

The Infertility Cure The Ancient Chinese Programme For Getting Pregnant

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Randine Lewis The Infertility Cure Part 01 Audiobook

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old techniques of traditional Chinese medicine to cure infertility. Dr Lewis explains in clear, accessible prose how any woman can identify the imbalances in her body - and how these imbalances can then be treated with a simple plan that entails lifestyle changes, diet, herbs and acupuncture.

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The Infertility Cure addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, lethal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques

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The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies. Paperback - March 21 2005. by Randine Lewis PhD (Author) 4.6 out of 5 stars 249 ratings. See all 6 formats and editions.

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This highly effective programme for women struggling to become pregnant draws on the proven, centuries-old techniques of traditional Chinese medicine to cure infertility. Dr Lewis explains in clear, accessible prose how any woman can identify the imbalances in her body - and how these imbalances can then be treated with a simple plan that entails lifestyle changes, diet, herbs and acupuncture.

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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, lethal 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.

The Infertility Cure is a book focusing on the Acupressure and Acupuncture management of the Infertility.

Planning to have a baby is an exciting time for any family, but difficulties with conception can quickly turn excitement into anxiety and worry. For 14 percent of couples in the United States, creating a life is not the miraculous experience they expected, but rather one filled with stress, trips to the doctor,

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and invasive procedures. But infertility treatment doesn't have to be invasive and distant. In *Curing Infertility with Ancient Chinese Medicine*, fertility expert Dr. Yaron Seidman teaches couples how to live healthier, more balanced lives and create an environment where a baby can grow without resorting to surgery. *Curing Infertility with Ancient Chinese Medicine* shows you how it is possible to conceive even when Western medicine has deemed it impossible. Dr. Seidman explains in a clear, concise, and easy-to-follow way how patients can use the Hunyuan Method to dramatically increase their ability to conceive in a healthy, natural way and improve overall health using ancient Chinese herbal medicine. Primarily intended for infertility patients, *Curing Infertility with Ancient Chinese Medicine* is also aimed at modern Chinese medical practitioners, most of whom lack any training in the classical ways. Inside, Dr. Seidman shows time and time again that it is, in fact, possible to conceive.

Introducing the only clinically proven program—steeped in ancient Chinese healing traditions—that has enabled hundreds of infertile couples to conceive. At Wu's Healing Center in San Francisco, miracles are happening. Women and their partners come to the clinic—often from across the country—to fulfill a passionately held yet fragile dream: to conceive and deliver the healthy baby that mainstream doctors have told them they cannot have. Using traditional Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to conception. Her techniques not only enhance the results and reduce the side effects of in vitro and other Western fertility treatments, they also shorten labor and speed postpartum recovery. Babies benefit too, adopting regular sleep patterns more quickly and getting sick less frequently. At a time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

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 second edition of this popular text systematically addresses all aspects of treatment of infertility

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using Chinese medicine. Clinically focused and with a new easy-to-navigate design, the book begins by covering all the essential fundamentals you will need to understand and treat infertility, before going on to look at what Chinese medicine offers in the way of treatment for functional infertility in men and women, gynecological disorders which contribute to infertility and relevant lifestyle factors. Jane Lyttleton importantly devotes a large part of the book to discussing ways in which Chinese medicine and Western medicine might work together to overcome infertility, and details the increased experience over the past decade in working with IVF patients and their specialists. Leaps forward have also been made in the understanding of conditions such as Polycystic ovarian syndrome and immune infertility. New Features

- Greatly expanded section on the place of Chinese medicine and IVF in treatment of infertility
- New information on Polycystic ovarian disease and immune infertility and how Chinese medicine approaches their treatment
- Updated and balanced advice on pre-conception care
- Clinically focused, with easy-to-navigate design

Detailed and clear Chinese medicine treatment strategies are described. Information on reproductive biology and Western physiology are included to provide an understanding of the complexity of a patient's symptoms and conditions. Western treatment options that may impact Chinese medicine treatment are described, along with details about how these two perspectives can work together. Clinical approaches to supporting the early stages of a pregnancy and preventing miscarriage are included. Advice is offered on pre-conception help and the optimum diet and lifestyle choices for preparing for a pregnancy. The author is a well-known specialist in this field.

Reproduction of the original: An Old Chester Secret by Margaret Deland

Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, alongwith the warmth and wisdom he has acquired from getting to know prospective parents from all kind of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This

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is that book. The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey.

I'd always hoped to have at least one child. My hope died as I passed my 41st birthday but I conceived soon after and gave birth to a beautiful baby. The pregnancy was not aided by fertility treatments (though I had tried Clomid over a year earlier). Was it due to just luck or did I finally get pregnant because of several lifestyle changes I made half a year prior to conceiving? I made some simple but life-altering changes involving nutrition, walking outdoors (for Vitamin D), two short fasts and the practice of two key yoga positions at home. My monthly cycle soon became very regular for the first time in my life, my PMS symptoms disappeared and my wish for a baby came true. The first part of this account is about intimate relationships as I tried to find love and security in my life. The rest is more specifically about how my biological clock went into hyper-mode by age 35, about meeting my husband at 37 and about my three plus years of anxious infertility before conceiving at age forty-one. I hope you will also look into some simple lifestyle changes before (or even during) your trials with fertility treatments. I am so grateful as this really seemed to help me.

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