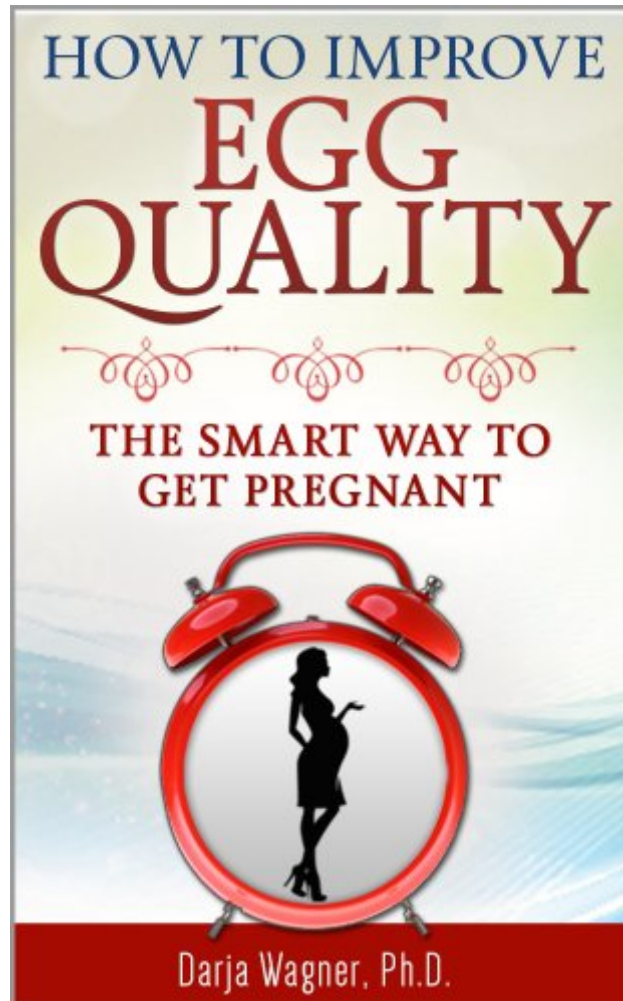


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# HOW TO IMPROVE EGG QUALITY: The Smart Way To Get Pregnant



## Synopsis

The #1 Bestseller in the Category Reproductive Medicine! Updated in 2015 to explain the most recent advances in reproductive medicine and answer the most frequently asked questions! How to Improve Egg Quality: The Smart Way to Get Pregnant is packed with tons of recent research on improving egg quality and fertility of women over thirty-five. Written by a Ph.D. cell biologist, dedicated to the most special kind of cells: your eggs. The book is full of real-life examples and gives you a toolbox necessary to improve your egg quality in easy-to-follow steps and within a realistic time frame of three to six months. Do you hear your biological clock ticking? If you care about your fertility or are waiting impatiently to get pregnant, How to Improve Egg Quality: The Smart Way to Get Pregnant contains the information you need to be aware of. If you are over 30 OR undergoing fertility treatments, it might be the best investment you will ever make in your future family. The author of the blog <http://www.paleo-mama.com> on improving fertility for women over 35 and a scientist specializing in vitamins and hormones, Darja Wagner Ph.D. presents to you a book packed with tons of cutting-edge research from recent years, but written in simple English and in an easy to read format. Did you know that the quality of a woman's eggs is the single largest factor contributing to delays in getting pregnant as women become older? Missing facts on how to slow down your biological clock and improve your chances to get pregnant can destroy your dreams. Which foods are scientifically proven to be the best for increasing fertility? How exactly can you employ CoQ10, vitamin D, and DHEA to improve egg quality? How do you find out how many eggs you have left? How to deal with emotional and communication issues while you are waiting to get pregnant? Which lifestyle interventions are most likely to improve your chances of conceiving? What are the important things you must know about conception, implantation, and the aging of your ovaries, which only a scientist can help you understand? What is it that women don't know and doctors don't tell? Reading How to Improve Egg Quality: The Smart Way to Get Pregnant is likely to save you a lot of time. The author combines her personal experience with research from various scattered sources: scientific journals, the Internet, fertility forums and books, to give you the essence and essential facts in a way which is easy to understand and to act upon. This book is written for women who don't have much time to waste. It gets straight to the point, putting scientific vocabulary in plain language. Even those who are familiar or dealing professionally with this topic are sure to learn new specific facts and get advice on how the reproductive potential of aging women can be developed to its full potential. Instantly available to read on your Kindle or PC. Biography: Darja Wagner, Ph.D. is a scientist specializing in vitamins and hormones. She is the author of the blog <http://www.paleo-mama.com>, where she addresses fertility

and getting pregnant for women of advanced reproductive age. She lives in Berlin with her husband and two sons, both of whom were born after the age of 35, using techniques she has explained in this book.

## **Book Information**

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## **Customer Reviews**

I highly recommend this book to anyone trying to conceive who is worried. It has amazing advice and a great tone. I read it because I was 39 and trying to get pregnant for the first time. I didn't think I wanted children until my biological clock kicked in at 35 and met my now-husband at 37. I started trying 7 months ago, when I was 38, and didn't meet any success even though I was using a fertility monitor and charting. On my fourth month, I had what I suspect was a chemical pregnancy (I wasn't testing every day) because I had an unexpected long cycle with 18+ days of high temps and a terrible period. It left me despondent for about a week about my prospects and my age and the quality of my eggs. I eventually pulled myself up and made an appointment with a fertility specialist (two month wait) and bought this book. I had been already doing some of the things she suggested, but took Darja's advice of adding more vitamin D and a CoQ10 supplement in the dosages she recommends (I bought DHEA, but had my hormones tested and my progesterone was fine and my

intuition told me not to mess with it). I felt better within one month and two months later I found myself pregnant- 4 days before our appointment with the fertility specialist. There is no way to know the impact of adding the two supplements, but it was the only change I made after the chemical pregnancy and here I am with a baby on the way. At the least, I do know that it certainly didn't hurt and was a lot cheaper than IVF! I also really appreciated the tone and structure of the book, as well as the data. I write non-fiction and I know this is not easy to get right. I read other books about getting pregnant over 35 and felt like I was being lied to or lectured.

As I reach my early thirties, I've begun to seek a better understanding of fertility and reproductive health. I would like to have children at some point, and as time begins to close in for my prime reproductive years, I've started doing my research. Regardless of your intentions during "and beyond" your prime childbearing years, I do believe that knowledge is incredibly important. After reading this, I insisted that my friends who don't intend to have children read it too; not because I want them to have children, but because I want them to have the knowledge that I've found. This book presents a solid and logical path to follow in figuring out where you are realistically when it comes to your ovarian reserve. I won't go through everything that I did after reading this book (not limited to doctors appointments, asking women in my family lots of questions, and deep consideration of my own health and priorities) but I will say that while this book is loaded with helpful information, it in no way shames women into hopping to it and trying for a baby "yesterday" as many other resources seem to do. The chapter that I really enjoyed was the section about how to interpret antral follicle count. Like many other things that women panic about, the word "count" is a huge focus. I constantly hear women talking about this count, and that count, but never had a clue about antral follicle count and what it actually meant. Like most things, I understood that they become fewer as we age, but little else. The author goes through a very detailed account of what the relationship between follicles and ovarian reserve is. Understanding how they can grow back and quickly die due to certain signals that the body sends was not something I fully understood before.

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