

It Starts With The Egg How The Science Of Egg Quality Can Help You Get Pregnant And Prevent Miscarriage

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How to Save the World with a Chicken and an Egg - Emma Shevah 2021-01-06

Ivy believes she can talk to animals, while Nathaniel is obsessed with animal facts. They're brought together by the arrival of a rare and wondrous sea creature: a giant leatherback turtle who lays her eggs in front of the world's media. Soon they're on a mission to make a difference to the world - even if that's one animal at a time.

The Story of a Ladybug - Lisa Owings 2021-08-01

Engaging photos offer a close-up look at how a tiny egg becomes the recognizable ladybug. Discover each step in the ladybug's lifecycle.

The Better Baby Book - Lana Asprey 2013-01-01

This prenatal guide offers nutrition and environmental advice to reduce toxins in the body and in the home to have a healthier, more intelligent and happier baby that will be less susceptible to allergies, asthma and other issues. Original.

Get A Life - Rosie Bray 2015-07-02

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections and probes, becoming involuntary experts on embryology through failure, despair, persistence and success. After 4 years, 3 different clinics, 2 positive pregnancy tests and 1 miscarriage, they finally had a successful pregnancy. GET A LIFE is the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. IVF is terrifying, awful and extraordinary in equal measures for both partners. GET A LIFE shares Richard and Rosie's ride on the fertility roller coaster, bringing you the funny, emotional and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

It Starts with the Egg - Rebecca Fett 2019-02-28

A practical and evidence-backed approach for improving egg quality and fertility— fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, *It Starts with the Egg* provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges— including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

It Starts with the Egg Fertility Cookbook - Rebecca Fett 2020-09-20

The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success

rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include - Smoked Salmon and Leek Frittata - Baked Falafel with Lemon Tahini Dressing - Chicken Souvlaki with Avocado Tzatziki - Pan-Fried Snapper with Salsa Verde - Dairy-Free Chicken Alfredo - Low-Carb Rosemary Flatbread - Blueberry Almond Cake - Pecan Chocolate Chip Blondies

It Starts with the Egg Fertility Cookbook - Rebecca Fett 2020-10-01

The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

The Egg and I - Betty MacDonald 2016-11-01

"A work of real comic genius. . . . A wonderful, funny, warm, honest book, and, to use a much overused word, a classic." -Michael Korda, author of *Country Matters* When Betty MacDonald married a marine and moved to a small chicken farm on the Olympic Peninsula in Washington State, she was largely unprepared for the rigors of life in the wild. With no running water, no electricity, a house in need of constant repair, and days that ran from four in the morning to nine at night, the MacDonalds had barely a moment to put their feet up and relax. And then came the children. Yet through every trial and pitfall—through chaos and catastrophe—this indomitable family somehow, mercifully, never lost its sense of humor. A beloved literary treasure for more than half a century, Betty MacDonald's *The Egg and I* is a heartwarming and uproarious account of adventure and survival on an American frontier.

A Few Good Eggs - Julie Vargo 2009-10-13

Insight and frank, friendly advice on overcoming infertility -- from two women who have lived through it all. We are bombarded by images of blissful older mothers, such as Madonna and Celine Dion. But 'Hollywood' articles about pregnancy and fertility at middle age gloss over the tremendous amount of financial, emotional, and physical effort faced by couples struggling to conceive. In this warm, funny, empathetic book, journalist Julie Vargo and literary agent Maureen Regan -- women who have experienced personally almost every aspect of infertility -- give readers a glimpse into what to expect when you're not expecting. Hormones, sperm counts -- nothing is too personal for these two outspoken women! Ranges from technical to humorous and everything in between. What are good, snappy comebacks to the question, 'Why aren't you pregnant?' What is the difference between gonadotrophin releasing hormone and progesterone? Should you freeze your eggs? These questions and many more are answered, and in the tone of a couple of good friends. Between them, the authors have gone through hormone treatments, miscarriages and multiple inseminations -- so they know firsthand the rollercoaster ride of trying to achieve pregnancy. With wise advice on how to communicate with doctors, husbands, friends, and mothers, this book is an invaluable guide for all women facing infertility.

