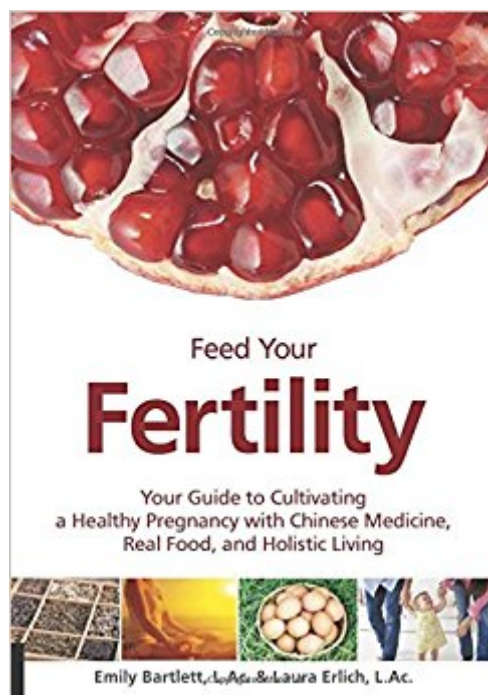




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# Feed Your Fertility: Your Guide To Cultivating A Healthy Pregnancy With Chinese Medicine, Real Food, And Holistic Living



## Synopsis

Do you want to make a healthy baby and have a healthy pregnancy? Are you interested in a holistic approach to fertility? Do you need to optimize your fertility due to your age or health conditions? Are you trying to conceive and experiencing challenges? Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling. The good news is that *Feed Your Fertility* is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn: -How your lifestyle may be inhibiting your ability to conceive - and what to do about it -Why popular fertility diets may be leading you down the wrong road -What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet -How to determine your personal health imbalances that may be interfering with your fertility -How to use Chinese medicine to bring your body into balance and improve your odds of conception -How to streamline your supplements and take only what you really need -Your natural and medical treatment options for common fertility issues -How to navigate the medical fertility world and when to seek help Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with *Feed Your Fertility*. "It takes a village to raise a baby, to start a family... I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - Selma Blair, actress and mother "Down to earth and practical, *Feed your Fertility* delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. *Feed Your Fertility* provides easy to follow solutions for taking charge of your reproductive health." - Randine Lewis, L.Ac., Ph.D., author of *The Infertility Cure* and *The Way of the Fertile Soul*

## Book Information

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## Customer Reviews

**Mantras** [View larger](#) **Meditation** The idea of meditation can be so daunting that many people avoid it altogether, despite assertions that this practice can bring us better health, deeper sleep, improved cognitive function, and improved mental and physical performance. **Simple Ways to Practice Meditation:** Meditation is a term that encompasses many different techniques with the common thread of promoting a sense of inner calm, heightened awareness, and improved health. There are countless types of meditation, from sitting in silence to repeating mantras or listening to recordings of guided imagery. Taking some time to explore these different methods and finding one that feels right to you is your first step toward making meditation a part of your self-care routine. Following are a few easy meditations to get you started. **Counting Meditation:** This simple meditation can help you to slow your mind and calm your inner chatter. Sit in an upright position with your legs crossed. Put your back against the wall or sit in a chair if it's uncomfortable to sit unsupported, or you can sit on a cushion to elevate your hips above your legs. Start by closing your eyes and turning your attention to your breath. Begin breathing in and out through your nose. Now, begin to count, allowing one breath for each number, like this: breathe in and out, while silently saying "one" to yourself, in and out again while saying "two," etc. If you find your mind has wandered to other thoughts or if you lose count, simply begin again from one. A good goal when starting out is to count from 1 to 25 and back again to zero without letting your mind wander. Increase your count each time you achieve a new goal. Set a timer while doing this so you don't have the distraction of thinking about how long you've been going. **Mantras:** Mantras are words or groups of words that are considered capable of creating transformation. "Om" is probably the most well known mantra, said to be the vibration of the universe, which elicits inner peace when repeated alone or in a group setting. Mantras sometimes have spiritual connotations, but they don't have to. You can create a mantra for just about anything. Using a mantra to replace negative thoughts you might be having about your fertility is a

great way to train your brain not to stress over things you can't control. Building on the concepts of a therapeutic method called cognitive behavioral therapy, think about something you frequently tell yourself that might be negative, like "I'll never get pregnant" or "I waited too long to try and have a baby." Next, rewrite that sentence to reflect a positive outcome, for example: "I will become a mother; I trust that it will happen." It may feel a bit hokey at first, but over time, replacing negative thoughts with positive mantras can be very soothing to your nervous system.

