

Taking Charge Of Your Fertility The Definitive Guide To Natural Birth Control Pregnancy Achievement And Reproductive Health The Definitive Guide To Pregnancy Achievement And Reproductive Wealth

Victoria Maizes

Taking Charge Of Your Fertility Toni Weschler, 2022-12-22 The US best-selling guide to natural birth control, pregnancy achievement and women's ongoing reproductive health. From fertility expert Toni Weschler, this is a must-read for any woman thinking of becoming pregnant. 'Straightforward and unbiased information on achieving pregnancy and tips for an effective, chemical-free method of contraception.' -- Pride 'This book allowed me to take a little control of a situation I was finding myself feeling increasingly helpless with' -- ***** Reader review 'A life-changer' -- ***** Reader review 'A brilliant book - all women should read this' -- ***** Reader review 'Empowering' -- ***** Reader review 'Great for any woman seeking deeper knowledge of their body' -- ***** Reader review

***** Are you unhappy with your current method of birth control? Or are you demoralized by your quest to have a baby? Do you also experience confusing signs and symptoms at various times in your menstrual cycle, but are frustrated by a lack of simple explanations? This invaluable resource will provide the answers to these questions while giving amazing insights into your own body. Taking Charge of Your Fertility has helped hundreds of thousands of women to get pregnant, avoid pregnancy naturally, or simply gain better control of their health and their lives. This book thoroughly explains the empowering Fertility Awareness Method (FAM), which, in only a couple of minutes a day, allows you to: - Maximise your chances of conception before you see a doctor - Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement - Enjoy highly effective and scientifically proven birth control without chemicals or devices - Gain control of your sexual and gynaecological health pre-pregnancy, during pregnancy and beyond pregnancy - all the way to menopause. With straight-forward, easy-to-follow advice, real life case studies, comprehensive tables showing how to track changes and detailed information and advice on fertility

drugs and treatments, this is an indispensable guide for all women - no matter what stage of the fertility journey they are at.

Blaze Your Own Trail Rebekah Bastian,2020-02-11 So many women enter their adult lives believing that they should know where they are going and how to get there. This can make life decisions feel intimidating and overwhelming. While some choices that lie ahead are fairly predictable, such as those surrounding career, partnership, and motherhood, the effects of these choices can lead to more complicated and unexpected turns that are seldom discussed. Rather than suggesting a rule book, Rebekah Bastian, vice president at Zillow and recognized thought leader, inspires you to Blaze Your Own Trail. "I have the benefit of being a living example of crooked paths, magnificent screw-ups, and shocking successes," she writes. Through storylines and supportive data that explore workplace sexism, career changes, marriage, child-rearing, existential crises, and everything in between, you will learn to embrace and feel less alone in your own nonlinear journey. Even better, you can turn back decisions and make different ones. Blaze Your Own Trail includes nineteen possible outcomes and many routes to get there. You will find that you have the strength to make it through any of them.

Reproductive Justice and the Catholic Church Emily Reimer-Barry,2024-06-10 Pregnancy loss is profoundly complex, ambiguous, and alienating, but telling women who have procured abortions that they are murderers and sinners is not the best way forward. Magisterial teachings on abortion are too often presented as moral absolutes, when in fact moral absolutism distorts the rich wisdom of the Catholic intellectual tradition. This book initiates a new conversation about women's experiences of miscarriage, stillbirth, and abortion, arguing that we need not approach these difficult life experiences in a simplistic way. Dr. Reimer-Barry argues that both the pro-life and pro-choice movements make important and valuable claims, yet each approach on its own is flawed. Drawing on the framework of reproductive justice together with Catholic social teaching, Dr. Reimer-Barry suggests a new way forward for abortion discourse that takes seriously the full human dignity of women and the intrinsic (though not absolute) value of prenatal life. She argues that instead of thinking of the Church as a moral teacher—with leaders in Rome or Washington, DC dictating to the consciences of the faithful—a better way to address the complexity of difficult pregnancy discernments would be to think of the Church as a community of support in the midst of and after difficult discernments; a community that seeks justice together and implements structural reforms while also providing spiritual care to those in need. What women deserve, is justice.

