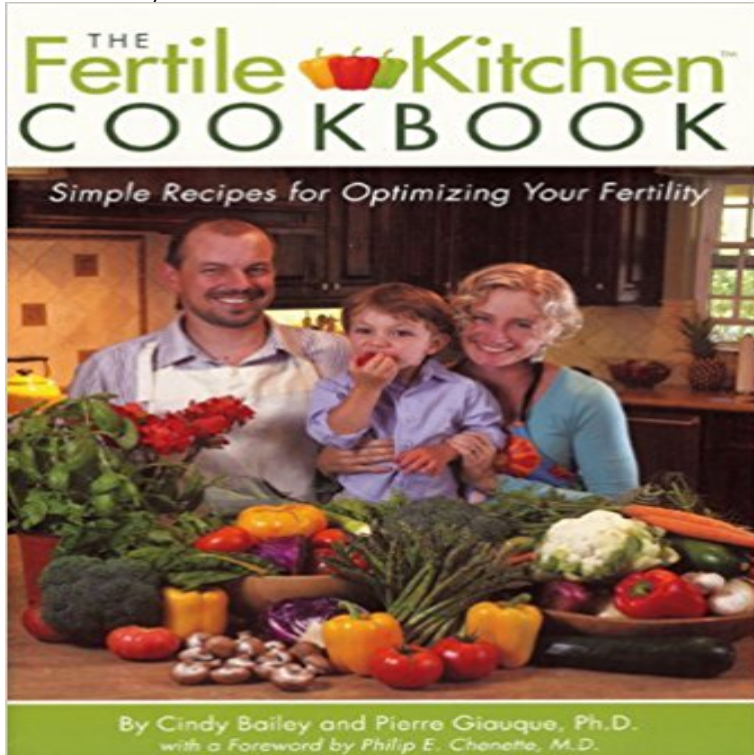


## The Fertile Kitchen Cookbook: Simple Recipes for Optimizing Your Fertility



Are you one of the millions of couples desperately trying to conceive a baby? Are you aware that diet plays a critical role in fertility? Would you like to unlock the secrets to changing your diet and potentially increasing your chances of success? Co-authors Cindy Bailey and Pierre Giauque--when confronted with Cindys medical prognosis of a two percent chance of conceiving a baby on her own--unlocked those secrets to develop a fertility diet that four months later produced a viable pregnancy, and soon after a healthy baby. The Fertile Kitchen™ Cookbook includes a variety of simple-to-make tasty dishes that make the diet easy to follow. In this cookbook, the authors share these flavorful recipes, along with the dietary guidelines that helped them succeed. Additional tips and even a section on cooking basics, are included. You will learn: The importance of diet in conception and pregnancy, what foods you can and cannot eat to enhance fertility, how to identify and shop for healthy ingredients and food items, how to prepare the nutritious and fertility-enhancing recipes included. The Fertile Kitchen™ doesn't guarantee success for every couple, but the cookbook does put you on a wholesome, healthful diet that is at the very least good for you. We hope you enjoy it and we wish you success in your fertility endeavors.

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I am so pleased to see this renewed emphasis on diet and fertility, and look forward to using The Fertile Kitchen in my own practice. - Philip E. **Events page - The Fertile Kitchen Cookbook: Simple Recipes for** In addition to giving workshops and talks on Eating for Fertility, she is a professional member of RESOLVE, the national infertility organization, and is on the **Purchase - The Fertile Kitchen Cookbook: Simple Recipes for** NorCal Fertility Group fertility focused acupuncturists and related health practitioners in the San Francisco Bay Area **The fertile kitchen cookbook simple recipes for optimizing your fertility** Are you one of the millions of couples desperately trying to conceive a baby? Are you aware that diet plays a critical role in fertility? 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