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Acupuncture For Fertility: From Conception To Delivery & Everything In Between (What Is Acupuncture & How Can It Help Me? Book 2)



Synopsis

Bestseller! Here's What Readers Are Saying..... "This well-laid-out book is chock full of terrific Acupuncture info that will surely benefit mothers". - Darryl E.J. Ruff... "This book has been written with knowledge, clarity, and understanding". - a.a.gallagher "anne"... "Well written and very helpful". - M. McDonald "lovin life"... "I read this book to see what it said about fertility and acupuncture because I had experience with it. I recommend this book for women experiencing fertility issues." - Fitness Dancer Mommy of Two

Acupuncture For Fertility I don't know about you, but if I'm going to try a health treatment that I'm not familiar with I like to do a bit of general research into it before I make any decisions on whether or not to 'give it a go'... would you agree? That's why I wrote this book. Acupuncture is a safe and effective infertility treatment for women... and men, so I have put together an overview of how acupuncture can increase your chance of pregnancy and be of assistance throughout the entire experience of carrying and giving birth to your much anticipated 'bub', to help you make your decision. In this book you will learn:

- Why Acupuncture Works - Qi, acupuncture meridians, acupoints, the benefits of acupuncture & more
- How Acupuncture Assists With Infertility - Stimulating egg production, increasing blood flow, sperm count and stamina and avoiding exorbitant fertility treatment costs
- How Acupuncture Can Help With Many Issues Of Pregnancy - Increase energy, improve digestion issues, combat anxiety and stress, relieve pain
- How Acupuncture Can Help With Morning Sickness - Prevent nausea, relieve hypersensitivity to 'trigger smells' and more
- How Acupuncture Can Reduce Bloating, Swelling & Inflammation - Decrease water retention, improve circulation and flush out toxins
- Acupuncture For Back Pain During Pregnancy - Lower back pain relief, endorphin release, and the importance of distal points
- How Acupuncture Helps To Induce Labor - Stimulate oxytocin to naturally induce labor, and avoid the use of modern injections/drugs with potentially dangerous side effects
- Acupuncture To Renew Your Body After Pregnancy - The importance of rest and recovery after giving birth and how acupuncture can help restore energy levels, balance emotions and aid in healing
- How Acupuncture Can Help With Post-Partum Disorder - Dealing with stress, anxiety and lack of sleep, rejuvenating physical health and treating the symptoms of the milder 'baby blues' and the more severe depression that can occur
- Acupuncture Can Help With Breastfeeding - Lactation help and reduction in nipple soreness
- Acupuncture: Healthier Alternatives To Prescriptions - A safe and healthy alternative to prescription and over the counter drugs that can put both you and your baby at risk
- Acupuncture For Every Challenge In Life - Maintaining your health using acupuncture, and the long list of problems, (recognized by the World Health Organization), that it can treat

Will you learn about where the acupuncture points are and how to place acupuncture needles... No! This is not a text book and it

takes years of study and experience to become an acupuncturist! Will you become acquainted with the range of benefits that acupuncture can offer for fertility, ante natal and post natal issues, and better equipped to make an informed decision about 'giving it a go'... Yes! Scroll back up to the top now and get your copy of "Acupuncture For Fertility: From Conception To Delivery & Everything In Between"

Book Information

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Customer Reviews

I experienced fertility problems with both my pregnancies. When I was trying to conceive the second time, I turned to acupuncture. After 2 months, I became pregnant, which was thrilling! Unfortunately, I did not continue w/ acupuncture after I became pregnant. In part because I did not know all the benefits and in part because I was paying full price since my insurance did not cover treatments. In addition to helping with fertility, the acupuncture also helped relieve the ringing in my ears, and that has NEVER come back, and it has been almost 6 years. I read this book to see what it said about

fertility and acupuncture because I had experience with it. I recommend this book for women experiencing fertility issues. It is worth a try, and it improved my life in other ways as well by getting rid of the ear ringing. Ever since my 8 acupuncture treatments, I have wanted to go again. Reading this book reminded me of all the reasons why.