Occupational Outlook Handbook - United States. Bureau of Labor Statistics 1976

The Fertility Experts' Guide to Egg Freezing - Emily Gray, RN 2020-12

The Fertility Experts' Guide to Egg Freezing is your go-to resource for learning about the process of egg freezing from start to finish. It's a quick field guide to everything you need to know about the process, boiled down by an expert doctor and nurse team. Together, the duo lay out-step-by-step-exactly how egg freezing works, what to plan for and expect from the fertility treatments, and invaluable tips and tricks for anyone going through an egg freezing cycle-or even just considering if egg freezing is the right step to take for their family-building goals. At a critical time when women are taking more control over their careers and their futures, this book empowers women to learn about their fertility and all the options they have available to them. You already plan for your financial future-now it's time to plan for your future fertility and the family you'd like to have. This book is a must-have resource that will help you decide if egg freezing is right for you.

Everything Egg Freezing - Brittany Hawkins 2019-09-21

Are you unsure whether egg freezing is right for you? Or what the process actually involves? Did you know there are things you can do to boost your fertility before treatment? Imagine a dozen of the best fertility doctors and scientists from around the world all here to give you their advice about fertility, plus frank insights from women who've experienced egg freezing firsthand. Engaging and empowering, "Everything Egg Freezing" educates women about the big fertility questions of this generation. In clear steps that are relevant and practical, it helps women feel more confident in their decision making and more in control of their reproductive health. This book gives actionable advice to optimize fertility, including: How egg freezing works & how effective it is What is considered the "right age" to egg freeze Unbiased tools to determine if egg freezing is right for you How to find the best clinic Comprehensive evidence on what you can do to get "fertility fit" The real power of everything from fertility supplements and fertility tea to fertility testing strips What to expect physically and emotionally throughout treatment: the good, the bad and the side effects The exact tools to prepare your body for the best outcome and experience This book is for you if you... Are unsure if egg freezing is right for you Are thinking about freezing your eggs Are looking for a clinic and wondering how to pick one Want to learn more about pricing and financing options for egg freezing Want to fully understand the risks and benefits and side effects of egg freezing If you are preparing to egg freeze and want to set yourself up for success If you want to know what to expect If you've already frozen your eggs and you're considering doing it again If you're a doctor, nurse or dietician looking to learn more about fertility and egg freezing In conclusion: Your doctor will manage your clinical care. For everything else you need to know about egg freezing, read on...

The Book of Eggs - Mark E. Hauber 2014-08-01

From the brilliantly green and glossy eggs of the Elegant Crested Tinamou—said to be among the most beautiful in the world—to the small brown eggs of the house sparrow that makes its nest in a lamppost and the uniformly brown or white chickens' eggs found by the dozen in any corner grocery, birds' eggs have inspired countless biologists, ecologists, and ornithologists, as well as artists, from John James Audubon to the contemporary photographer Rosamond Purcell. For scientists, these vibrant vessels are the source of an array of interesting topics, from the factors responsible for egg coloration to the curious practice of "brood parasitism," in which the eggs of cuckoos mimic those of other bird species in order to be cunningly concealed among the clutches of unsuspecting foster parents. The Book of Eggs introduces readers to eggs from six hundred species—some endangered or extinct—from around the world and housed mostly at Chicago's Field Museum of Natural History. Organized by habitat and taxonomy, the entries include newly commissioned photographs that reproduce each egg in full color and at actual size, as well as distribution maps and drawings and descriptions of the birds and their nests where the eggs are kept warm. Birds' eggs are some of the most colorful and variable natural products in the wild, and each entry is also accompanied by a brief description that includes evolutionary explanations for the wide variety of colors and patterns, from camouflage designed to protect against predation, to thermoregulatory adaptations, to adjustments for the circumstances of a particular habitat or season. Throughout the book are fascinating facts to pique the curiosity of binocular-toting birdwatchers and budding amateurs alike. Female mallards, for instance,

