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Randine Lewis The Infertility Cure Part 01 Audiobook

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The Infertility Cure The Ancient

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 acupressure.

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Unabridged by Lewis Phd, Randine (ISBN: 9781549172298) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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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: The Ancient Chinese Wellness Program~~

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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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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.

Planning to have a baby is an exciting time for any family, but

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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, 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

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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.

Temples were important structures in any civilization and the ancient Egyptians were of no exception. How the temples were created, when they were created and who wanted them created hold important clues on the belief systems and religion dominated during that time. In this book, we'll be visiting the famous temples of Ancient Egypt. Grab a copy today!

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

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

Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—whom *Vogue* calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

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

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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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