

The Infertility Diet: Get Pregnant And Prevent Miscarriage

Reiss, Fern, Author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920578173&lokasi=lokal>

Abstrak

Eat your way to pregnancy! The Infertility Diet is a nutritional approach to fertility enhancement and miscarriage prevention. Endorsed by infertility doctors across the country, this book is based on over 500 medical studies linking fertility and nutrition, and is a groundbreaker in the field. The essential diet for anyone trying to have a baby. A caring gift for all potential parents. The Infertility Diet: Get Pregnant and Prevent Miscarriage supplies specific nutritional advice for couples with problems including sperm count, motility, morphology and clumping; miscarriage; candida albicans; cervical fluid; endometriosis; estrogen/progesterone balance; hypothyroidism; luteal phase defects; ovulation; PCO; elevated prolactin levels; and prostaglandin. Learn what foods to eat--and what foods to avoid--to get pregnant and carry your baby to term.