

# The Infertility Cure The Ancient Chinese Wellness Program For Getting Pregnant And Having Healthy Babies

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Hunyuan Fertility - Yaron Seidman 2012

Hunyuan Fertility: Conception, Babies, and Miracles An exciting new book by Dr. Yaron Seidman and Tristin McLaren. "A beautifully written guide to understanding Classical Chinese Medicine (Hunyuan) and fertility; a combination of knowledge, wisdom, and the author's passion-an insightful resource for anyone " - Ashley "I feel enlightened... I now seek the balance described in Hunyuan medicine. This book is for everyone, not just those trying to conceive." -Sally Hunyuan Fertility: Conception, Babies, and Miracles is a book that truly reaches the level of healing infertility and disease at the root. Hunyuan medicine opens the door to seeing the forces that guide human life. When that door is opened, human life connects to the greater life sustaining force, which grants health, longevity, and fertility. With this book, and Hunyuan as a whole, we don't simply desire to help couples conceive, we want to help others learn to center their lives around the natural world and natural living, thereby promoting health and fertility. In order to truly live naturally, one must first understand what natural means. These are answers that can be found within the pages of the newest Hunyuan book. We know there are many fertility books available, including several specific to Chinese medicine for infertility. This book is different! It builds upon the author's deep contemplation and extensive experience in practice as it takes readers to a level far deeper than any other book currently available. Within the pages one finds concepts unlike anything found in other texts, Chinese and Western medicine alike. Concepts that find their roots in philosophy and nature studies, and arise from observation and contemplation, complete with passages from Confucius and Mencius. With this book, the reader develops a new perspective and makes meaningful changes toward a healthier life for themselves and their future offspring.

**The Way of the Fertile Soul** - Randine Lewis 2007-11-06

Being fertile and fruitful can mean giving birth to a child -- but to have a fertile soul means to give birth to the true self a woman wants to be: to live a life filled with passion, strength, joy, and adventure. In *The Way of the Fertile Soul*, Dr. Randine Lewis outlines ten ancient Chinese medical and Taoist "secrets" that hold the little-known key to successfully conceiving babies, new dreams, and a fulfilling life for women at any phase in their lives. *The Way of the Fertile Soul* encourages women to strive toward health, abundance, and a fruitful, joyous approach to life. By using diagnostic questionnaires, qi gong exercises, and guided meditations to help the reader understand how the elements of nature express themselves in her body, mind, and spirit, *The Way of the Fertile Soul* provides the tools to greatly increase a woman's chance of conceiving, identify imbalances, reduce stress, increase energy, and uncover her intrinsic creativity and express it fully.

Curing Infertility with Ancient Chinese Medicine - Yaron Seidman 2013-06-04

Planning to have a baby is an exciting time for any family, but difficulties with conception can quickly turn excitement into anxiety and worry. For 14 percent of couples in the United States, creating a life is not the miraculous experience they expected, but rather one filled with stress, trips to the doctor, and invasive procedures. But infertility treatment doesn't have to be invasive and distant. In *Curing Infertility with Ancient Chinese Medicine*, fertility expert Dr. Yaron Seidman teaches couples how to live healthier, more

balanced lives and create an environment where a baby can grow without resorting to surgery. *Curing Infertility with Ancient Chinese Medicine* shows you how it is possible to conceive even when Western medicine has deemed it impossible. Dr. Seidman explains in a clear, concise, and easy-to-follow way how patients can use the Hunyuan Method to dramatically increase their ability to conceive in a healthy, natural way and improve overall health using ancient Chinese herbal medicine. Primarily intended for infertility patients, *Curing Infertility with Ancient Chinese Medicine* is also aimed at modern Chinese medical practitioners, most of whom lack any training in the classical ways. Inside, Dr. Seidman shows time and time again that it is, in fact, possible to conceive.

Yoga and Fertility - Jill Mahrlig Petigara 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.

**Fundamentals of Chinese Medicine** - Nigel Wiseman 1995

This revised edition includes a glossary of terms and a materia medica and formulary sufficient to practice the treatments described in the text. As such it is not only a unique, absolutely-defined and referenced text, but also a self-contained and inexpensive course of study. As a basic text produced to a multi-author, multi-publisher voluntary standard, this revised edition is a unique key for scholars and clinicians alike.

