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Yes, You Can Get Pregnant: Natural Ways To Improve Your Fertility Now And Into Your 40s



Synopsis

The complete guide to getting pregnant and improving fertility naturally – even if you’ve been told your chances of conception are low. Worried about your ability to have children in the next five years? Have you been trying to get pregnant for a while now and it’s just not happening? Does it seem like every woman you know is having a hard time getting pregnant and you don’t want that to be you when you’re ready? Do you want natural, non-invasive options to conceive? If you answered “yes” to any one of these questions, *Yes, You Can Get Pregnant* is for you. A nationally renowned women’s health and fertility expert, Aimee Raupp has helped hundreds of women optimize their fertility and get pregnant, even after age 40. Here, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches and the latest nutritional advice. Her remedies help you how to get in tune with your body, eat the best fertility-enhancing foods, and avoid environmental toxins to achieve a healthy and stress-free pregnancy. In a friendly, understanding, and inspirational manner, *Yes, You Can Get Pregnant* provides hope, scientifically-backed knowledge, and emotional support to help you become the mother you want to be. "

Book Information

Paperback: 248 pages

Publisher: Demos Health; 1 edition (May 22, 2014)

Language: English

ISBN-10: 1936303698

ISBN-13: 978-1936303694

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 40 customer reviews

Best Sellers Rank: #46,628 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #142 in Books > Health, Fitness & Dieting > Women’s Health > General #839 in Books > Health, Fitness & Dieting > Alternative Medicine

Customer Reviews

Aimee Raupp is a nationally renowned women’s health and fertility expert and the author of *Chill Out and Get Healthy*. Raupp earned a Master’s of Science in Traditional Oriental Medicine from the Pacific College of Oriental Medicine in San Diego, California, and a Bachelor’s degree in biology

from Rutgers University in New Brunswick, New Jersey. She holds a license in acupuncture and Chinese herbology in the state of New York and is certified by the National Certification Commission for Acupuncture and Oriental Medicine. Aimee is currently in private practice in Manhattan, the Hamptons and Nyack, NY, and is the creator of the Aimee Raupp Beauty line of hand-made, fertility-friendly products. Raupp has appeared on ABC TV's "The View," Yahoo! Shine, Martha Stewart Radio, FOX Television's "Good Day New York," and in Glamour, Woman's Day, Self and Better Nutrition magazines. She has served as spokesperson for Culturelle, Whole Foods, lululemon athletica and The American Leisure Spa Group, and is a columnist for MommyBites, the national online parenting community, and Acupuncture Today.

Love this book !!! She tells it like it is. I have had a couple setbacks in trying to get pregnant and this book along with acupuncture has gotten me healthy in body and mind. I also highly recommend her first book "Chill Out and Get Healthy"

Yes you can pregnant RE-inspired me to believe in my body's health and it's ability to conceive. There's a ton of useful and easily applicable info in this book. If you want to improve your health and your fertility it's a must read!!

If you want to have a baby and get pregnant naturally then you must read this book. It's packed with great information and an awesome book.

This book is a must read for anyone that is preparing to conceive or has been trying to conceive. I read this book in May of 2014 when I had had enough of fertility drugs and treatment along with too many unanswered questions from top doctors. Aimee has taken the time to think outside of the box (which I have found most doctors do not) and present holistic practices along with new scientific research. I knew there was another way and this book just happened to find its way to me. Within 3 months of following Aimee's optimal health protocol I was pregnant NATURALLY and was able to keep the pregnancy (I am now 7 months pregnant), something that I have struggled with for years. I was absolutely blown away and I now feel empowered knowing that as women we have absolute control over our fertility. Aimee presents a mind/body approach along with a refocus on our diets. It all makes perfect sense! Be ready and committed!

I really enjoyed this book. I'm definitely going to be incorporating the advice, and I do believe that it

will make a difference. I would have hoped for more information and evidence supporting these themes, and case studies are especially appreciated.

Absolutely wonderful book and very inspiring. Aimee somehow has found a way to really coach through the pages. I wanted it to keep going...I'll be checking her website and watching for more publications.

The book has a lot of helpful advice on what to eat and not eat. After reading it you are left feeling positive and like you are not alone.

I loved this book! I thought it was very informative. Aimee covers so much information and makes you feel like you really can do something to change your fertility!

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First Decade The 5 Phases to Get Your Ex Back: Where You Are Now and Where You Need to Go to Get Your Ex Back

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