



# **Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living**

*Emily Bartlett, Laura Erlich*

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# **Feed Your Fertility: Your Guide to Cultivating a Healthy Pregnancy with Chinese Medicine, Real Food, and Holistic Living**

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**Do you want to make a healthy baby and have a healthy pregnancy?**

**Are you interested in a holistic approach to fertility?**

**Do you need to optimize your fertility due to your age or health conditions?**

**Are you trying to conceive and experiencing challenges?**

Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling.

The good news is that *Feed Your Fertility* is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn:

How your lifestyle may be inhibiting your ability to conceive - and what to do about it

Why popular fertility diets may be leading you down the wrong road

What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet

How to determine your personal health imbalances that may be interfering with your fertility

How to use Chinese medicine to bring your body into balance and improve your odds of conception

How to streamline your supplements and take only what you really need

Your natural and medical treatment options for common fertility issues

How to navigate the medical fertility world and when to seek help

Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with *Feed Your Fertility*.

"It takes a village to raise a baby, to start a family... I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - *Selma Blair, actress and mother*

"Down to earth and practical, Feed your Fertility delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth

toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. Feed Your Fertility provides easy to follow solutions for taking charge of your reproductive health." -  
*Randine Lewis, L.Ac., Ph.D., author of The Infertility Cure and The Way of the Fertile Soul*

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#### **Lupe Ware:**

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**Angie Blakney:**

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