invest more energy to produce larger eggs when faced with the genetic windfall of an attractive mate. Some seabirds, like the cliff-dwelling guillemot, have adapted to produce long, pointed eggs, whose uneven weight distribution prevents them from rolling off rocky ledges into the sea. A visually stunning and scientifically engaging guide to six hundred of the most intriguing eggs, from the pea-sized progeny of the smallest of hummingbirds to the eggs of the largest living bird, the ostrich, which can weigh up to five pounds, The Book of Eggs offers readers a rare, up-close look at these remarkable forms of animal life.

THE GREAT GATSBY - F. SCOTT FITZGERALD 2022

THE GREAT GATSBY BY F. SCOTT FITZGERALD Key features of this book: * Unabridged with 100% of it's original content * Available in multiple formats: eBook, original paperback, large print paperback and hardcover * Easy-to-read 12 pt. font size * Proper paragraph formatting with Indented first lines, 1.25 Line Spacing and Justified Paragraphs * Properly formatted for aesthetics and ease of reading. * Custom Table of Contents and Design elements for each chapter * The Copyright page has been placed at the end of the book, as to not impede the content and flow of the book. Original publication: 1925 The Great Gatsby - The story of the mysteriously wealthy Jay Gatsby and his love for the beautiful Daisy Buchanan, This book is F. Scott Fitzgerald's third book and stands as the supreme achievement of his career. First published in 1925, this classic novel of the Jazz Age has been acclaimed by generations of readers which depicts the life of lavish parties on Long Island is an exquisitely crafted tale of America in the 1920s. This book is great for schools, teachers and students or for the casual reader, and makes a wonderful addition to any classic literary library At Pure Snow Publishing we have taken the time and care into formatting this book to make it the best possible reading experience. We specialize in publishing classic books and have been publishing books since 2014. We now have over 500 book listings available for purchase. Enjoy!

The Egg Quality Diet: A Clinically Proven 100-day Fertility Diet to Balance Hormones, Reduce Inflammation, Improve Egg Quality and Optimize - Aimee E. Raupp 2021-06-13

The Egg Quality Diet is the culmination of what Aimee Raupp has found, during her two decades of clinical practice, to be the most effective nutritional approach to optimizing fertility. This diet has been proven to work not in a randomized control trial (RCT) but in real life, on thousands of real women like you. Real women who have been told they have no good eggs left or they are too old or they are in menopause. This diet has been proven in women with high follicle stimulating hormone (FSH), low anti-mullerian hormones (AMH), recurrent pregnancy loss (RPL), multiple failed in-vitro fertilizations (IVF) and intrauterine inseminations (IUI). This diet has been proven in women with endometriosis, miscarriage, poly-cystic ovarian syndrome (PCOS), fibroids, cysts, adenomyosis, asherman's syndrome, premature ovarian failure (POF) and hypothalamic amenorrhea. This diet has helped hundreds of women, even those in their mid to late forties, make healthy babies using their own eggs. This diet has helped women bring their FSH from above 50 down to 10. This diet has helped women double, even triple their AMH. Even more, this diet has been recommended by multiple reproductive endocrinologists (R.E.) to their clients.

Making Babies - Sami S. David 2009-08-12

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

The Trying Game - Amy Klein 2020-04-07

From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your

partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: • whether to freeze your eggs • finding (and affording) a clinic • what to expect during your first IVF cycle • baby envy—aka it's okay to skip your friend's shower • whether the alternative route—acupuncture, herbs, supplements—is for you • helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

The Very Hungry Caterpillar - Eric Carle 2016-11-22

The all-time classic picture book, from generation to generation, sold somewhere in the world every 30 seconds! Have you shared it with a child or grandchild in your life? For the first time, Eric Carle's *The Very Hungry Caterpillar* is now available in e-book format, perfect for storytime anywhere. As an added bonus, it includes read-aloud audio of Eric Carle reading his classic story. This fine audio production pairs perfectly with the classic story, and it makes for a fantastic new way to encounter this famous, famished caterpillar.