Be Fruitful Victoria Maizes,2013-02-05 Practical advice covering contraception, nutrition, diet, and exercise to increase optimal fertility. Includes information for both males and females and ways for them to curtail environmental factors and stress -- Source other than Library of Congress.

Budgeting for Infertility Evelina Weidman Sterling,Angie Best-Boss,2009-03-17 Having a baby can be one of the most wonderful times of your life -- but if you need help to conceive, it can swiftly become a staggeringly expensive undertaking. With the average cost of infertility treatments ranging from \$35,000 to \$85,000 in the United States (most of which is not

covered by insurance companies), many women and couples find themselves having to make difficult choices about building their families. Getting a grip on your finances is one of the few things you can do to regain control of this process. Infertility experts Evelina Weidman Sterling and Angie Best-Boss have created the ultimate guide to ensuring the most cost-effective care with the highest chances for success. With anecdotes, interviews, and advice from both doctors and patients, you can easily apply these specific money-saving strategies to your own unique situation. Learn how to: - Select a fertility clinic with a high rate of success - Convince your insurance company to cover more of the costs - Track down the most affordable fertility drugs - Travel abroad for cheaper care or international surrogacy - Avoid the scams and unnecessary expenses every step of the way Personal and professional, *Budgeting for Infertility* is an invaluable resource that shows you how to pay for infertility treatment...and still have money in the bank for diapers and day care.

The PallasCeres Report Megan K. Seibert,2023-09-21 The Green New Deal has become the global emblem for combatting climate change and averting planetary disaster. But it couldn't be more wrong in its characterization of the problem and prescription for what to do about it. Masquerading as the pinnacle of liberal progress, it would lead us down a path just as destructive as the one we're already on. This comprehensive report—at once analytical, philosophical, political, and an accessible, heartfelt call to action—maps an alternative to the scores of energy transition plans drunk on illusory 'tweakerism' and political correctness. Grounded in sober ecology and metaphysics, it outlines what would actually be required to wean society off fossil fuels, avert catastrophic collapse, and claim a sustainable path worthy of dignified human beings. Containing an extensive yet concise exploration of the problématique (why the Green New Deal is flawed and what a genuine one would look like) followed by detailed policy recommendations and fiscal proposals, this is both a roadmap for governments and a valuable resource for anyone interested in energy and building the New World. Unlike other commentary on this topic, *The PallasCeres Report* is not a Marxist critique, whereby socialist techno-industrial society is presumed to be more sustainable than capitalist techno-industrial society. It does not outline the litany of problems with "renewables" only to conclude that they're still better than fossil fuels. It is not a vague call for 'degrowth' accompanied by a 'circular economy.' Nor does it champion empty rhetoric about 'free energy' that would simply continue to power our destructive system. It is a giant leap outside the box, detailing why soulless modern civilization is unsustainable and how an entirely new way of being can be born at this pivotal time.

Ready Elizabeth Gregory,2012-08-07 Over the past three decades, skyrocketing numbers of women have chosen to start their families in their late thirties and early forties. In 2005, ten times as many women had their first child between the ages of 35 and 39 as in 1975, and thirteen times as many had their first between 40 and 44. Women now have the option to define for themselves when they're ready for family, rather than sticking to a schedule set by social convention. As a society, however, we have yet to come to terms with the phenomenon of later motherhood, and women who decide it makes sense for

them to delay pregnancy often find themselves confronted with alarmist warnings about the dangers of waiting too long. In *Ready*, Elizabeth Gregory tracks the burgeoning trend of new later motherhood and demonstrates that for many women today, waiting for family works best. She provides compelling evidence of the benefits of having children later -- by birth or by adoption. Gregory reveals that large numbers of women succeed in having children between 35 and 44 by the usual means (one in seven kids born today has a mom in that age range), and that many of those who don't succeed nonetheless find alternate routes to happy families via egg donation or adoption. And they're glad they waited. Without ignoring the complexities that older women may face in their quest to have children, Gregory reveals the many advantages of waiting:

- Stronger family focus: Having achieved many of their personal and career goals, new later moms feel ready to focus on family rather than trying to juggle priorities
- More financial power: New later moms have established careers and make higher salaries
- Greater self-confidence: New later moms have more career experience, and their management skills translate directly into managing a household and advocating for their children
- More stable single-parenting: New later moms who are single have more resources
- High marriage rate: On average, 85 percent of new later moms are married, lending stability to the family structure
- Longer lives: Evidence indicates that new later moms actually live longer than moms who start their families earlier

Based on in-depth interviews with more than 100 new later moms and extensive collateral research, *Ready* shatters the myths surrounding later motherhood. Drawing on both the statistical evidence and the voices of the new later mothers themselves, Gregory delivers surprising and welcome news that will revolutionize the way we think about motherhood.

Cycles Amy J. Hammer, 2023-02-07 Reclaim your cycle and support your health with this detailed guide featuring 100+ recipes and practices from RN, and author of *How to Grow a Baby*, Amy Hammer. There is no one-size-fits-all guide to your cycle. But registered nurse Amy Hammer arms you with a strong foundation in physiology and hormonal health, explores historical and sociocultural aspects of women's health, and reimagines the phases of the menstrual cycle as aligning with the four seasons to provide a detailed guide for living well in your body. Also included are nutritive recipes (kabocha squash curry soup, seed balls, wild salmon congee), supportive movement practices to incorporate into your whole day (abdomen relief stretch, buddy walking, foam rolling), and self-care rituals and recipes (dandelion-infused breast massage oil, alternate nostril breathing) to guide you through each phase of the menstrual cycle and of life—from the young adult and menstruating years to perimenopause and menopause. Become in tune with your internal rhythm, reclaim the meaning of self-care, and cultivate optimal health for every season of life. This comprehensive, body-literate guide includes: 40 nutrient-dense, menstrual-phase specific recipes that support hormonal, emotional, cognitive, gut, and overall health. The science behind menstrual cycles and how hormonal fluctuation impacts your brain, breasts, skin, and weight. How to track your cycle using fertility awareness methods, allowing you to naturally and effectively avoid or pursue pregnancy. Supportive full-body

movement, self-care, and nutrition tips that optimize physiological and hormonal health throughout the phases and your lifespan.

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.

Making Babies Jill Blakeway,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.

Ovulation and Pregnancy Tracking Diary Victoria Ciftci,2020-06 This diary is used to track ovulation with the use of OPK's (ovulation predictor kits) when trying to conceive. You can also record your period, sex and pregnancy test strips.

Feed Your Fertility Emily Bartlett,Laura Erlich,2015-01-20 Do you want to make a healthy baby and have a healthy pregnancy? Are you interested in a holistic approach to fertility? Do you need to optimize your fertility due to your age or

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

The Whole Life Fertility Plan Kyra Phillips, Jamie Grifo PhD, 2015-02-01 A proactive and comprehensive guide to help you understand and preserve your fertility options. Does stress affect your fertility? Should you be worried about chemicals in your lipstick? Should you avoid materials made with plastic? How does diet affect your chance of conception? Should you be eating only organic food? Does acupuncture increase your chances? How old is too old? In THE WHOLE LIFE FERTILITY PLAN, Kyra Phillips and Dr. Jamie Grifo answer all your pressing questions about fertility health—and address things you didn't even know to ask—whether you're planning to wait to have kids or are starting the process now. Phillips spent her 20s and 30s building her career, and wasn't ready to start a family until she turned 40. She met with Dr. Grifo, the director at the renowned NYU Fertility Health Center, and after an uphill (but ultimately successful) battle on the road to conception, she learned that there were a number of things—simple things—she could have been doing differently over the years. For too long, women have believed that when it comes to their fertility, their bodies will cooperate when the time is right. But fertility is not unlike heart health; it's important to be proactive. As women are becoming increasingly aware of their fertility

health and waiting longer to have children, they are starting to take control of their fertility long before they are ready to start trying. Whether you're in your 20s, 30s or 40s, and want to start a family now or down the line, don't leave it up to chance—educate yourself about what affects your fertility.