**Female Infertility and Reproductive Gynaecology** - Yuning Wu 2020-02-05

"This clinical manual is the most comprehensive and detailed book on the treatment of female infertility and reproductive gynaecology available in the English language. Its team of authors is led by Dr. Yuning Wu, a master of both traditional Chinese medicine and modern biomedicine. The Chinese medicine content is rooted in precise disease and pattern differentiation and the herbal prescriptions and modifications are based on a profound understanding of the materia medica and decades of clinical experience. Acupuncture prescriptions are also provided according to pattern. At the same time, a cutting-edge account of current biomedical diagnosis and treatment enables practitioners to assess the prognosis and best treatment for their patients and communicate effectively with all other infertility specialists. The theory is illustrated by numerous case studies."--Back cover

*The Infertility Journey* - Tarun Jain, M.d. 2016-07-14

Infertility affects about 15 percent of all couples (1 in 7) in the United States, and occurs equally among women and men. When it affects you, it can quickly become one of the most trying times in your life. Your infertility journey, however, does not have to be so difficult. By being empowered with the right information, you can make the right choices ... leading to the most efficient path to success. This unique book is simple yet powerful, and sets you on the right path. It includes the most pertinent medical information that is easy to understand (such as ovulation induction, IUI, IVF, ICSI, PCOS, endometriosis, tubal disease, decreased ovarian reserve, uterine disorders, male factor, fertility preservation, preimplantation genetic screening / PGS / PGD, and reproductive surgery / hysteroscopy / laparoscopy). It also has chapters on social stressors (family, friends, job) and alternative therapies (acupuncture, herbs,

yoga, diet). Furthermore, it has anonymous quotes from many infertility patients to put real voices behind the disease. You are not alone. This comprehensive book will serve as a trusted companion on your journey to parenthood. The Infertility Journey is an ideal book to help anybody dealing with infertility. It is also a useful educational resource for anybody who knows someone going thru fertility treatment. This book will greatly improve your understanding of the infertility pathway. Website: [www.theinfertilityjourney.com](http://www.theinfertilityjourney.com) Twitter: @tarunjainmd Facebook: [www.fb.com/infertilitybook](http://www.fb.com/infertilitybook)

#### **Curing Infertility** - Yaron Seidman 2009-11

It really works! Curing Infertility uses ancient Chinese medicine to improve health and cure infertility. Renowned Ancient Chinese Medicine practitioner Yaron Seidman unlocks the mysteries of Ancient Chinese Medicine and demonstrates how patients can utilize the Hunyuan Method to drastically; increase a couple's chances and ability to conceive the healthy way. This radical method is based on sound principles of Ancient Chinese Medicine in order to strengthen the patient's health thus allowing this inborn ability to come in to play. It doesn't aim at creating conception, but rather it aims at creating a healthy person, which in turn allows for conception.

#### *Ancient Healing for Modern Women* - Xiaolan Zhao 2009-05-26

One of Canada's most trusted and beloved health practitioners introduces American women to the wisdom of traditional Chinese medicine and the time-tested practices that have helped optimize physical and emotional health for centuries. Since establishing her practice in Canada twelve years ago, Dr. Xiaolan Zhao has treated thousands of women suffering from fatigue, PMS, infertility, depression, cancer, menopausal symptoms and other gynecological disorders - health problems that are all too common in the West but less so in China, where traditional Chinese medicine (TCM) has been an integral part of women's lives for thousands of years. As a physician originally trained in Western medicine who later took up the practice of TCM, Dr. Zhao has seen how effective the Chinese approach is for her patients, and her book will help American women incorporate its wisdom and practices in our lives. Sharing stories from her own life and the lives of her patients, Dr. Zhao shows that we have nothing to reject about our feminine selves, and explains how we can develop new relationships with our bodies and our emotions. There is so much every woman can do in terms of ongoing and preventative self-care to improve her health and vitality and prevent illness. By making simple changes in diet, exercise routine, sex life and the way we deal with stress and our emotions, we can profoundly improve our health now and into the future.

