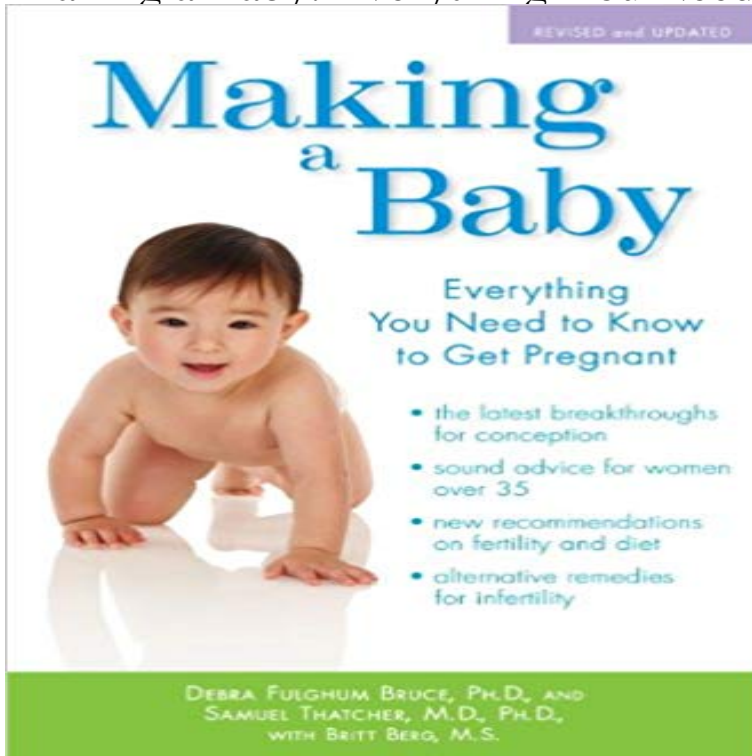


Making a Baby: Everything You Need to Know to Get Pregnant



You may have waited a long time. You may have tried and tried. Now your chances of having a baby are better than ever! For ten years, Making a Baby has been the definitive source for couples who want to get pregnant, offering vital information on fertility technology, advances in baby-boosting medications, and cutting-edge medical techniques. Written with compassion and clarity, and now with even more tips on the best ways to prepare the body to get pregnant, this invaluable book, in a newly revised and updated edition, reveals how to protect, increase, and extend your fertility. Inside you'll find the four basic requirements for reproduction findings from the Harvard Nurses Health Study that explain dietary ways to boost fertility breakthrough information connecting insulin levels with ovulation updates on the importance of marine omega-3 fatty acids in your baby's development groundbreaking pregnancy advice for women over 35 news about polycystic ovary syndrome and the recommended fertility drugs that may temporarily override this condition and boost chances of conception what every man should know about his long-term reproductive health, including the most recent findings on male infertility This detailed, insightful, and meticulously researched book will help guide you to a wonderful new beginning as a parent!

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