"Acupuncture For Fertility: From Conception To Delivery & Everything In Between (What Is Acupuncture & How Can It Help Me?)" Acupuncture is said to work because it taps into the natural flow within the body, which then allows it to promote self-healing". It would appear that acupuncture also helps to re balance the ying and yang of one's body and in so doing flushes out toxins in order to promote inner health. I love the sound of this process as laid out in the book "Acupuncture for Fertility: From Conception to Delivery..." and will now investigate further to personally achieve better health. The overall history and benefits of acupuncture are quickly detailed in the front of this book; however specifically this information is for those who are worried about their fertility. The writer states that this practice has been able "to stimulate the egg production and increase the blood flow to the uterus" and it also ups the sperm count...How good is that! - So, if all else has failed you in the pregnancy stakes why wouldn't you read the information as outlined in this book. My premise and as the author writes, if this ancient Chinese method can help you to conceive and give birth to a baby surely you owe it yourself to read, assess and maybe try this method out, particularly if you are in the driver's seat in your quest to become pregnant. To give birth to your baby is to achieve your pot of gold at the end of the rainbow; and if you decide this method is for you then most likely it will be in a fairly un-intrusive and probably far less expensive manner! This book has been written with knowledge, clarity and understanding.

This book spells out all the ways that acupuncture can help a couple that is trying to have a baby. The practitioners of acupuncture claim it can help with all fertility issues that occur from conception to delivery, through to postpartum depression and breast feeding. The claims are that acupuncture can ensure that conception takes place, can optimize your health during pregnancy, can ensure a successful delivery of a healthy baby, and can help your body recover and rejuvenate quickly after giving birth. The book says a patient may get immediate results when trying to conceive. Acupuncture stimulates egg production and increases blood flow to the uterus; it can regulate a woman's menstrual cycle, increase a man's sperm count and boost his stamina during lovemaking. The book goes on to recommend acupuncture treatment once a month during pregnancy for the health of both mother and child. If you'd like more information about acupuncture, check

out:Â Acupuncture For Pain & The Multitude Of Ailments That It Can Relieve (What Is Acupuncture & How Can It Help Me?)Â andÂ How Does Acupuncture Work? An Indepth Look At Acupuncture And It's Evolution (What Is Acupuncture & How Can It Help Me?).

In the modern world, there's little to be known about the art of acupuncture. It has been sought out as a remedy for stress and other minor illnesses but, to be honest, I have never really thought about it being a remedy for infertility and a remedy for difficulties experienced during pregnancy. If you have somewhat of a similar notion I had, this book will help clear things up for you. It sure did for me. It will tell you why acupuncture works, how it works on a specific problem and everything in between. The author did a really good job in introducing acupuncture as something that's possible to opt for, not just rely on modern medicine. This is a great information book not only for fertility problems but inside you will find that acupuncture also can be helpful for morning sickness, back pain, inducing labor, helping with post-partum problems, and etc. It will take you through the whole process -- before pregnancy, during pregnancy and after pregnancy.

The first part of this book explains how acupuncture is great for general health and how it can balance your system or qi and reduce stress. I bought it for my grand daughter who is trying to get me a new grand baby. In the past, I used acupuncture for my sinus condition and also back pain, so I was already a fan. I was not aware of its fertility benefits. This book is well laid out and if I was pregnant (not likely) or wanted to get that way I would appreciate this book because it also talks about how you can use acupuncture throughout your pregnancy; for back pain, bloating, and to induce labor. I was pleasantly surprised and liked how it explains how and why acupuncture works and is a good guide if you're considering alternative medicine for your fertility or pregnancy problems. Very informative read.

Over the years I've heard that acupuncture is beneficial for so many health issues and concerns. But this book delves into many benefits I'd never heard about. Whether you are considering getting pregnant, having trouble getting pregnant or are already pregnant, this book has information that can be of benefit to you.

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