#### **Yes, You Can Get Pregnant** - Aimee E. Raupp 2014-05-22

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

#### Acupuncture for IVF and Assisted Reproduction - Irina Szmelskyj 2014-10-08

The management of infertility using acupuncture is an expanding area of practice and one which is frequently rewarding for TCM acupuncture practitioners. Acupuncture for IVF and Assisted Reproduction has been specially prepared to meet the growing demand for information in this area and draws upon 20 years combined experience of the authors together with the latest evidence from both orthodox medicine and TCM. Richly illustrated and clearly written throughout, the book takes the reader through the anatomy and physiology of reproductive medicine (from both an orthodox and TCM perspective) and explains the underlying basis of orthodox medical fertility tests and investigations. The volume then explores the pathology and aetiology of TCM syndromes and shows how common fertility-related conditions, such as endometriosis and male factor infertility, affect Assisted Reproductive Technology (ART) success rates. It explains in great detail how to take a reproductive medical history and successfully diagnose TCM syndromes. Acupuncture for IVF and Assisted Reproduction also provides guidelines on how to regulate the menstrual cycle in preparation for IVF treatment and shows how lifestyle can affect fertility and ART success rates. Placing a strong emphasis on the practical aspects of patient care, Acupuncture for IVF and Assisted Reproduction contains an abundance of case history templates, algorithmic acupuncture treatment

pathways and patient fact sheets and will be ideal for all acupuncture practitioners working in this field. "A must have for the bookshelf of any acupuncturist who is ever called upon to treat fertility issues - if you have room for one book this surely must be it." Reviewed by The Acupuncture Fertility Centre March 2015 "Practitioners of all levels of experience and TCM students should find it compelling reading and an invaluable companion to their learning." Reviewed by Stephen Clarke, Journal of the Australian Traditional Medicine Society May 2015 "This book is extremely well re-searched and referenced." Reviewed by Danny Maxwell on behalf of Journal of Chinese Medicine, February 2015 Simplifies complex information into easily accessible and understandable material Explains reproductive anatomy and physiology from the perspectives of both orthodox medicine and TCM Explains the underlying basis of orthodox medical fertility tests and investigations Explores the pathology and aetiology of TCM syndromes Provides detailed information on how to take a fertility medical history and how to diagnose TCM syndromes Presents the evidence for the influence of various lifestyle factors on fertility and ART success rates Provides guidelines on how to regulate the menstrual cycle in preparation for IVF treatment Explains how common fertility-related conditions such as endometriosis, Polycystic Ovary Syndrome, thyroid disease, and male factor infertility affect ART success rates Explains how to adapt acupuncture treatment to different ART protocols Provides case history templates, algorithmic acupuncture treatment pathways and patient fact sheets Explains how to manage patients with complex medical histories Looks at Repeated Implantation Failure, reproductive immunology dysfunction, and recurrent miscarriages Explains how to support patients if their IVF is unsuccessful and how to treat patients during early pregnancy Examines ethical considerations relevant to fertility acupuncture practice

#### **The Hunyuan Method For Fertility-The Chinese Medicine Cure** - 2005

Infertility has been on the rise in the United States and around the world since the 1980s. This is a handy introduction to traditional Chinese medicine and its natural cure for infertility.

