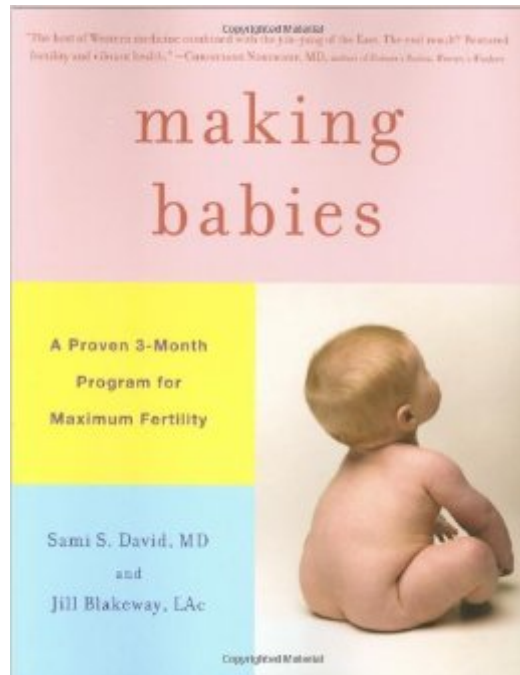


The book was found

Making Babies: A Proven 3-Month Program For Maximum Fertility



Synopsis

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.

Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (242 customer reviews)

Best Sellers Rank: #20,372 in Books (See Top 100 in Books) #7 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility](#) #66 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #79 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

My husband and I have been trying for over two years with no luck. I was diagnosed by my fertility specialist as "unexplained infertility," and she wanted to go directly to IUI and IVF if necessary. If nothing physically was wrong with me, then why wasn't she willing to do any further tests to see if I can't get pregnant naturally? I don't mean to knock western medicine, but I dumped my doctor when she wouldn't even examine whether or not I had hostile cervical mucous or endometriosis. I'm really glad I found this book. It was very thorough, informative, and easy to understand. It was a very quick read and even provides an online quiz to make identifying your "fertility type" easier. It's been three months since I purchased it and started following the recommended guidelines for my fertility type (stuck), which meant changing my diet and seeing an acupuncturist. I am not yet pregnant, but I

have already had plenty of physical changes to know that this really does work. My body is changing for the better, and I know now that I never would have gotten pregnant through IUI or IVF had I not changed my daily routine. Turns out I was experiencing a perpetual state of gut inflammation and lack of blood flow to the uterus (blood stagnation) due to dairy, sugar, and not enough fruits/vegetables. Western medicine never would have identified this problem.

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