

Fertility And Conception

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.

This friendly guide combines professional and personal advice on every aspect of fertility and infertility. From deciding when to seek help and what help to seek, to the emotional, financial, and medical considerations of fertility treatments, you'll be reassured every step of the way with all the support and specialist advice you need to increase your chances of a healthy and happy pregnancy.

From the bestselling authors of *The First Forty Days* comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

A PRACTICAL, INTENTIONAL GUIDE TO CREATING ENHANCED CONDITIONS FOR CONCEPTION Creating new life is a natural part of being a woman, but it doesn't always come as easily as we expect. With high-stress modern lives, many women's bodies are not prepared to nurture the growth of a child, and they may find it challenging to become pregnant. Heather Grzych discovered firsthand that the practice of Ayurveda, and its deep teachings on the Four Fertility Factors, could help her and other women create the optimal conditions for conception. She shares that understanding — which led to the birth of her son — in this comprehensive book. Ayurveda, the ancient "science of life," teaches rejuvenating mind-body-spirit practices and herbal remedies that will help you and your partner align with nature for a healthy conception. You can safely explore this holistic approach as you plan for your pregnancy. With Heather's guidance, you will discover and learn to enhance the factors that contribute to fertility and overall well-being, including the spiritual, emotional, and environmental dimensions of conception.

Supportive, practical advice for couples who are trying to conceive. Denise Wiesner's integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples relax, reconnect, and conceive. The stress of trying to get pregnant can wreak havoc with a couple's intimate relationship—right at a time when that connection is most important—and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving. Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim their intimacy and desire. She includes advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine; offers sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and both naturally occurring and medically assisted fertility.

Practical advice for couples or individuals planning a pregnancy includes illustrations, easily understood explanations of reproductive biology, and advice on becoming pregnant with the healthiest baby possible.

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1 in 7 couples in the UK experience difficulties conceiving (nhs.uk). If you're not getting pregnant as quickly as you'd like, this fertility book will reassure you such issues are common, and offers a variety of conventional and complementary ways to help you take charge of your fertility. Renowned pregnancy expert Zita West takes a uniquely holistic approach to fertility and conception, guiding you through every stage of trying for a baby, from before you stop using contraception through to natural conception, fertility testing, and assisted conception, such as IVF. Discover the best time to get pregnant, the reasons behind infertility, understand the relationship between fertility and diet, and much more. With advice you can trust, *Fertility and Conception* (previous ISBN 9780751338652) is a 'must have' for all men and women looking to maximize their fertility and welcome a new baby into their lives.

Infertility can be a frustrating and heartbreaking disorder compounded by complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a fertility expert Birth rates associated with various treatments Coping methods for dealing with loss With this authoritative and friendly guide, getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start you family, today.

The new comprehensive guide to healthy conception, pregnancy, and postpartum that every woman over thirty must read More and more women are choosing to have children later in life, but since fertility declines starting at age thirty, many moms-to-be face conception and pregnancy with fear, uncertainty, and anxiety. Women thirty and older who wish to conceive naturally are often told it is a "bit too late" for easy conception, or they are forced to turn to invasive, expensive treatments. But there is a better way! With *HOW TO CONCEIVE NATURALLY: AND HAVE A HEALTHY PREGNANCY AFTER 30* readers will discover that it's possible to have a healthy pregnancy in your thirties or early forties. Experts Christa Orecchio and Willow Buckley share their vast knowledge of holistic health, nutrition, and fertility in this powerful program that has helped thousands of women conceive naturally and quickly. From a 12-week preconception fertility detox to a postpartum plan to rebalance hormones, this book empowers women to take charge of their fertility at any age. Orecchio and Buckley present the most current research in nutrition and homeopathy to equip women with the wide-ranging knowledge they'll need on each step of the journey to having a baby naturally, from preconception to postpartum. *Fertility Facts* is the ultimate compendium of pre-pregnancy advice, essential not only for the one in six couples struggling with fertility challenges, but also for anyone starting a family. This chunky volume offers hundreds of ways, sourced from doctors and the latest research by the experts at *Conceive Magazine*, for women to conceive faster. Each page offers a new and often surprising tip: women should avoid taking ibuprofen, while men looking to increase sperm count should double up on pumpkin seeds! With this highly accessible reference in hand, readers will be one step closer to parenthood.

