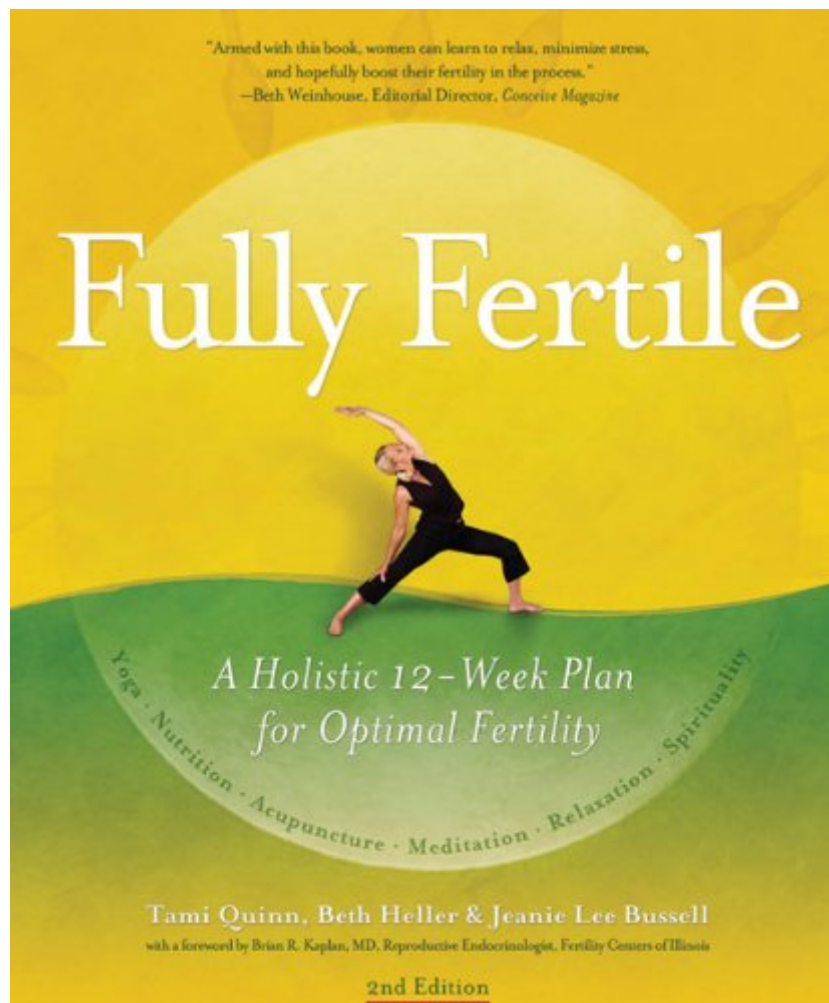




Ebook Directory
the best source of ebook

The book was found

Fully Fertile: A Holistic 12-Week Plan For Optimal Fertility



Synopsis

The healing powers of traditional yoga, Oriental medicine, nutrition, and other mind/body techniques are accessible with this do-it-yourself manual for women who are struggling with infertility or just looking to improve their odds of conception. Natural methods based on Integrative Care for Fertility use a holistic approach to demonstrate how a home-based holistic fertility program can improve mind, body, and spirit, and in turn, maximize chances for conceiving. Photographs are provided to illustrate the proper yoga postures, and interspersed stories from yoga practitioners and experts present real-life struggles of infertility patients and victories that will inspire all women who are trying for a healthy pregnancy and birth. With more than 30 pages of new information, this updated edition also includes a study guide.

Book Information

File Size: 7942 KB

Print Length: 277 pages

Publisher: Findhorn Press; 2 edition (October 1, 2010)

Publication Date: October 1, 2010

Language: English

ASIN: B004Z9N6Q2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #372,327 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #74

in Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Fertility #175

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #288 in Kindle

Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Women's Health >

Pregnancy & Childbirth

Customer Reviews

I like this book and enjoy reading it. I like stretching and doing the poses in the privacy of my own home. I also enjoy reading it before bed. It's a thick one so you just pick and choose which ones you'd like to do. This book comes in handy when I'm on vacation and want to do yoga but can't remember the poses. It's a must take wherever you go if you enjoy yoga even if not trying to get

pregnant. I gave PCOS a severe case so it's not the books fault. I will need other treatments.

