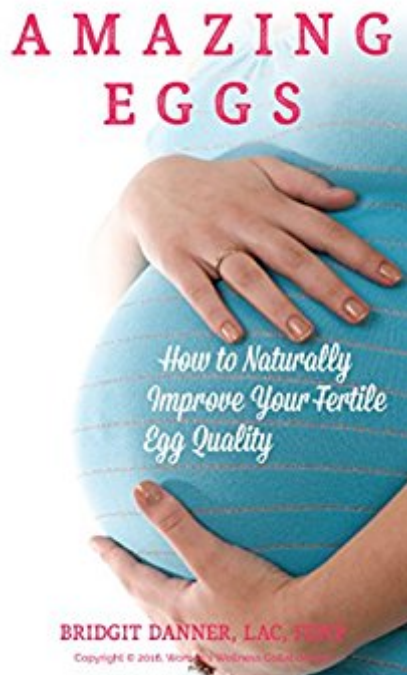




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# Amazing Eggs: How To Naturally Improve Your Fertile Egg Quality



## Synopsis

Egg quality is an important aspect of fertility for women. In this book, the author explains the physiology of egg production, and how to increase fertility naturally through diet, lifestyle and supplementation. There are many myths and misconceptions in the fertility world. If you are trying to conceive it can be overwhelming. This book, and its companion book *Making Super Sperm*, can each be read in under one hour, with clear terminology and numerous straightforward suggestions. In this book, you will learn:

- Which foods to eat and which to avoid for optimal egg quality
- Which factors are stressors to your fertility
- The best types of exercise while trying to conceive
- Ten helpful nutritional and herbal supplements to explore
- Six special conditions that may affect your fertility
- How to find peace and joy within your fertility journey

This book is suitable for all women of childbearing years, and may be of special interest to women over 35 years old. The author, Bridgit Danner, has worked in the women's health field since 2004, first as an acupuncturist and then as a functional medicine health coach. She has worked with thousands of women and is passionate about helping women lead lives rooted in health and full of joy. She has a sensitivity to the stress of trying to conceive after coaching many women with infertility. You will find that sensitivity conveyed in *Amazing Eggs: How to Naturally Increase Your Fertile Egg Quality*.

Some praise for Bridgit's work:

- "Bridgit Danner is an amazingly knowledgeable colleague who guides women on a host of different conditions and concerns they may be experiencing. Whether you are trying to deal with hormone imbalance, thyroid issues or adrenal fatigue, Bridgit can get your health back on track." Melissa Turner, *Endo Empowered*
- "Bridgit Danner is a passionate practitioner and educator for women's hormonal health. She has helped thousands of women through her Women's Wellness Collaborative, which provides expert advice to women seeking solutions for hormones, fertility and nutrition. If you are ready for more vitality, Bridgit is the expert for you." Dr. Mariza Snyder, Author of *Smart Mom's Guide to Essential Oils: Natural Solutions for a Healthy Family, Toxin-Free Home and Happier You*
- "Bridgit is a leading expert in the field of women's hormonal health and fertility. She has been doing this work for over a decade, and has helped thousands of women reclaim their health and get pregnant naturally. Not only that, her podcast, *Women's Wellness Radio* is one of the best and most comprehensive natural health radio shows out there today. I highly recommend all that Bridgit has to offer!" • Nicole Jardim, Young Women's Health Coach
- "Bridgit Danner is one of the most experienced and trusted practitioners in women's health. Combining her wisdom of Chinese Medicine with her functional diagnostic skills, Bridgit brings unique perspective that encompasses the whole person in her treatment approach." Dr. Jolene Brighten, Author of *Healing Your Body Naturally After Childbirth: The New Mom's Guide to*

Navigating the Fourth Trimester! It takes healthy eggs and sperm to make healthy babies, so be sure to also purchase our companion book, *Making Super Sperm: Overcome Male Factor Infertility, Prevent Miscarriage and Make Super Healthy Babies, Naturally*, available on Kindle.

## **Book Information**

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## **Customer Reviews**

I am in my early 30's and just starting to think about getting pregnant. I know I want my body to be ready to grow a healthy baby, so I really enjoyed this book as it gave a nice overview of all the things I need to be thinking about and implementing in my life. Bridgit's style of writing is very easy to read and it breaks complex topics down so they are easy to understand. This is a good book for someone who is just starting out and thinking about getting pregnant.

I'm a functional health coach who loves using lab numbers, and concentrates on nutrition and lifestyle shifts to reach wellness goals. I read this book to enhance my knowledge and because we are trying to conceive. Bridget always provides great info! The information aligns with my personal research and practice, plus it gives thorough, yet concise explanations. I will be recommending this

quick read to all my clients wanting to improve their monthly cycle or trying to conceive.

This quick and easy book is packed full of great tips. It really covers it all!! This combined with the fertility summits hosted by Bridget gives you all you need to conceive naturally!!!Thank you Bridget!!Tiffany

Great read for hubby and I starting our fertility journey. Also love your podcast. Thanks.

I am very impressed with this small but very informative guide. It covers all the bases in a way that makes a clear point without dragging on for pages and pages. I do like the writing style - "short but sweet", summarizing it ALL without feeling too overwhelming when embarking on a journey to improve fertility. There was quite a bit of new and interesting information that I have not researched much before reading this book, such as the effect of particular supplements on fertility, or the detailed description of the egg development process and hormones involved. It might not be as in-dept as some other books, but sometimes that's exactly what we need - a quick overview that helps you see the whole picture, choose your first area of needed improvement and execute the basic advice. After that it would be much easier to research further if needed, because you've already tried and can see what's working and what special field needs to be explored next. Granted, it would be nice if each chapter came with an "advanced" or "next step" section of some sort, for those who already implemented the basic advice and need help digging deeper. Otherwise, a very enjoyable read!

Wow! That was my first Kindle download. And it was a short read. The information is sound but not necessarily in-depth. Not much there that I didn't already know from other longer books like WomanCode and Yes, You Can Can Get Pregnant by Aimee Raupp. If you are trying, read them all!

Very clear, practical and to the point ebook that's going to help me maximize the quality of my eggs and enhance my fertility. The author is very thorough and I love her holistic approach. A great and short read.

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