Conception - A Fertility Doctor's Memoir will describe the history of IVF and the world it made from someone who has

been practicing since its earliest days. It will describe how Dr. Merle Berger first got interested in becoming a doctor, then an obstetrician and gynecologist and finally a specialist in reproductive medicine and infertility as well as a fierce woman's health care advocate. The book will give readers necessary perspective on where this medical technology came from and how quickly it has advanced, and it will lay out many of the ethical conundrums we will face in the coming decades. It will appeal to anyone who has considered IVF in the past 40 years, and those who wonder if they will ever need it in the future. It will also likely appeal to those who have reservations about assisted reproduction and how it has so dramatically moved a fundamental human act out of the bedroom and into the lab, even as it has stoked our fears about designer babies. Conception will help people to understand the headlines we read every day about egg-freezing technology and the way in which celebrities over 45 get pregnant. (Hint: they use donor eggs.) It will make readers fluent in the technologies that will shape reproduction in the coming decades. It will more fully trace the way in which sex was decoupled from reproduction in the 20th century, and it will outline how reproduction might be separated from eggs and sperm in the near future. What lies ahead is thrilling to contemplate and even a little bit frightening. But when we have context for these discussions, readers will be able to make the choices that are best for them.

Getting pregnant and ensuring that your baby has the best start in life requires careful planning, which needs to start well in advance of conception. Containing advice on every facet of preconception care, this book shows you how to safeguard your reproductive health, explains how conception works and helps you interpret your fertility signals to increase your chances of conceiving. It provides information on the optimum diet, including all the essential vitamins and minerals, how to adopt the healthiest possible lifestyle as you prepare for pregnancy, and, finally, counsels on what to do if pregnancy isn't happening soon enough.

Dr. Jeremy Groll is an expert in reproductive endocrinology and fertility treatment. Fertility Foods presents his groundbreaking, noninvasive, nutritionally based method, which increases ovulation, reduces miscarriage, and significantly improves your chances of successfully getting and staying pregnant. Dr. Groll's specialized research has proven that there is a powerful link between a body's insulin resistance and fertility problems. Resistance to insulin increases the body's insulin levels, hindering normal ovulation either by limiting the maturation process of the released egg or by preventing ovulation altogether. High insulin levels can also impede the fertilized egg's ability to attach to the uterus, leading to implantation failure and miscarriage. In fact, women with insulin resistance problems are four to five times as likely as other women to suffer miscarriages -- meaning they have as high as a 50 percent chance of miscarriage. Dr. Groll has developed an insulin-reducing diet based on balancing protein and complex carbohydrate intake to create insulin levels most conducive to ovulation. He combines his nutritional plan -- which includes nutritional

charts, food suggestions, and recipes -- with a specific exercise program that enhances insulin metabolism and an emotional support system that you can draw on during your quest to become parents. This three-pronged approach increases the rates of spontaneous ovulation and significantly improves the uterine environment, decreasing the potential for miscarriage. One in every ten couples in America is affected by infertility. Yet, only 5 to 10 percent of patients actually need high-tech procedures such as in vitro fertilization. Whether you are taking your first steps in combating infertility or searching for effective methods to support more advanced fertility treatments, Fertility Foods is your helpful and rewarding guide.

This one-stop practical guide will show you how to maximise your chances of having a baby. To make your progress easier, it comes with handy expert tips and advice throughout.

Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include:

- New 'Preface to the 10th Anniversary Edition"
- Updates on new fertility technologies
- Natural approaches to conception
- Updated Resources and Books

For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to:

- Enjoy highly effective, scientifically proven birth control without chemicals or devices
- Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception
- Increase the likelihood of choosing the gender of her baby
- Gain control of her sexual and gynecological health

"Designed as an informational resource for patients, *Your Pregnancy and Childbirth: Month to Month* Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. *Your pregnancy and Childbirth: Month to Month* is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after pregnancy"--

These essays examine the global impact of infertility as a major reproductive health issue, one that has profoundly affected the lives of countless women and men. The contributors address a range of topics including how the deeply gendered nature of infertility sets the blame on women's shoulders.