This book spoke to me in so many ways. Having the foundation of a solid yoga practice and spiritual growth interest allowed me to absorb the contents immediately. I've read other fertility books that focus on nutrition or other specific areas, but this book is unique in that it's holistic approach brings fertility to life, for all areas of your life, in a balanced (non-obsessive) way. I am grateful for Beth, Tami, and Jeanie's openness in sharing their stories, knowledge and experiences!

This book has been such an anchor and guide for me. When bombarded with conflicting advice, this book was a source of clarity and calm. It has changed my life for the better and helped me heal.

If you are looking to find some guidance while you TTC that is natural and addresses spiritual needs then this book is for you. Read it through first then begin the many tasks assigned in the readings. It was enlightening and inspiring. It is honest and thought provoking. I look forward to trying the many suggested tasks.

This book thankfully had a decent chunk available to view before I bought it, which really helped sway me into a purchase (thanks !). Although I am still on my first read through, I am already elated to see natural means of promoting my fertility. My MD was quick to offer an rx and that is really my last option, rather than my first. Can't wait to finisher this book!

One of the great book, with human touch and a lot of humor.

I am very pleased with this book, it start as a fertility book but in someway is about getting better and look after yourself and find the way after been lost in the infertility world. Two thumbs up!

Nothing special. If you've practiced yoga for any length of time there will be nothing new in this book - most information is vastly simplified and lacking in depth at that. I found the 12 week program very disappointing and hard to follow as well. Some of the "homework" includes art projects (drawing a forest) and writing (valuable but a book can't replace a therapist or spiritual teacher) - that while I am not knocking it - is not what I am looking for in a fertility program as I struggle with infertility at 38 years old. I returned the book after looking through it once. May be good for someone not familiar with any yoga, spiritual paths, or good nutrition. I have found better information just researching

online.

[Download to continue reading...](#)

Fully Fertile: A Holistic 12-Week Plan for Optimal Fertility Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility Speak in a Week! Italian Week One [With Paperback Book] (Speak in a Week! Week 1) (Italian Edition) The Insulin Resistance Diet for PCOS: A 4-Week Meal Plan and Cookbook to Lose Weight, Boost Fertility, and Fight Inflammation The Migraine Relief Plan: An 8-Week Transition to Better Eating, Fewer Headaches, and Optimal Health Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Fertility: Get Pregnant Fast Cookbook (Women's Health, Fertility, Homeopathy, Cookbook, Pregnancy, Baby Health, Healthy Living 1) Fertility, cycles, and nutrition: Can what you eat affect your menstrual cycles and your fertility? Fertility, Cycles and Nutrition : Can What You Eat Affect Your Menstrual Cycles and Your Fertility? Second Edition The Hashimoto's 4-Week Plan: A Holistic Guide to Treating Hypothyroidism Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living The Skinnytaste Meal Planner: Track and Plan Your Meals, Week-by-Week What Your Doctor May Not Tell You About(TM): Parkinson's Disease: A Holistic Program for Optimal Wellness (What Your Doctor May Not Tell You About...(Paperback)) Understanding The Jesus Code: Unlocking Biblical Secrets So You Can Live Your Life Fully Alive (Living Fully Alive Book 1) A Holistic Guide to...: Lupus (A Holistic Guide to the disorder of your choice Book 2) The Addiction Formula: A holistic approach to writing captivating, memorable hit songs. With 317 proven commercial techniques and 331 examples. (Holistic Songwriting) The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Rheumatoid Arthritis Handbook: Arthritis Pain Relief and Prevention Through Holistic Healing (Medical Diseases, RA, Rheumatology, Natural Remedies, Holistic Health) Holistic Nursing: A Handbook For Practice (Dossey, Holistic Nursing)

Contact Us

DMCA

Privacy

FAQ & Help