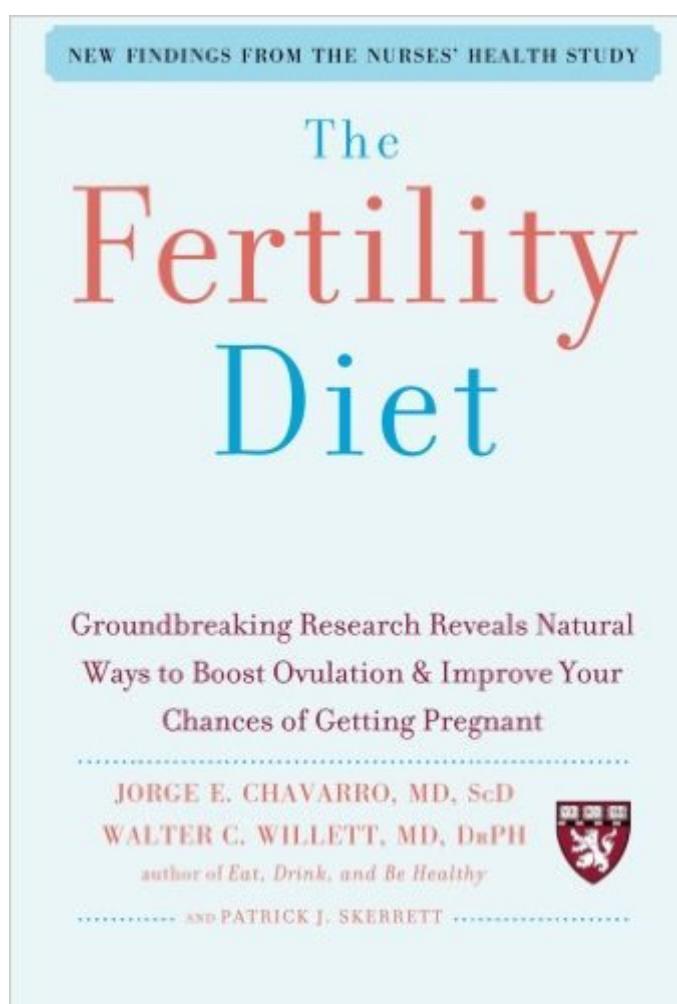


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# The Fertility Diet: Groundbreaking Research Reveals Natural Ways To Boost Ovulation And Improve Your Chances Of Getting Pregnant



## Synopsis

Get pregnant--naturally! The Fertility Diet reveals startling new research from the landmark Nurses' Health Study, which shows that the food you eat can boost your fertility. The book prescribes ten simple changes in diet and activity that can increase your chances of getting pregnant. These changes include: Cutting back on red meat and trans fats Getting protein and iron from veggies and nuts Choosing whole-fat milk and even ice cream Drinking coffee, tea, and alcohol in moderation Losing weight (if needed) and exercising The Nurses' Health Study exhaustively examined the effects of diet and other lifestyle changes on fertility among nearly 20,000 female nurses. Two of the study's lead researchers translate its groundbreaking findings into changes you can put into practice today, setting the stage for a healthy pregnancy and forming the foundation for an eating strategy that will serve you well for the rest of your life. The Fertility Diet also offers a week's worth of meal plans and delicious recipes that will make following the guidelines easy and tasty.

## Book Information

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## Customer Reviews

In 1992, I was in desperate search of a miracle cure for my furiously rising hormone levels, which - according to a well-documented study - reduced my remaining childbearing years to zero. At the time I was eating close to the recommendations of The Fertility Diet: whole milk products, brown rice, tofu, poultry, nuts and fruit, multigrain bread, an afternoon desert and coffee. Yet there I was, at forty two, going into premature menopause with several endocrinologists proclaiming my "ovulatory infertility" to be beyond repair. One day, in a last-ditch effort to prop up my wilting ovaries, I resolved

to raise the bar on my eating habits. The first food I eliminated was dairy. My decision to do so was inspired by my chronic sinus headaches. Several sources indicated a strong correlation between milk products and high levels of congestion. Amazingly, after three dairy-free weeks, my sinus headaches vanished. And eight months later (following a regime of additional diet changes and rigorous self-examination) I conceived a baby girl. After publicly sharing my story, I received hundreds of e-mails from women who emulated my process with similar results. Notably, in 1994, the year of my daughter's birth, a large scale study in the *Journal of Epidemiology*, surveyed women in over 35 countries, showing that those in countries with the highest milk consumption experienced the sharpest, age-related drop in ovarian reserve. Women between the ages of 35-39 reported the highest rate of declining reproductive function. Some experts proposed that this delayed impact might've been caused by the cumulative toxic effect of galactose on ovarian germ cells. No, not everyone needs to give up dairy to become pregnant.

This book taught me that, contrary to what many of us have been led to believe, fats are not evil. We women of fertile years NEED fat. Not too much, of course, but having enough is essential to ensure our bodies are working properly. My husband and I had been trying, unsuccessfully, to get pregnant for quite some time. I considered myself a healthy eater who led a healthy lifestyle. I had been a follower of a "clean" diet (See Tosca Reno's Eat-Clean Diet books--great for staying trim, and I still recommend them to people to teach them to avoid processed foods), and I exercised regularly, being a personal trainer as well. Reading this book opened my eyes to the need to incorporate more fats into my diet in order to boost my fertility. I ate ice cream, I drank milk that wasn't skim, and I followed other aspects of this "fertility diet" in the hopes I would prove the doctors (including the fertility specialists) wrong, that we COULD and WOULD get pregnant on our own. I was almost at my wit's end. Since I had begun tweaking my diet as the book suggested, my period had returned so I thought I was having cycles again. However, the "experts" still said pregnancy was nearly impossible since there was such a ridiculously slim chance I could be ovulating. The last statistic I was given was that I had a slim 4-5% chance of getting pregnant without an egg donor only if I was on hormone replacement therapy, but zero chance without. Meanwhile, I skipped yet another cycle. I thought it simply meant they were right, that I was going through menopause at the age of 28. This time, however, I was pregnant! I had been on the fertility diet for about 2 months, and now, almost a year later, I have a very healthy, beautiful, 4-month old baby girl.

If researchers from Harvard University - Dr. Jorge Chavarro and Dr. Walter Willett - had merely

published their data and encouraged additional study to validate their findings, I'd have nothing to write about today. In fact, I may have penned a quick post about the study since it did find some intriguing associations between diet and risk of infertility in women participating in the Nurse's Health Study II. But, they didn't simply publish a paper. No, they also published a book - The Fertility Diet - that is now featured on the cover of Newsweek and also being touted in the media as the low-tech, do-it-yourself way to prevent and even reverse ovulatory infertility! Worse though is the media advancing the findings in a way that implies the dietary strategy has been tested in infertile women! Take a look at how MedScape opened their article - "Higher intake of monounsaturated fats; vegetable protein; and high-fiber, low-glycemic carbohydrates improved fertility outcomes in women with ovulatory disorder infertility, according to the results of a cohort study reported in the November issue of *Obstetrics & Gynecology*." The data is not from women who specifically had a diagnosis of ovulatory dysfunction (irregular or absent menstruation). Rather, the data was from a cohort of women within the Nurse's Health Study II who were identified as actively trying to get pregnant during the period of follow-up data collection. That is a very different cohort of subjects than one exclusively made up of women with infertility, or a cohort designed as a comparison study of women with and without fertility issues due to ovulation!

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