

# YES, YOU CAN GET PREGNANT: NATURAL WAYS TO IMPROVE YOUR FERTILITY NOW AND INTO YOUR 40S FREE DOWNLOAD



Aimee E. Raupp | 256 pages | 30 May 2014 | Demos Medical Publishing | 9781936303694 | English | New York, United States

## What You Get:

I had fun. As for Becker, she prefers them as part of a fertility-boosting trail mix that also includes almonds, pumpkin seeds, and dried goji berries. If you want more individualized attention from Aimee, we recommend upgrading your purchase to the package that includes private or group coaching. I highly recommend hiring her to walk with you and relieve you from feeling like you have to do this all on your own! She is so easy to work with and smart as hell. I am now the proud mother of a beautiful daughter and am expecting another baby girl. So stock up on asparagus—and opt for fresh or frozen, if possible, since canned asparagus has a lot of sodium. In a friendly, understanding, and inspirational manner, Yes, You Can Get Pregnant provides hope, scientifically-backed knowledge, and emotional support to help you become the mother you want to be. Access to The R. A nationally renowned women's health and fertility expert, Aimee Raupp has helped hundreds of women optimize their fertility and get pregnant, even after age I made my own joy and loved and supported myself. Aimee You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s also worked with women over the age of 46 who went the donor egg route and successfully got pregnant. Male fertility can get a boost from sunflower seeds, which are great for improving sperm motility and sperm count. Folic acid is critical for women who are trying to get pregnant and asparagus is full of it: One cup of asparagus gets you more than half of your daily recommended dose of folic acid, plus You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s your daily vitamin K. Small but mighty, these little legumes also contain high levels of fiber, potassium, and protein. Add to Cart. Amber Lawless rated it it was ok Feb 12, I immediately implemented her program and changed the way I looked at what I put both inside and outside of my body. And I felt seen and heard, which is so needed when TTC. Does it seem like every woman you know is having a hard time getting pregnant and you don't want that to be you when you are ready? Aimee kept me on track in all aspects of my life: physically, mentally, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s. Pretty much a comparison of eastern vs western fertility medicine. Another food to add to your fertility diet is maca. Community Reviews. Module 5: Your Fertile Mind In this module you will learn: Simple emotional tools so you can feel better now How to begin to tell and believe! Lets you gain confidence on getting pregnant. As time went on and I got older, I continued to follow the advice I Yes to all my fertility clients, which can be summed up in these five tips: With warmth, sensitivity, and practicality, Aimee explores how our beliefs dictate our behavior, which ultimately dictates our health. After my 40th birthday, while we were discussing getting engaged, we got pregnant with our healthy, thriving son Jaymes who You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s two this September. I learned to eat avocados. Readers also enjoyed. I upped my meat ounces the second week and ate anything I found that was grass-fed, organic, antibiotic free that was safe to eat during pregnancy. Can my partner do this with me? I don't know if this diet had any bearing at all on that result but at least if it failed, I felt I had tried everything. The complete guide to getting pregnant and improving fertility naturally even if you've been told your chances of conception are low. When those fears came up, I found a way to quiet the mental chatter, tune into my heart, and reconnect with my truth. I began making wiser decisions based on wisdom and peace rather than panic and desperation. Aimee has transformed the way I think about my body and my healing path. Her program made me feel balanced again after the emotional and physical upheaval the miscarriage caused and let me be proactive about my fertility. I nourished my body with nutrient-dense foods and supplements. Return to Book Page. Related Products. There include a good summary on chemicals that are in daily products facial, body products that could be harmful as well and states why. Enrollment for is now closed. Sarah rated it really liked it Aug 30, I consider her to be an invaluable partner and regularly recommend patients incorporate her treatments and philosophies into their care plans. Want to Read Currently Reading Read. I followed this for about 2 months, sometimes dining out but staying gluten free. However, as my 39th birthday approached, I was single, without children, and very ready to start a family. You probably already love your guac, amirite? Update: I did the fertility diet after my implantation. Aimee is the ultimate East meets West physician. Introduction: The Yes, You Can Get Pregnant Roadmap In this module you will learn: How and why this course is necessary for your path to fertility, pregnancy, and motherhood Why optimal health is imperative for optimal fertility. Click the video above to play and turn up your volume.

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