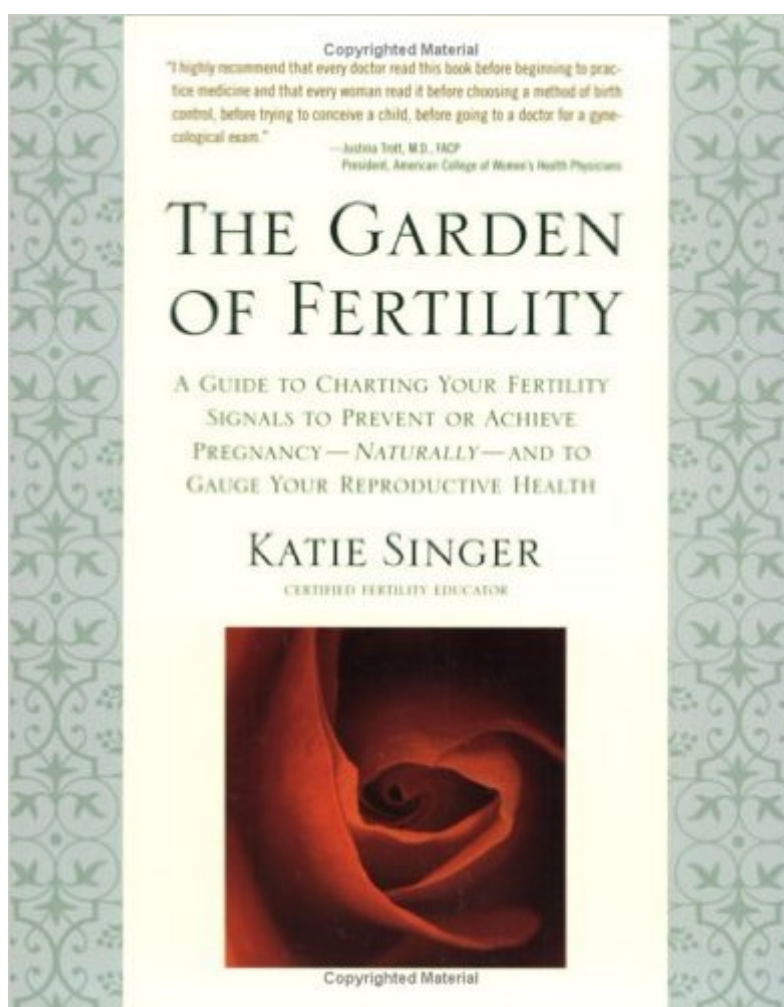


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The Garden Of Fertility: A Guide To Charting Your Fertility Signals To Prevent Or Achieve Pregnancy--Naturally--and To Gauge Your Reproductive Health



Synopsis

In *The Garden of Fertility*, certified fertility educator Katie Singer explains how easy it is to chart your fertility signals to determine when you are fertile and when you are not. Her Fertility Awareness method can be used to safely and effectively prevent or help achieve pregnancy, as well as monitor gynecological health. Singer offers practical information, illuminated with insightful personal stories, for every woman who wants to learn to live in concert with her body and to take care of her reproductive health naturally. *The Garden of Fertility* provides:

- Directions (and blank charts) for charting your fertility signals
- Instructions for preventing pregnancy naturally – a method virtually as effective as the Pill, with none of its side effects.
- Guidelines for timing intercourse to enhance your chances of conceiving without drugs or hormones
- Information to help you use your charts to gauge your reproductive health – to determine whether you’re ovulating; if you have a thyroid problem, low progesterone levels, or a propensity for PCOS or miscarriage; or if you’re pregnant
- Nutritional and nonmedical strategies for strengthening your gynecological health
- Clear descriptions of reproductive anatomy, hormonal changes throughout the menstrual cycle, and how conception occurs

Book Information

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Dieting > Women’s Health > Pregnancy & Childbirth

Customer Reviews

Fertility Awareness—a method for preventing or achieving pregnancy based on daily charting of the waking temperature and cervical fluid—is the answer for those who want to space their children, become pregnant or even regain reproductive health without the use of hormones or drugs. For

those couples conscious of Dr. Price's discoveries about the importance of spacing children, this book lights the way. In *Garden of Fertility*, Katie Singer dovetails step-by-step instructions, including excellent sample charts and diagrams on how to gauge fertility patterns, with fascinating testimonials. This is much more than a how-to book; it presents a model of relationships that partake in the natural rhythms of the earth and moon. In many of the book's testimonials, women describe how participation in Fertility Awareness helped them achieve an unexpected sense of femininity at once peaceful and strong. Even more moving are the remarks of men, who describe an increased sense of belonging in the reproductive process, and increased closeness to their partners when they are aware of fertility patterns in a relationship. One important benefit of joint participation in Fertility Awareness is increased communication between partners. Singer does not ignore the influence of diet on reproductive health. Happily, her advice is based on the teachings of Weston Price. She explains the fundamental importance of fat-soluble vitamins A and D, as well as vitamin E, iodine and zinc for reproductive health. Dietary suggestions include cod liver oil, egg yolks, butter, liver, seafood and lard. She also warns against commercial vegetable oils, trans fats, sugar, white flour, soy, caffeine and foods grown with pesticides.

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