Mummy Laid an Egg! - Babette Cole 2000

MINI TREASURES: delightful mini picture books to treasure forever. MUMMY LAID AN EGG Mum and Dad decide it's time to tell the kids about the facts of life. But do they dare? And do they really know everything about the birds and the bees?

IVF and Beyond For Dummies - Karin Hammarberg 2010-07-13

Created especially for the Australian customer! A guide to the medical, emotional, legal and financial aspects of IVF and life after treatment Are you trying for a baby but suspect you may have an infertility problem and need IVF to conceive? IVF & Beyond For Dummies gives you clear advice on the causes of infertility, getting ready for IVF, the steps involved in treatment and managing the ups and downs of this difficult time. This comprehensive guide also prepares you for life post-IVF. Find out why you can't fall pregnant -- learn about the causes of infertility and what it takes to get a diagnosis Improve your chances of IVF success -- change your lifestyle to boost your fertility Understand IVF step-by-step -- get detailed, easy-to-follow explanations of what happens in a treatment cycle Navigate the system -- educate yourself about the legal and financial realities of IVF Take charge -- be empowered to make informed decisions about your IVF treatment Manage treatment stress -- discover strategies for surviving the emotional turmoil of IVF Help a friend -- get advice on how to support a loved one who's undergoing IVF Enjoy life after IVF -- find out what's special about being pregnant, giving birth and parenting after IVF

My Fertility Book - Sheila Lamb 2018

"When it comes to the subject of fertility and infertility, and the weight that this delicate, complex, and sensitive journey bears, it's most important to have the right information quickly."--Synopsis.

The Infertility Cure - Randine Lewis 2008-12-14

In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. *The Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques *The Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

Who Hatches the Egg? - Tish Rabe 2019-12-10

Everyone's favorite Cat in the Hat introduces young readers to nature's perfect package! *The Cat in the Hat's Learning Library* is a nonfiction picture book series that introduces beginning readers ages 5-8 to important basic concepts. Young readers will be delighted to join the Cat in the Hat as he cracks open the

science of eggs—from the different animals that lay them to the amazing shapes, sizes, and colors they can be! An ideal choice for supporting preschool and kindergarten egg science curriculum, kids will learn about kinds of nests, the stages of development inside a chicken egg, and much, much more. Featuring beloved characters from Dr. Seuss's *The Cat in the Hat*, the Learning Library are unjacketed hardcover picture books that explore a range of nonfiction topics about the world we live in and include an index, glossary, and suggestions for further reading.

First the Egg - Laura Vaccaro Seeger 2007-09-04

A picture book about transformations.

Pinocchio, the Tale of a Puppet - Carlo Collodi 2011-02

Pinocchio, The Tale of a Puppet follows the adventures of a talking wooden puppet whose nose grew longer whenever he told a lie and who wanted more than anything else to become a real boy. As carpenter Master Antonio begins to carve a block of pinewood into a leg for his table the log shouts out, "Don't strike me too hard!" Frightened by the talking log, Master Cherry does not know what to do until his neighbor Geppetto drops by looking for a piece of wood to build a marionette. Antonio gives the block to Geppetto. And thus begins the life of Pinocchio, the puppet that turns into a boy. *Pinocchio, The Tale of a Puppet* is a novel for children by Carlo Collodi is about the mischievous adventures of Pinocchio, an animated marionette, and his poor father and woodcarver Geppetto. It is considered a classic of children's literature and has spawned many derivative works of art. But this is not the story we've seen in film but the original version full of harrowing adventures faced by Pinocchio. It includes 40 illustrations.