Birth Without Fear January Harshe, 2019-03-05 An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In *Birth Without Fear*, January Harshe—founder of the global online community Birth Without Fear—delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child—covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. *Birth Without Fear* shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights—and how to use their voice to exercise them—as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, *Birth Without Fear* will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face—and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, *Birth Without Fear* is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

Yoga and Fertility Jill Mahrlig Petigara, Lynn Jensen, 2012-12-12 Women battling infertility is a familiar though still harrowing story these days. Women using yoga to reduce stress and become more aware of its body and its rhythms is another. So it comes as no surprise that yoga is helping women to cope with the physical and emotional stress of infertility and its treatments.

The Art of Natural Family Planning, 2007-11 The Couple to Couple League's *Art of Natural Family Planning Student Guide* explains the Sympto-Thermal Method of Natural Family Planning. Features: large format; easy-to-read and understand; information on breastfeeding, cycle irregularities, miscarriages, family size, effectiveness, pharmaceutical products and NFP, and much more.

Dr. Robert Greene's Perfect Hormone Balance for Pregnancy Robert A. Greene, M.D., Laurie Tarkan, 2009-01-21 Every aspect of pregnancy—from your ability to conceive to your risk of a preterm delivery—is affected by your hormonal health. But if you're like many women, you don't know the critically important role hormones play at every stage of your pregnancy. In *Dr. Robert Greene's Perfect Hormone Balance for Pregnancy*, Dr. Greene, a world-renowned hormone expert, incorporates his years of research into a practical plan for maintaining excellent hormone health throughout your pregnancy. Balanced

hormones are essential to a healthy pregnancy for you and for optimal brain development for your baby. Dr. Greene's groundbreaking Perfect Balance Pregnancy Program, which follows all the guidelines recommended by the American College of Obstetricians and Gynecologists, shows you how to overcome and avoid common factors that create hormonal imbalance—including overeating, insufficient sleep, chronic stress, and the chemicals found in food, water, and cosmetics. With this easy-to-follow plan for maintaining proper hormone balance, you'll understand: • why your symptoms matter • the importance of diet and exercise • what is the appropriate weight gain for your body • how to reduce tension and improve sleep • why and how to avoid environmental toxins The Perfect Balance Pregnancy Program arms you with the tools you need before, during, and after pregnancy to stay healthy and feel great. Visit Dr. Greene's pregnancy blog at greenepregnancy.blogspot.com.

Cycle Savvy Toni Weschler, 2011-04-26 Should I be concerned if my cycles are rarely 28 days? Why do I often feel so emotional before my period? And how can I know when my period's really going to start?! If you're a teenage girl, you've probably asked yourself these questions and many more. Now Cycle Savvy has the answers that will help you understand what is really happening with your body on a day-to-day basis. It's the first book specifically designed to teach young women about the practical benefits of charting their cycles. Explore the fascinating world of ovulation, fertility, and why you even have periods at all! And learn all about the body signals, mood changes, and other signs that accompany your cycle. With charming illustrations, fun brainteasers, confidence builders, sample charts, and first-person tales of experiences that every girl can relate to, Cycle Savvy takes the mystery out of your amazing body.

Library Journal , 1995-07

The Fertility Book Adam Balen, Grace Dugdale, 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.

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Taking Charge Of Your Fertility The Definitive Guide To Natural Birth Control Pregnancy Achievement And Reproductive Health The Definitive Guide To Pregnancy Achievement And Reproductive Wealth** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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