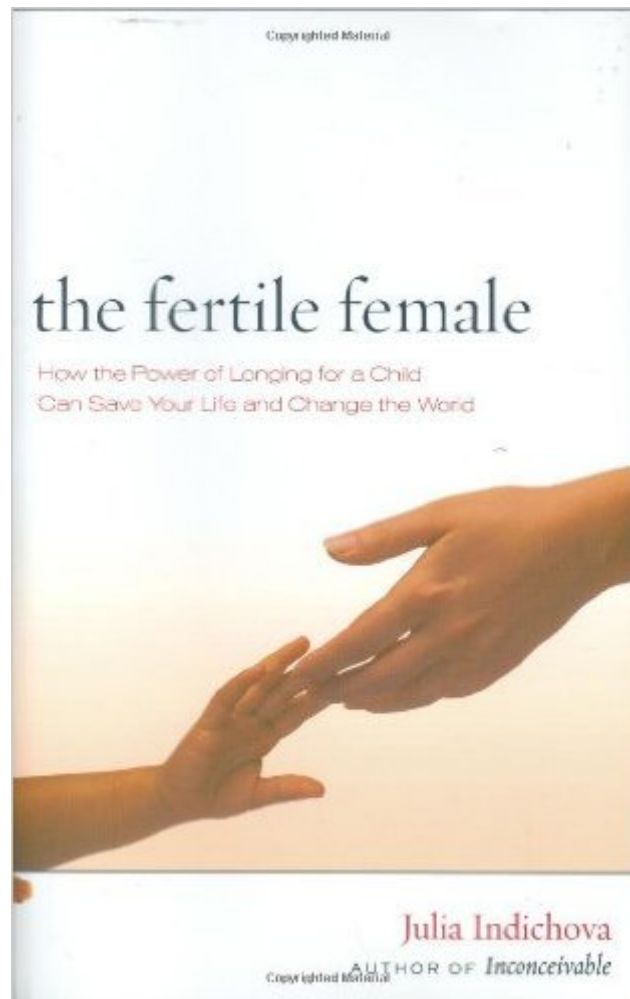


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# The Fertile Female: How The Power Of Longing For A Child Can Save Your Life And Change The World



## Synopsis

Written by an author whose expertise grew from an extensive counseling practice as well as personal experience. The Fertile Female offers a hope-filled view of reproductive difficulties, with a deeper understanding of the often-confusing messages of mind-body and alternative medicine. With an engaging mix of passion and humor the book initiates a public debate on the politics of infertility and its effect on our health care system. Includes practice exercises and a section on dietary recommendations, complete with recipes.

## Book Information

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## Customer Reviews

I can't say enough about Julia Indichova, her workshop, THIS WONDERFUL BOOK, and also her first book: Inconceivable: A Woman's Triumph over Despair and Statistics!! My husband and I tried to conceive for over 2.5 years. After 10 months of trying on our own, we met with fertility experts. After several rounds of fertility treatments (including multiple rounds of INVITRO) we were pretty much told that egg donor was our best option. We even met with an adoption counselor last week. The process took such a toll on us. We were beaten down. Then, something led me to Julia's website: FertileHeart.com There I found her first book (Inconceivable), which led me to attend one of her workshops and ultimately to read her latest book (The Fertile Female). I am a true believer!! I attended Julia's workshop (where she reviews all of the techniques from her book) in Woodstock, NY on April 1st, 2007. I left there so uplifted and revived. My husband and really felt that we could have a biological child. I was so happy that following week, during my OVULATION, and I KNOW

that it made a difference. I stand her today PREGNANT!!!! Following the workshop and reading her book, I practiced Julia's techniques on a daily basis. So did my husband. I literally got pregnant that following week!! It truly works! Julia is brilliant. She has developed an easy to follow plan that revives you and helps you in all aspects of your life. I can't say enough! I want to scream to all of the doctors who saw me as a statistic.... I AM PREGNANT!!!! YOU HAVE TO READ THIS BOOK and follow Julia's techniques! Our dreams have come true. I will continue to use Julia's techniques throughout my pregnancy and for the rest of my life.

For anyone who is logic-based or science-based in their approach to life or specifically medical diagnoses, Julia Indichova's philosophy and approach can seem implausible and unnerving. Human nature wires most of us to react to differences with a closed mind and negative attitude; this is a time where you will help yourself by rising above that human instinct of yours to reject that which is different than what you have been exposed to previously. Because my doctors had no actual explanations for my infertility other than unproven theories - nothing empirical other than blood tests that vary each month - I remained open-minded and decided to learn from those who had suffered before me. Julia Indichova's struggle, unfortunately, is not that unique. What is unique about her struggle is how she decided to ignore her doctors' negative assessments that she would never birth a second child, and to figure out, on her own, how to better improve her reproductive system. This book is especially relevant for those with a diagnosis of "unexplained infertility" or the euphemism diagnoses (since doctors do not like to admit they do not know the reason, so they pretend the quantity of your eggs has something to do with their quality) of "low ovarian reserve," "advanced maternal age," and "low AMH." Julia's first book, "Inconceivable" led me to her workshop and her second book, *The Fertile Female*, which I read in preparation for the workshop.

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