Freezing Fertility - Lucy van de Wiel 2020-12-15

Analyzes how the possibility of egg freezing changes what it means to be fertile and to age in the 21st century Welcomed as liberation and dismissed as exploitation, egg freezing (oocyte cryopreservation) has rapidly become one of the most widely-discussed and influential new reproductive technologies of this century. In *Freezing Fertility*, Lucy van de Wiel takes us inside the world of fertility preservation—with its egg freezing parties, contested age limits, proactive anticipations and equity investments—and shows how the popularization of egg freezing has profound consequences for the way in which female fertility and reproductive aging are understood, commercialized and politicized. Beyond an individual reproductive choice for people who may want to have children later in life, *Freezing Fertility* explores how the rise of egg freezing also reveals broader cultural, political and economic negotiations about reproductive politics, gender inequities, age normativities and the financialization of healthcare. Van de Wiel investigates these issues by analyzing a wide range of sources—varying from sparkly online platforms to heart-breaking court cases and intimate autobiographical accounts—that are emblematic of each stage of the egg freezing procedure. By following the egg's journey, *Freezing Fertility* examines how contemporary egg freezing practices both reflect broader social, regulatory and economic power asymmetries and repoliticize fertility and aging in ways that affect the public at large. In doing so, the book explores how the possibility of egg freezing shifts our relation to the beginning and end of life.

Who is in the Egg? - Alexandra Milton 2022-02

The Fertility Book - Adam Balen 2021-09-16

'This book is an absolute game-changer' - Dr Xand Van Tulleken 'Everyone concerned about their fertility should read this book' - Dr Raj Mathur, Chair of the British Fertility Society The book you can trust to help you achieve a healthy pregnancy. Whether you are trying for a baby now or preparing for a family in future, *The Fertility Book* is the no-nonsense guide you need to help you to optimize your chances of a healthy pregnancy. World-renowned fertility consultant Adam Balen and reproductive biologist Grace Dugdale dispel the myths in this comprehensive guide to reproductive health, explaining in easy-to-understand terms the genetic and lifestyle factors at play. They take an honest look at the evidence for both conventional and alternative approaches, equipping you with powerful tools to improve your chances of a natural conception and an understanding of how to create the best environment for a healthy pregnancy. If you do decide to seek help through assisted conception, this book will be with you every step of the way, explaining what treatments are available and how to approach them, so that you can come to an informed decision about what is right for you. Professor Adam Balen and Grace Dugdale have decades of experience

helping couples on their journey to conception and beyond. Now in this, their first book for a general readership, they explain everything you need to know to understand your own fertility.

It Starts with the Egg - Rebecca Fett 2019-02-28

A practical and evidence-backed approach for improving egg quality and fertility-- fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, *It Starts with the Egg* provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges-- including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common environmental toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

Fertility Breakthrough - Gabriela Rosa 2019-09-13

Fertility Breakthrough is an indispensable guide for those who wish to overcome infertility and recurrent miscarriage. Written by world-renowned fertility specialist, Gabriela Rosa, the advice in this book has helped thousands of couples overcome infertility and recurrent miscarriage when other treatments have failed.

Am I the Reason I'm Not Getting Pregnant? - Rosanne Austin 2020-05-05

Am I the Reason I'm Not Getting Pregnant? gets women struggling with infertility ready to unleash unshakable confidence and certainty on the road to motherhood. *Am I the Reason I'm Not Getting Pregnant?* reveals the secret to trading that fear for the unwavering confidence and certainty that women are truly doing everything they can. Rosanne Austin is the coach women around the world turn to when they want success on their fertility journey. In *Am I the Reason I'm Not Getting Pregnant?* Rosanne shares: The genius hack for getting back on the road to fertility success, regardless of age, past "failures," and scary statistics The secret to making fertility decisions like an expert, so women improve their chances of getting pregnant immediately and don't waste time or resources How to create the perfect Bump Squad, so women can finally get the support they really want - even from people they think won't "get" it What it takes to crush fear, doubt, negativity, and spinning in "what-ifs", so women don't wreck their results or set themselves up for soul-searing regret Daily practices that empower women to never have to utter the words, "What should I do," ever again