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.

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.

A pioneer in the field of fertility, Zita West's programme is invaluable for couples trying to conceive. Harley Street's most popular fertility expert, and favourite consultant to celebrity clients, guides the reader through a process of vital physical and mental preparation.

Embarking on IVF - or any assisted fertility treatment - can be a very demanding and stressful experience, but the right physical, nutritional and emotional support can lessen these stresses and strains and increase your chances of success.

In Zita West's Guide to Fertility and Assisted Conception leading fertility and pregnancy expert, Zita West, offers an in-depth explanation of all aspects of fertility and, uniquely, addresses the issues involved in using assisted conception. In her clear, yet sensitive, style Zita explains: - All aspects of fertility - from preconception and trying naturally through to assisted conception - What is involved in the IVF process - How to prepare your body to increase your chances of conceiving successfully - The importance of a proactive approach to diet and nutrition - How complementary therapies, such as acupuncture, can increase your chances of success Including interviews with leading experts in the field, case histories from patients and Zita's own holistic principles, this is an invaluable guide for the growing number of people who are considering, or have already embarked on, medical intervention to enable them to conceive.

In Taking Baby Steps, Jody Lyneé Madeira takes readers inside the infertility experience, from dealing with infertility-related emotions through forming treatment relationships with medical professionals to confronting difficult medical decisions. Based on hundreds of interviews, this book investigates how women, men, and medical professionals negotiate infertility's rocky terrain to create life and build families—a journey across personal, medical, legal, and ethical minefields that can test mental and physical health, friendships and marriages, spirituality, and financial security.

A helpful medical reference on conceiving and maintaining pregnancy from the Mayo Clinic, #1 on US News & World Report's 2020-2021 Best Hospitals Honor Roll. Deciding to start or build a family is a life-changing decision. Once the decision is made, there's a whole new set of unknowns—including whether the journey will be easy or difficult. How can you increase your chances of becoming pregnant? What health and lifestyle changes should you make to have a healthy pregnancy? And if you're struggling to become pregnant, what medical treatments are available? Where can you get emotional support if you can't get pregnant or if you've had a miscarriage? And when is enough? The fertility experts at Mayo Clinic offer answers to these questions and more. Through the pages of this book, they'll guide you through the process of trying for—and achieving—a successful pregnancy. You'll also hear throughout the book from couples and individuals who have struggled to have a family. For a variety of reasons—health conditions, unexplained infertility, or life circumstances—getting pregnant or deciding to have a family was difficult for them. These personal stories are to let you know that you're not alone in your journey, and to give you hope that with time and patience, pregnancy is often possible. From lifestyle and dietary recommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility, this book is a comprehensive source of answers from “one of the most reliable, respected health resources that Americans have” (Publishers Weekly).

Mayo Clinic Guide to Fertility and Conception RosettaBooks

A comprehensive handbook for couples looking to start a family, including those have experienced conception problems, draws on the latest

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medical and healthy research to provide practical advice and up-to-date information on how to maximize fertility and presents a number of conventional and complementary therapies, ranging from nutrition to IVF to assist. Original.

Now there is a hopeful, painless, and low-cost approach to infertility written by a hypnotherapist who has successfully helped women achieve pregnancy by removing blocks in their subconscious mind. There are many infertility-specific issues blocking the mind's subconscious that affect body functions and health. Women with a vague diagnosis of "unexplained infertility," and even those who have been diagnosed infertile due to minor physical issues, find that the mind can remove many physical and emotional barriers that aren't significant enough to cause permanent infertility. Hypnosis is simply gaining access to the subconscious mind—the place that holds all our psychological "blockages." Reprogramming the information going to our body's cells can be a complementary process to any fertility path a woman has chosen. This heartening guide can also benefit any woman undergoing assisted reproductive technologies, those looking for alternatives to these procedures, or for women who are just beginning to think about planning a family and want to prepare themselves for pregnancy. 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.