"Feed Your Fertility is a wonderful and refreshing multifaceted approach towards reproductive care. From diet to stress reduction to conventional fertility treatments and Eastern methodologies, this book is a comprehensive guide for fertility care and successful, healthy pregnancies." - Eliran Mor, M.D., California Center for Reproductive Health

"Feed Your Fertility is a must-read for anyone trying to conceive. It draws on traditional Chinese medicine brought right up-to-date, offering couples a simple but effective nutritional plan that works. I recommend it highly." - Jill Blakeway, M.S., L.Ac, co-author, Making Babies: A Proven 3-month Program for Maximum Fertility

"Feed Your Fertility is a must read for anyone who wants to optimize their success by integrating eastern and western medicine. It is a comprehensive resource outlining a mind-body evaluation and approach to fertility." - Kelly J Baek, M.D., California Fertility Partners

"Feed your Fertility provides solid information and advice on the most fundamental strategy for increased fertility. We have developed much in the way of high technology, but the foods we eat every day are our most powerful medicine. Laura and Emily provide a path to nourishing yourself not in only body, but in mind and spirit as well." - Chris Axelrad, L.Ac, FABORM, president of the American Board of Oriental Reproductive Medicine

"Feed Your Fertility is really an invitation to pursue the best that life has to offer: the beauty of Earth's bounty, refining and cultivating your own intuition, sharing this wisdom with your loved ones, and passing along the delicious truth to your children. Food is our medicine, and thus the holistic circle ripples and expands." - Lilakoi Moon (formerly Lisa Bonet), actress and mother

"If you're caught in a quagmire of conflicting information about infertility, its causes, and treatment, you need this book. For being so accessible and easy-to-read, it's a wealth of information that addresses everything from environmental toxins, diet, and Chinese medicine to PCOS, endometriosis, and standard medical fertility treatments. Emily and Laura approach these issues with wisdom, kindness, and a firm can-do attitude that will help you conquer stress AND beat back your infertility!" - Kristen Michaelis, author of Beautiful Babies: Nutrition for Fertility, Pregnancy, Breastfeeding, and Baby's First Foods

"Feed Your Fertility is a wonderful reminder of not only the

mind/body connection, but the connection between ourselves and our environment and how they both affect our health and ability to conceive. The knowledge you will gather from this book will give you the power to cultivate a healthy lifestyle, body, and pregnancy." - Jill Latiano Howerton, executive producer of GMO OMG

Emily Bartlett, LAc runs a busy Chinese medicine practice in Los Angeles, CA. When she not seeing patients or hanging at the beach with her husband and two lively kids, you can find her blogging at [HolisticSquid.com](http://HolisticSquid.com) about fertility, natural health, and nutrition. Laura Erlich, LAc (FABORM) is the co-clinic director of LA Herbs and Acupuncture, in west Los Angeles, CA. In addition to her clinical practice, she teaches continuing education classes to other acupuncturists and attends births as a doula. You can find more of her writings on her blog, [ABaoInTheOven.com](http://ABaoInTheOven.com). She is luckier than lucky to share her life with her wonderful husband, hilarious son, and beautiful step-daughter.

Emily & Laura take fertility to heart and the way they were able to distill so much information into this little book is truly amazing! I really appreciated the Eastern and Western perspectives laid side by side. They also made it easy to understand the complex system of Chinese medicine as it relates to the whole organism. I also really loved their philosophy on "Conscious Conception." The recipes provide easy to prepare, nutrient dense foods that taste fantastic and leave the body feeling nourished.

Great book! Full of helpful information for anyone trying to conceive or planning to in the future.

Amazing book!!!! It's truly changed my life. My future babies are thanking me now for reading this!!

very informative book!

Very good information, love it!

Great tips and easy reading:)

Finally! Some info on what WE can do to help our bodies conceive and have a healthy pregnancy other than just go to the doctor and drop tons of \$\$ on fertility treatments. Emily, one of the authors

is my doctor and all 3 of my kids's doctor and I can tell you, she's truly changed my life. So glad this info is now available for those that can't come see these docs locally. Highly recommend!

I am really impressed by the truly holistic approach taken in this book. The authors got to the good stuff - the root cause, the hidden issues, the lifestyle problems. You'll leave this book with a very clear understanding of what your body needs to be healthy and nourished. I personally loved the information about stress, because it's often overlooked. And sleep! So important. I agree that nutrition is critical, but I love how the authors included so much more than that. They really put the whole picture together so you can gain a full understanding of becoming healthy and supporting your fertility. High recommended!

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