



How to Get Pregnant: How to Boost Your Fertility for the First Time Mom or Dad-To-Be

Karen Kennedy

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This book is meant to help you achieve conception. It covered nearly every topic about fertility, charting, medical and holistic methods, as well as behaviors to avoid before conception.

This book will help you better understand how your body works; knowing how your body works is the first step toward understanding fertilization. "How to Get Pregnant: How to Boost Your Fertility for the First Time Mom or Dad-To-Be" gives valuable information about:

Things to Consider Before Conception

How Hard is it to Get Pregnant?

Scheduling a Preconception Visit

Genetic Counseling

How to Boost Your Fertility

When Are You Most Fertile?

Possible Fertility Issues

Irregular Cycles

Tracking Your Ovulation

Your Cycle

Overview: Ovulation Tracking Methods

What is a Fertility Monitor?

What is BBT Charting?

Analyzing Cervical Mucus

Checking Your Cervical Position

The Best Sex Positions for Conception

After Sex Tricks

Diet and Fertility: What's the connection?

How does weight impact your ability to get pregnant?

Lifestyle Factors

Vitamins for Him

Gender Selection

How to Increase the Likelihood of Twins

Getting Pregnant with Ailments

What is infertility?

How do I get pregnant with PCOS?

High Prolactin Levels

After a Miscarriage

Holistic Methods

Fertility Medications

Treatments for Infertility

Get a copy of this book now and let it be your guide on how to be pregnant and become a mommy!

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Lisa Potter:

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Kim Nielsen:

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