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

"The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into." This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual

within fertility to balance the hormonal system and promote a healthy pregnancy.

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 Trollice, 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 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. Trollice 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.

This invaluable guide is an ideal companion for anyone seeking to maximize their chance of conception, offering a healthy start to pregnancy through natural regimes and holistic techniques. All the most commonly-asked questions are answered thoroughly and sensitively: the issues surrounding the decision to have a baby; planning an approach that includes eating the correct foods and understanding cycles; learning which factors count for and against a successful conception; and knowing when to seek professional help. Over 130 photographs and diagrams are included.

An increasing collection of research confirms that men's fertility health is just as important as the women's when couples are trying to conceive. Yet, there are only a small handful of resources supporting men trying to expand their family. Written by award-winning registered dietitian and nutrition expert Lauren Manaker, this guide you will find specific nutrition and lifestyle interventions that have been shown to improve male fertility parameters in scientific peer-reviewed papers. You will also find the author's personal recommendations for how to implement certain measures. Lastly, you will find a brief outline highlighting certain things you can do to modify your diet and lifestyle according to specific fertility challenges.

Fertility and Pregnancy: An Epidemiologic Perspective, is a lively overview of human reproduction: how it works, and what causes

it to go wrong. Weaving together history, biology, obstetrics, pediatrics, demography, infectious diseases, molecular genetics, and evolutionary biology, Allen Wilcox brings a fresh coherence to the epidemiologic study of reproduction and pregnancy. Along the way, he provides entertaining anecdotes, superb graphs, odd tidbits and occasional humor that bring the topic to life. The book is divided into two sections. The first lays the foundations - the basic principles of reproductive physiology, demography, infectious diseases, and genetics as they apply to human reproduction. The second part deals with the endpoints of reproductive epidemiology - a spectrum ranging from infertility and fetal loss to birth defects and the delayed effects of fetal exposures. The book closes with a discussion of unsolved problems, suggesting possible research projects for a new generation of epidemiologists. An extensive glossary makes this a valuable reference as well as an enjoyable read.

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.

Using research into the relationship between lifestyle and fertility, the authors outline a mind/body approach to achieving greater fertility. 75,000 first printing.

For many couples, getting pregnant can be a harrowing and emotionally draining experience. In fact, one in every six couples of childbearing age has a problem conceiving. The Everything Getting Pregnant Book is a one-of-a-kind fertility book that outlines the steps to follow when planning for a pregnancy, such as discontinuing birth control methods, exercising, and eating well. This exhaustively researched guide also provides explanations of a wide-range of fertility treatments available today, what they entail, and their success rates - allowing parents to choose their treatment wisely. The Everything Getting Pregnant Book helps readers understand: Assisted Reproductive Technology Fertility surgery Low-tech fertility aids Male and female factor infertility Medication therapy Menstrual cycle basics Whether couples are thinking about pregnancy and want to plan ahead or are already trying and have not yet met with success, The Everything Getting Pregnant Book will have them getting up for 3 A.M. feedings in no time. In an updated paperbound edition, the head of one of the world's leading clinical infertility laboratories offers detailed, up-to-date medical information about the causes, treatments, and emotional and financial effects of infertility. Reprint.

This book provides andrologists and other practitioners with reliable, up-to-date information on all aspects of male infertility and is designed to assist in the clinical management of patients. Clear guidance is offered on classification of infertility, sperm analysis interpretation and diagnosis. The full range of types and causes of male infertility are then discussed in depth. Particular attention is devoted to poorly understood conditions such as unexplained couple infertility and idiopathic male infertility, but the roles of diverse disorders, health and lifestyle factors and environmental pollution are also fully explored. Research considered stimulating

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for the reader is highlighted, reflecting the fascinating and controversial nature of the field. International treatment guidelines are presented and the role of diet and dietary supplements is discussed in view of their increasing importance. Clinicians will find that the book's straightforward approach ensures that it can be easily and rapidly consulted.

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