



The Essential Fertility Guide

Robert Winston, The Essential Parent Company

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For many people conceiving a baby is easy. For others, the difficulty or inability to conceive can cause anguish and heartache due to possible fertility issues. When people learn that their fertility is challenged they have a vast array of questions. There is a lot of important information but men and women don't always know where to turn. Written by one of the founding fathers of IVF and experts in fertility Professor Robert Winston, this book offers the most up-to-date, well researched, scientifically proven and reassuring advice and guidance at this time. Divided into a number of subjects such as understanding your fertility, diet, fertility treatments and support, each chapter is structured around the most common questions asked by men and women. Amongst many others, the areas covered include how men and women's fertility can be challenged; what can be done to increase your chances of getting pregnant naturally; when you might want to consider fertility treatment; what treatments are available and how they vary; the kinds of questions you should be asking your treatment clinic; if there are risks of fertility treatment; the difficulties people go through during fertility treatment and what support is given. The Essential Fertility Guide is the first in the series of reference books published in association with The Essential Parent Company. With tips, lists of do's and don'ts and case studies, this book arms you with everything you need to know and understand about fertility and how to boost your chances of having a baby.

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