#### *Obstetrics and Gynecology in Chinese Medicine E-Book* - Giovanni Maciocia 2011-05-12

New edition of the most comprehensive Chinese Medicine Obstetrics and Gynecology textbook in the English language World-renowned author and teacher Giovanni Maciocia gives a clear, detailed explanation of the physiology, pathology and aetiology of women's disorders in Traditional Chinese Medicine (TCM) and adapts these to Western conditions and patients. Seventy gynecological conditions are discussed in detail with consideration given to differentiation between conditions, the advised treatment using acupuncture and herbs, prevention and prognosis. Guidelines on lifestyle and use of the eight Extraordinary Vessels are provided, with case studies allowing easy application of theory to practice throughout. New for this edition: New attractive two-colour layout with book marks to ease navigation Endometriosis and its treatment now included and fully covered in a new chapter Infertility chapter includes recent research highlighting factors in infertility All prescriptions now removed from the text and attractively presented in three appendices: Patient Remedies, Prescriptions and Three Treasure Remedies "Obstetrics and Gynecology in Chinese Medicine is a paradigmatic work. It is tempered with reverence and innovation, meticulous archival attention and detailed modern clinical insight. When future generations look back at this work...they will find not only knowledge and wisdom but also reasons for inspiration and awe." From the Foreword to the first edition by Ted J. Kaptchuk, Associate Director, Centre for Alternative Medicine Research, Beth Israel Hospital; Instructor in Medicine, Harvard medical School, Boston, USA. • Physiology and pathology of women's disorders in Chinese medicine • Aetiology and diagnosis of women's disorders • Differentiation and treatment - including acupuncture, herbs and patent remedies - of 64 gynecological conditions • Prevention and prognosis for each disease • Approximately 100 case histories from the author's own practice • A detailed discussion of the use of the eight extraordinary vessels in gynecology

#### *Male Infertility: An Integrative Manual of Western and Chinese Medicine* - Giovanna Franconi 2018-06-18

Male Infertility: An Integrative Manual of Western and Chinese Medicine is a holistic manual on male infertility for the medical practitioner. The book integrates the conventional (or Western) medical approach to male infertility with traditional Chinese medicine. Key Features: - information about several aspects of male reproductive medicine (anatomy, physiology diagnosis, fertility treatments) - information about the role of traditional Chinese medicine in treatment of male infertility (including energetic anatomy and Qi concepts) - complete guide to acupuncture techniques - easy-to-consult tables and appendices for quick

reference The unique, integrated approach to addressing male infertility makes this handbook essential reading for practicing and training andrologists, Chinese medicine practitioners, acupuncturists, as well as researchers and counsellors in the field of reproductive medicine.

*Making Babies* - 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.

**Endometriosis & Infertility, and Traditional Chinese Medicine** - Bob Flaws 1989

Pulse Diagnosis in Early Chinese Medicine - Elisabeth Hsu 2010-05-27

A study of the earliest extensive account of Chinese pulse diagnosis, focusing on a biography of Chunyu Yi.

**The Infertility Cure** - Randine Lewis 2008-12-14

In The Infertility Cure, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. The Infertility Cure addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques The Infertility Cure opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

**Handbook of Obstetrics & Gynecology in Chinese Medicine** - Yu Jin 1998

Drawing on four decades of experience as a clinician, researcher, and teacher of obstetrics and gynecology, the author provides a handbook for practitioners that integrates both Chinese and Western medical knowledge.

Conquering Infertility - Alice D. Domar 2004-02-24

Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In Conquering Infertility, Harvard psychologist Alice Domar—whom Vogue calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With Conquering Infertility, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

**Chinese Medicine in Fertility Disorders** - Andreas Noll 2010

Gain a solid understanding of how to treat infertility with Chinese medicine Written by experts in Chinese medicine, this textbook provides a comprehensive overview of Chinese medicine therapies for fertility disorders. It opens by reviewing the basics of current Western reproductive medicine in terms of diagnosis, treatment options, and possible risks. The book then introduces the reader to traditional Chinese fertility treatments, providing information about how they complement Western reproductive medicine. The authors describe in detail the different treatment methods, ranging from qi gong and tui na to moxibustion and acupuncture to Chinese dietetics and medicinal therapy. The main section of the book provides in-depth discussion of specific fertility disorders and their management, including menstrual disorders, early menopause, sexual disorders, male infertility, endometriosis, and polycystic ovary syndrome. It closes with a section on patient support, addressing issues such as the mind-body relationship and the impact of stress. Key features: Case studies with real-life examples of specific treatment approaches Information on both Chinese and Western therapies. Perspectives from numerous Chinese medicine specialists. Extensive

quotations from classical texts in translation. Historical, cultural, and social perspectives on the issue of fertility in Chinese culture, modern and ancient Chinese Medicine in Fertility Disorders is an invaluable resource for practitioners in complementary medicine, including acupuncturists and Chinese herbalists who wish to include fertility treatment in their practice, and a useful reference for all physicians who seek to expand their perspective on managing fertility issues.