The Egg and I - Betty Bard MacDonald 2021-08-31

"The Egg and I" by Betty Bard MacDonald. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten--or yet undiscovered gems--of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Yes, You Can Get Pregnant - Aimee E. Raupp 2014-05-22

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

The Keystone Approach - Rebecca Fett 2017-06-11

Healing Arthritis and Psoriasis by Restoring the Microbiome

The Impatient Woman's Guide to Getting Pregnant - Jean M. Twenge 2012-04-17

Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having children--biological pressure, in-law pressures, greater social pressures--to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman

impatient. *The Impatient Woman's Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all--the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information--sometimes contradictory, frequently alarmist, and often discouraging-- that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

Hank Finds an Egg - 2013

Hank finds an egg on the ground while walking in the woods, discovers the nest from which it fell, and tries his best to return it.

Assessing the Medical Risks of Human Oocyte Donation for Stem Cell Research - National Research Council 2007-03-22

It is widely understood that stem cell treatments have the potential to revolutionize medicine. Because of this potential, in 2004 California voters approved Proposition 71 to set up a 10-year, \$3 billion program to fund research on stem cells. Under the direction of the California Institute for Regenerative Medicine, this program will pay to build facilities for stem cell research and will fund doctors and scientists to carry out research with the ultimate goal of helping to develop therapies based on stem cells. For this research to move forward, however, will require a steady supply of stem cells, particularly human embryonic stem cells. Those stem cells are collected from developing human embryos created from eggs-or oocytes-harvested from the ovaries of female donors. Thus much of the promise of stem cells depends on women choosing to donate oocytes to the research effort. The oocyte donation process is not without risk, however. Donors are given doses of hormones to trigger the production of more eggs than would normally be produced, and this hormone treatment can have various side effects. Once the eggs have matured in the ovary, they must be retrieved via a surgical procedure that is typically performed under anesthesia, and both the surgery and the anesthesia carry their own risks. Furthermore, given the very personal nature of egg donation, the experience may carry psychological risks for some women as well. With this in mind, in 2006 the California Institute for Regenerative Medicine contracted with the National Academies to organize a workshop that would bring together experts from various areas to speak about the potential risks of oocyte donation and to summarize what is known and what needs to be known about this topic. The Committee on Assessing the Medical Risks of Human Oocyte Donation for Stem Cell Research was formed to plan the workshop, which was held in San Francisco on September 28, 2006. This report is a summary and synthesis of that workshop.

It Starts with the Egg - Rebecca Fett 2014-03

"How the science of egg quality can help you get pregnant naturally, prevent miscarriage, and improve your odds in IVF."

Eggs Unscrambled - Agnes Fischer 2017-04-25

How Do You Like Your Eggs? is the ultimate guide to the groundbreaking technology that has revolutionised the modern woman's life: oocyte cryopreservation, or egg freezing. Agnes Fischer spent her twenties actively avoiding pregnancy, but when she hit her thirties and couldn't conceive, she found out that having a baby wasn't as easy as advertised. With the help of Dr. Nicole Noyes of the NYU Langone Medical Center, Fischer debunks popular myths about fertility, explains the exciting new technology of egg freezing and arms women with the facts they need to know before it's too late.

Brain Health From Birth - Rebecca Fett 2019-08-28

Raising a bright and happy child starts during pregnancy and early infancy, when small changes can have a big impact on brain development. By taking advantage of this golden window of opportunity--when millions of new brain cells are formed every single day--you can help support your child's IQ, language development, memory, attention span, and emotional regulation. Importantly, the same strategies that nurture these cognitive abilities can also help reduce the odds of autism and ADHD, conditions that now impact 1 in 10

children. *Brain Health from Birth* is your guide to this new scientific frontier, explaining which key nutrients may be missing from your prenatal supplement, how to reduce the odds of preterm birth, what to look for in a formula, how to support your baby's microbiome, and much more. With contributions from leading obstetricians and pediatricians, science writer Rebecca Fett (author of the bestselling fertility book *It Starts with the Egg*) brings you practical advice you can start applying today, to help your baby thrive.