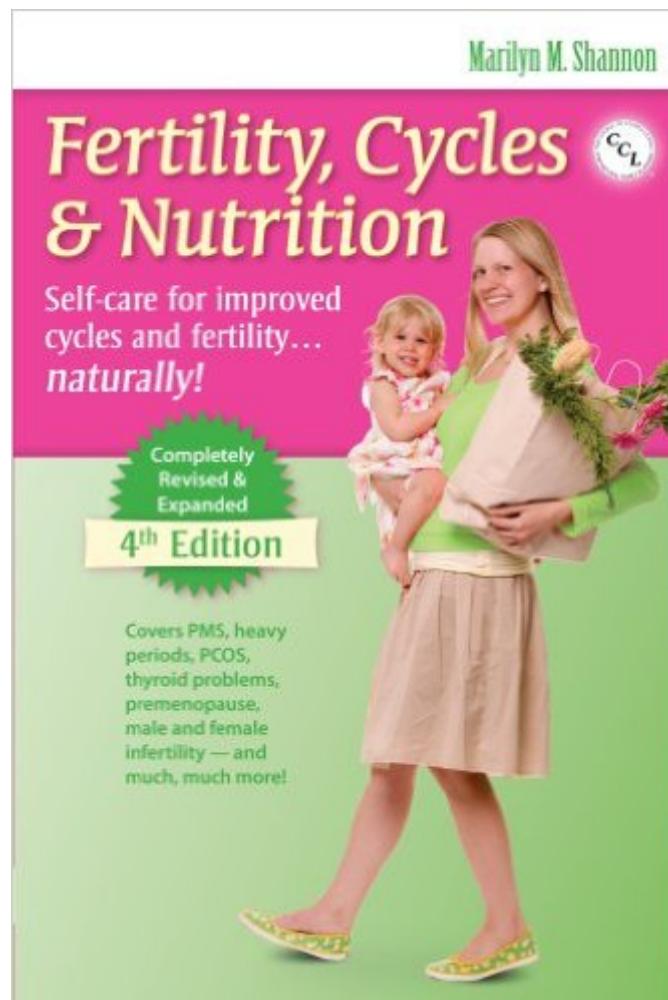


The book was found

Fertility, Cycles & Nutrition 4th Edition



Synopsis

This new fourth edition explains cycle irregularities and nutritional values to improved and understand our body balance; invaluable to Natural Family Planning couples.

Book Information

Perfect Paperback: 336 pages

Publisher: Couple to Couple League; 4th edition (April 15, 2009)

Language: English

ISBN-10: 0926412345

ISBN-13: 978-0926412347

Product Dimensions: 6 x 0.9 x 8.9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (43 customer reviews)

Best Sellers Rank: #111,467 in Books (See Top 100 in Books) #36 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #69 inÂ Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology #1047 inÂ Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

First of all, the book is poorly organized which makes it hard to extract information that applies to specific health issues. Nutrition advice for various health conditions is sprinkled throughout the book in various chapters. She is dedicating very little of this book to the issue of endometriosis (she doesn't seem to have an in-depth knowledge of that subject), so if that's the condition you have, buy a different nutrition book that focuses primarily on that issue. Finally, as other reviewers mentioned, she is strongly advocating using OptiVite (not a very high quality nutritional supplement). In her defense, she seems to genuinely believe that it can help. She cites scientific evidence behind it (sort of), and how various vitamins and minerals in that supplement affect the fertility cycle. She sounds very convincing, and she mentions examples of women whom this supplement helped to get pregnant. She is defending the fact that this supplement contains HUGE doses of certain vitamins and minerals (often significantly exceeding the recommended daily dose, and often at the maximum level that is considered "safe") by listing the standards of the upper daily limits as if it were perfectly healthy to try to overload your body with a ton of vitamins and minerals all at once at their maximum allowable limit, that are not even food based for better absorption. The problem is, individual people have different needs/deficiencies. For instance, if your selenium level is fine, then taking it at 143%

of daily dose for an extended period of time, can cause selenium poisoning especially if you are also getting it from your regular diet. She says that you can decrease the dose (or start with a smaller dose and build your way up) if you experience unpleasant side effects.

[Download to continue reading...](#)

Fertility, cycles & nutrition: How your diet affects your menstrual cycles & fertility Fertility, Cycles & Nutrition 4th Edition Fertility for Beginners: The Fertility Diet and Health Plan to Start Maximizing Your Fertility Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) The Garden of Fertility: A Guide to Charting Your Fertility Signals to Prevent or Achieve Pregnancy--Naturally--and to Gauge Your Reproductive Health Fertility Walk: A Fertility Nurse's Guide Along Your Journey How to Improve Your Sperm Count: Natural Ways to Increase Sperm Count to aid Conception and Boost Fertility (Fertility, infertility, conceive & Get Pregnant Book 1) Plant Nutrition and Soil Fertility Manual, Second Edition Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods Ciclos del tiempo / Cycles of Time (Spanish Edition) El ciclo del agua/ Earth's Water Cycle (Mi Primer Paso Al Mundo Real - Descubriendo Los Ciclos De La Naturaleza /First Step Nonfiction - Discovering Nature's Cycles)) (Spanish Edition) Nutrition in Exercise and Sport, Third Edition (Nutrition in Exercise & Sport) Momentum: The Responsibility Paradigm and Virtuous Cycles of Change in Colleges and Universities ISO 4210:1996, Cycles - Safety requirements for bicycles Thoroughbred Cycles Three Song Cycles in Vocal Score: Songs of a Wayfarer, Kindertotenlieder and Das Lied Von Der Erde (Dover Song Collections) The Civic Cycles: Artisan Drama and Identity in Premodern England (ND ReFormations: Medieval & Early Modern) Llewellyn's 2016 Moon Sign Book: Conscious Living by the Cycles of the Moon (Llewellyn's Moon Sign Books) Life Cycles: Your Emotional Journey To Freedom And Happiness Moonology: Working with the Magic of Lunar Cycles

[Dmca](#)