*Acupuncture & IVF* - Lifang Liang 2003

Increase your success rate with in vitro fertilization (IVF) by as much as 60% The information in this book can increase your success rate with in vitro fertilization (IVF) and other assisted reproductive technologies (ART) by as much as 60%. Research has shown that acupuncture alone can increase the success rate of IVF by 35%. By also adding Chinese herbal medicine, it is Dr. Lifang Liang's experience that you can almost double that increase. In this book, Dr. Liang describes her extremely successful step-by-step protocols for combining acupuncture and Chinese herbal medicine with IVF. Whether you are a Western MD specializing in infertility, a Chinese medical practitioner, or a couple experiencing difficulties in conceiving, this book is sure to give you new hope and a new approach to dealing with this all too common and difficult condition.

**Fertility Wisdom** - Angela C. Wu 2006-09-05

Introducing the only clinically proven program—steeped in ancient Chinese healing traditions—that has enabled hundreds of infertile couples to conceive. At Wu's Healing Center in San Francisco, miracles are happening. Women and their partners come to the clinic—often from across the country-- to fulfill a passionately held yet fragile dream: to conceive and deliver the healthy baby that mainstream doctors have told them they cannot have. Using traditional Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to conception. Her techniques not only enhance the results and reduce the side effects of in vitro and other Western fertility treatments, they also shorten labor and speed postpartum recovery. Babies benefit too, adopting regular sleep patterns more quickly and getting sick less frequently. At a time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

**Pathways to Pregnancy** - Mary Wong 2016-09-13

Pathways to Pregnancy is a collection of wide-ranging and relatable stories, shared by an expert who also knows first-hand the pain and joy of the fertility journey from her own experience. Instructional and inspirational to anyone going through it or seeking to understand it deeply and in all its variations, these are real stories of hope and humor — and some practical advice that is often overlooked but easy to incorporate into your life. These stories about real women, related by Mary Wong with both compassion and authority, retain many of the subjects' own words and particular perspectives. Through their stories, Mary explains the central principles of fertility treatment by both Traditional Chinese Medicine practitioners and Western doctors. Each story focuses on a set of archetypal challenges or life situations found in patients seeking fertility treatment. In this way, the book serves as a comprehensive examination of the spectrum of infertility experience, expressed through the lens of highly personal anecdotes and intimate experiences.

*Chinese Medical Therapies for Diabetes, Infertility, Silicosis and the Theoretical Basis* - Xing-Tai Li 2017-02-01

Traditional Chinese medicine (TCM) is the world's most comprehensive alternative and complementary medicine. With the rising morbidity of serious illnesses like diabetes, infertility, silicosis, etc., there are no highly effective treatments; even though Western medicine has made spectacular advances, this influenced us to seek Chinese medical therapies of health care. This book offers a unique perspective of Chinese medicine theories and therapies. It has practical chapters on diabetes, infertility, silicosis, kidney essence, and a compilation of contraindicated Chinese medicines for pregnancy. TCM is a treasure, and this ancient wisdom should be respected and applied to the modern medical system; it will provide more choices and a wider field of vision for Western medicine at the two cognitive crossroads of East and West.

*Treatment of Infertility with Chinese Medicine E-Book* - Jane Lyttleton 2013-04-15

The second edition of this popular text systematically addresses all aspects of treatment of infertility using

