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The Fertility Handbook: Everything You Need to Know to maximise your chance of pregnancy (Paperback)

By Mary Wingfield

Gill, Ireland, 2017. Paperback. Condition: New. Language: English . Brand New Book. Professor Mary Wingfield is one of Ireland s foremost fertility experts, and she has helped hundreds of people to conceive over the last thirty years. In The Fertility Handbook she has created an up-to-date and authoritative guide for anyone who wants to maximise their chance of pregnancy. This book provides a clear and holistic approach to fertility, including: Understanding your body and maximising your chances of conceiving naturallyA pre-conception plan with sections on lifestyle, nutrition and the role of stressThe common (and uncommon) causes of fertility problems in both men and womenDemystifying complex treatments such as IVF, IUI and egg freezingUp-to-date information on ethics, funding and the law both nationally and internationallyOptions for single people and same-sex couples from a modern perspectiveInsightful testimonials from patients dealing with fertility problems and the emotional impact of treatment The Fertility Handbook is a must-read for anyone planning a pregnancy now or in the future. All royalties from the sale of this book will be donated to the Merrion Fertility Foundation, which funds fertility treatment. Mary Wingfield is a leading light in fertility treatment in Ireland for over a generation. If you...



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