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5 SIMPLE STEPS TO FERTILITY: Pregnant naturally, after years of struggling with endometriosis (Baby at 40) (English Edition)



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endometriosis and reoccurring ovarian cysts she changes her ways and within a matter of weeks gets pregnant naturally. She shares all the steps she took which helped her to conceive twice and deliver two healthy children just before her 40th birthday. An absolutely positive small book with a healthy, natural approach to conceiving - which is starting to become long forgotten in the current times due to mass amounts of medications and chemicals.... This book isn't a lengthy medical article, it is a book written to share new hope and positive energy. Presentation de l'diteur NEW! For a limited time only, the complete version of 28 Day Fertility Diet was added at the end of this publication. 28 Day Fertility Diet is the authors response to hundreds of letters requesting specific and more detailed information about her diet which led her to successful pregnancy and overcoming her infertility. A cook book with dishes for each phase of the cycle - Follicular Phase, Ovulation, Luteal Phase, Menstruation

5 Simple Steps To Fertility In this short book (or booklet if you like) the author describes her fascinating personal journey to pregnancy. After 7 years of battling infertility due to endometriosis and reoccurring ovarian cysts she changes her ways and within a matter of weeks gets pregnant naturally. She shares all the steps she took which helped her to conceive twice and deliver two healthy children just before her 40th birthday. An absolutely positive small book with a healthy, natural approach to conceiving - which is starting to become long forgotten in the current times due to mass amounts of medications and chemicals.... This book isn't a lengthy medical article, it is a book written to share new hope and positive energy.