Chinese medicine. Clinically focused and with a new easy-to-navigate design, the book begins by covering all the essential fundamentals you will need to understand and treat infertility, before going on to look at what Chinese medicine offers in the way of treatment for functional infertility in men and women, gynecological disorders which contribute to infertility and relevant lifestyle factors. Jane Lyttleton importantly devotes a large part of the book to discussing ways in which Chinese medicine and Western medicine might work together to overcome infertility, and details the increased experience over the past decade in working with IVF patients and their specialists. Leaps forward have also been made in the understanding of conditions such as Polycystic ovarian syndrome and immune infertility. New Features · Greatly expanded section on the place of Chinese medicine and IVF in treatment of infertility · New information on Polycystic ovarian disease and immune infertility and how Chinese medicine approaches their treatment · Updated and balanced advice on pre-conception care · Clinically focused, with easy-to-navigate design Detailed and clear Chinese medicine treatment strategies are described. Information on reproductive biology and Western physiology are included to provide an understanding of the complexity of a patient's symptoms and conditions. Western treatment options that may impact Chinese medicine treatment are described, along with details about how these two perspectives can work together. Clinical approaches to supporting the early stages of a pregnancy and preventing miscarriage are included. Advice is offered on pre-conception help and the optimum diet and lifestyle choices for preparing for a pregnancy. The author is a well-known specialist in this field.

**Fertility, Pregnancy, and Wellness** - Diana Vaamonde 2022-02-09

Fertility, Pregnancy, and Wellness is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic approaches, aimed at improving fertility, health and wellness Bridges the more 'peripheral', yet critical and multidisciplinary, considerations in fertility, infertility, pregnancy and wellness Includes clear, concise and meaningful summary conclusion sections within each chapter

**The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant** - Jorge Chavarro 2007-11-28

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

**Fertility Wisdom** - Angela C. Wu 2006-09-05

Draws on ancient Chinese therapies to share options for infertile couples, outlining a six-part self-care regimen designed to balance the body to optimize conception chances while reducing the side effects of western fertility treatments. Original. 25,000 first printing.

**Conceiving with Love** - Denise Wiesner 2019-05-28

Supportive, practical advice for couples who are trying to conceive. Denise Wiesner's integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples relax, reconnect, and conceive. The stress of trying to get pregnant can wreak havoc with a couple's intimate relationship—right at a time when that connection is most important—and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving. Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim their intimacy and desire. She includes advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine; offers sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and both naturally occurring and medically assisted fertility.

**Stick It to Me, Baby!** - Dr. Danica Thornberry DAOM 2016-03-08

For women who struggle with infertility, the process of conceiving and carrying a baby is fraught with physical, emotional and spiritual anguish. Renowned acupuncturist and fertility expert Danica Thornberry has guided thousands of women along a journey back to themselves to reclaim their fertility - and their lives. In *Stick It to Me, Baby!* Danica weaves together the wisdom of Chinese medicine and the insights from her own pilgrimage to baby into a tapestry of inspirational stories collected within the walls of her practice. She reveals how changing our attitude about infertility can lead to profound healing - turning the quest for baby into a powerful and transformative journey toward wholeness and love.

**It Starts with the Egg Fertility Cookbook** - Rebecca Fett 2020-10-01

The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

**Curing Infertility with Ancient Chinese Medicine** - Yaron Seidman 2013-06-04

Planning to have a baby is an exciting time for any family, but difficulties with conception can quickly turn excitement into anxiety and worry. For 14 percent of couples in the United States, creating a life is not the miraculous experience they expected, but rather one filled with stress, trips to the doctor, and invasive procedures. But infertility treatment doesn't have to be invasive and distant. In *Curing Infertility with Ancient Chinese Medicine*, fertility expert Dr. Yaron Seidman teaches couples how to live healthier, more balanced lives and create an environment where a baby can grow without resorting to surgery. *Curing Infertility with Ancient Chinese Medicine* shows you how it is possible to conceive even when Western medicine has deemed it impossible. Dr. Seidman explains in a clear, concise, and easy-to-follow way how patients can use the Hunyuan Method to dramatically increase their ability to conceive in a healthy, natural way and improve overall health using ancient Chinese herbal medicine. Primarily intended for infertility patients, *Curing Infertility with Ancient Chinese Medicine* is also aimed at modern Chinese medical practitioners, most of whom lack any training in the classical ways. Inside, Dr. Seidman shows time and time again that it is, in fact, possible to conceive.

