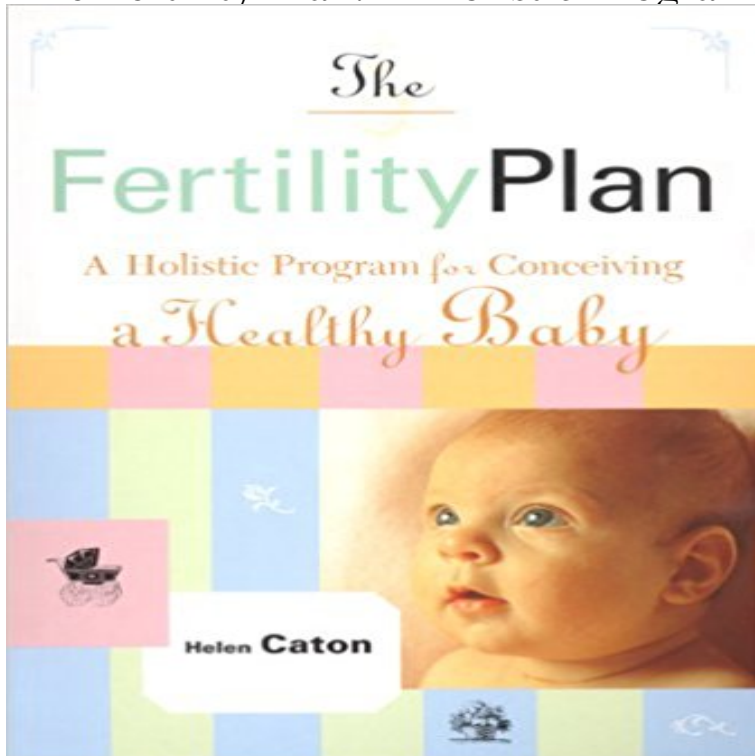


The Fertility Plan: A Holistic Program to Conceiving a Healthy Baby



Prepare for pregnancy, naturally The Fertility Plan is a uniquely effective guide to boosting your fertility without relying on drug therapies or invasive surgical procedures. With its simple, five-stage holistic program, The Fertility Plan encourages you to develop fertility awareness and play an active, responsible role in your journey toward parenthood. Whether you're finding it difficult to conceive on your own, or you're looking for a safe, reliable way to ensure a healthy pregnancy, you can enhance your chances with:

- * A specific nine-month, countdown-to-conception plan that will bring you and your partner to peak mental and physical condition
- * Natural self-diagnosis methods for understanding both male and female fertility levels, including how to judge sperm quality and monitor egg production
- * Information on identifying and eliminating hazards to reproductive and fetal health
- * Instructions on how to use yoga, massage, homeopathy, and other natural treatments to boost fertility and keep your spirits high
- * A sound nutritional program for maintaining health before and during pregnancy

Fully illustrated and designed with dozens of user-friendly checklists, charts, and diagrams, The Fertility Plan provides the guidance you need to achieve the healthy pregnancy you want.

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