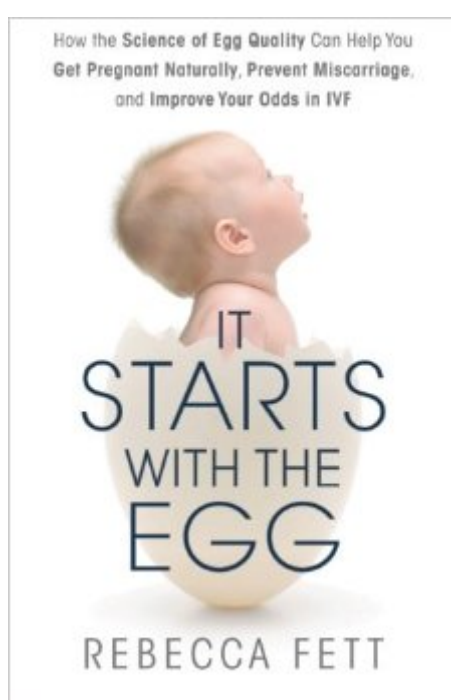


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# It Starts With The Egg: How The Science Of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, And Improve Your Odds In IVF



## Synopsis

Whether you are trying to conceive naturally or through IVF, the quality of your eggs will have a powerful impact on how long it takes you to get pregnant and whether you face an increased risk of miscarriage. Poor egg quality is emerging as the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. It is also a major contributor to infertility in PCOS. Based on a comprehensive investigation of a vast array of scientific research, *It Starts with the Egg* reveals a groundbreaking new approach for improving egg quality and fertility. With a concrete strategy that includes minimizing exposure to toxins such as BPA and phthalates, 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. "This timely synthesis of scientific literature is essential reading for both women and men wanting practical, evidence-based recommendations to enhance their fertility." - Dr. Loretta McKinnon, Epidemiologist, Princess Alexandra Hospital. "Rebecca Fett did a stellar job of researching and summarizing the current understanding of the impact of egg quality on IVF pregnancy chances." - Dr. Norbert Gleicher, Reproductive Endocrinologist at The Center For Human Reproduction, New York. "A thoroughly-researched and eye-opening account of how small, simple lifestyle changes can have powerful, positive effects on your health and fertility. A must-read for women wanting the best chance of conceiving a healthy baby." - Beth Greer, bestselling author of *Super Natural Home*

## Book Information

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## Customer Reviews

Well written book with great use of scientific data. When you're trying to conceive, it's easy to get lost in a lot of anecdotal stories. Not everything you read on the internet is true. Women who suffer from infertility are willing to go through hell and back to conceive and unfortunately, a lot of people know this -- so they use it against them and try to sell them a "miracle cure". This book sorts through all of the scientific evidence that is backed by trials and research -- not some hippy dippy chakra shaman trying to make a buck off of someones desperation. Infertility is expensive to begin with and you have these people that peddle these "herbs" and "supplements" that aren't clinically tested. It really burns me if you can't tell. Being someone in the medical/research field -- I appreciate this books use of actual data. Please keep in mind that we are not all created [physically] equal and that the cause of your infertility may not be the cause of mine. This book tries to tackle infertility causes as a general whole and then goes into a little more detail into the common causes (PCOS, Endo, Male Factor). Some of the recommendations are a little difficult to implement in my opinion but we did the ones we could. We started WELL IN ADVANCE (8 months) to our IVF too (you can't start making changes one week before your IVF -- it won't work and the author explains that in the book). I am now 33 weeks pregnant with a healthy little girl. Before this book I was taking dozens of herbs and supplements (unregulated by the FDA mind you) a day. I would choke on some of them because I was tired of swallowing these horse pills.

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