**Angel Wings** - Stephanie O'Hara 2020-08

If people had said I would have twins in my 40s, I would have called them crazy! Becoming a mother of three did not come easily for me. After having my first son, I experienced secondary infertility before having my miracle twins. I certainly would not have believed that I would spend six years trying to conceive and that I would ultimately hire a surrogate to carry my babies. When Stephanie O'Hara was experiencing her first miscarriage, she went to a popular retail chain to find a book that would comfort, encourage, and support her. When she asked the store clerk for the section on Infertility and Miscarriages, she gave Stephanie a blank stare and told her it was "an odd request". She was shocked, especially when she learned about the number of women who were sharing the same struggle. For anyone who needs a friend to lean on while she is experiencing the loneliness and anxiety associated with overcoming infertility, *Angel Wings* is Stephanie's gift to you. In her memoir, Stephanie shares the "roller-coaster ride" that was her life for many years: seven miscarriages, painful and dangerous medical procedures, furniture-sized boxes full of IVF treatments, and her unwavering faith that carried her through to the birth of her twins. Find a comfy chair and sit with Stephanie as she generously shares the ups and downs of her story, belly-laughs, ugly cries, and all.

**Chinese Medicine in Fertility Disorders** - Andreas A. Noll 2011-01-01

Written by experts in Chinese medicine, this textbook provides a comprehensive overview of Chinese medicine therapies for fertility disorders. It opens by reviewing the basics of current Western reproductive medicine in terms of diagnosis, treatment options, and possible risks. The book then introduces the reader to traditional Chinese fertility treatments, providing information about how they complement Western reproductive medicine. The authors describe in detail the different treatment methods, ranging from qi

gong and tui na to moxibustion and acupuncture to Chinese dietetics and medicinal therapy. The main section of the book provides in-depth discussion of specific fertility disorders and their management, including menstrual disorders, early menopause, sexual disorders, male infertility, endometriosis, and polycystic ovary syndrome. It closes with a section on patient support, addressing issues such as the mind-body relationship and the impact of stress. Key features: Case studies with real-life examples of specific treatment approaches Information on both Chinese and Western therapies Perspectives from numerous Chinese medicine specialists Extensive quotations from classical texts in translation Historical, cultural, and social perspectives on the issue of fertility in Chinese culture, modern and ancient Chinese Medicine in Fertility Disorders is an invaluable resource for practitioners in complementary medicine, including acupuncturists and Chinese herbalists who wish to include fertility treatment in their practice, and a useful reference for all physicians who seek to expand their perspective on managing fertility issues.

*The Infertility Cure* - Randine Lewis 2005-03-21

Infertility affects one out of six couples today. Dr. Lewis presents a groundbreaking alternative approach to infertility, explaining how she used traditional Chinese medicine to treat her own infertility, successfully conceiving and giving birth to two children.

**Infertility Survival Handbook** - Elizabeth Swire Falker 2004-04-06

An engaging guide to navigating the challenges of infertility. After seven years of tests and more tests, treatments and more treatments, Elizabeth Swire-Falker understands what it means to struggle with infertility. In this frank, reassuring, and thoroughly researched handbook, she shares her own personal experience and offers insight into what challenges to expect along the way—from getting support to finding the right doctor to dealing with insurance.

*The Infertility Cure* - Randine Lewis 2008-12-14

In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupressure so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. The *Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques The *Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

**The Tao of Fertility** - Daoshing Ni 2009-10-13

An esteemed doctor who has helped countless women achieve their dream of having a child offers his program for enhancing fertility through traditional Chinese medicine (TCM). Dr. Daoshing Ni, descended from more than 70 generations of Taoist masters, has achieved renown among high-tech infertility specialists, TCM practitioners, and his many devoted patients. The *Tao of Fertility* is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry you through pregnancy, childbirth, and beyond. Structured according to a woman's journey to conception, *The Tao of Fertility* includes: A questionnaire assessing fertility potential A 28-day fertility enhancement program Simple meditations and acupressure points to improve reproductive circulation and relaxation Guidelines for mapping your fertility using Chinese methods of diagnosis Information on how herbs and acupuncture can increase fertility Eating plans for pregnancy, postpartum, and while breast-feeding. and much more Enriched by moving stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook.

**Planting the Seeds of Pregnancy** - Stephanie Gianarelli 2015-05-13