



Take Charge of Your Fertility (Teach Yourself)

Heather Welford

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From how pregnancy tests work and who to tell through deciding whether to have more children—everything the prospective parent may need to know to face the physical, emotional, and practical challenges of trying for a baby

Covering health issues in full, this guide ranges from basic biology and an explanation of fertility and cycles to outlining what supplements are useful and what aren't, and how to maximize pregnancy chances by following a healthy diet and cutting alcohol or nicotine intake. It includes plenty of resources and guidelines for parents facing difficulties, including a guide to the medical options, and advice on how to seek further help. It helps couples to deal with the emotional issues faced when trying for a baby, and gives practical advice on who to tell, and when. With coverage of all aspects of very early pregnancy, from do-it-yourself tests to the very first scan, this useful resource will help all prospective parents, whether looking to start or to expand their family.

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