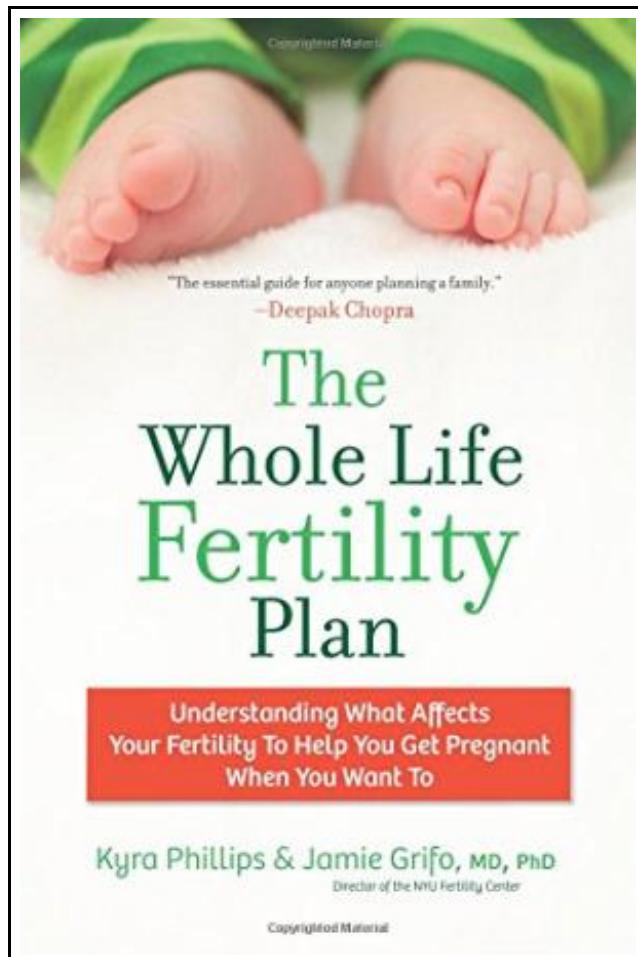


## The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want to



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## THE WHOLE LIFE FERTILITY PLAN: UNDERSTANDING WHAT EFFECTS YOUR FERTILITY TO HELP YOU GET PREGNANT WHEN YOU WANT TO

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HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, **The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want to**, Kyra Maya Phillips, Jamie Grifo, A proactive and comprehensive resource that answers every question about fertility health and helps women understand and preserve their fertility options. Does stress affect your fertility? Should you avoid materials made with plastic? How does diet affect your chance of conception? Does acupuncture increase your chances? How old is too old? In **The Whole Life Fertility Plan**, Kyra Phillips and Dr. Jamie Grifo answer all your pressing questions about fertility health-and address things you didn't even know to ask-whether you're planning to wait to have kids or are starting the process now. Phillips spent her 20s and 30s building her career, and wasn't ready to start a family until she turned 40. She met with Dr. Grifo, the director at the renowned NYU Fertility Health Center, and after an uphill (but ultimately successful) battle on the road to conception, she learned that there were a number of things-simple things-she could have been doing differently over the years. For too long, women have believed that when it comes to their fertility, their bodies will cooperate when the time is right. But fertility is not unlike heart health; it's important to be proactive. As women are becoming increasingly aware of their fertility health and waiting longer to have children, they are starting to take control of their fertility long before they are ready to start trying. Whether you're in your 20s, 30s or 40s, and want to start a family now or down the line, don't leave it up to chance-educate yourself about what affects your fertility.



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