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The Fertility Diet Protocol: The Ultimate Guide To What To Eat When You're Trying To Conceive (Healthy Gut Healthy Mind)



Synopsis

The Fertility Diet ProtocolHi, I'm Jessica Campbell,Over the years I have tried everything under the sun in order to lose weight and stay fit. My enthusiasm for finding the best ways to live a simple life that leads to a healthy body and mind have lead me to all kinds of research. I've tried everything under the sun but only some things have actually worked and that's what I hope to pass on to you.The following are just SOME of the things you'll learn in the following 40 page guide to getting your body more fertile. An easy to follow plan that will help your body to be more fertile.What foods you'll want to enjoy, and which to avoid.The mindset you'll need to carry yourself forward with this new diet plan.Tips and tricks that will make it easy to stick to the Fertility Diet Plan.How your diet can affect how ready your body is to get pregnant and why it's important to plan your diet.Don't hesitate to start reading if you're looking to have a little one in your life sooner than later.

Book Information

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Customer Reviews

Because not all women who want to be pregnant can do so easily, several methods are being tried. It is a breath of fresh air to see a book dedicated to a diet that promotes fertility. Honestly, I am quite

skeptical, but looking through the explanation and recipes here, I believe that following these will help increase a woman's chances of getting pregnant.

Woow! This book is very informative! I learned sooooo much, I didn't know that ones diet can affect ones fertility too!! Calories, trans fats and many more may have an effect on your ability to conceive. The meal plans/recipes looks yummy. My neighbor friend is trying to conceive so I'm recommending this book!

With the challenges facing couples coping with fertility issues this book is a great help for them. This book provides expert advice, and the well-researched dietary guidelines that help you succeed against the odds to get you pregnant, the importance of diet in conception and pregnancy what foods to eat (and not eat) to enhance fertility. This is the best guide to fertility and better health with good advice on healthy living as well as nutrition.

Such a good book! I gave this book to my sister because they have been trying to conceive. She told me that she likes all the information she got from this book. They've been following the instructions and tips and so far everything has been doing well. She and her husband is feeling good.

It's a great book and contains recipes (few). I look for a more detailed one but its a good start

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