My Ovulation Calculator

Frans X. Plooij, Hetty van de Rijt, Xaviera Plas

Take Charge of Your Fertility Anna C. Brooke, 2017-08-14 Take Charge of Your Fertility is a must-have guide for every couple currently trying to conceive. This resource gets to the heart of all the emotional issues around having a child such as biological and social pressure, to support women who are considering getting pregnant. Take Charge of Your Fertility is written for women who do not have much time to waste. The author combines her personal experience with research from various scattered sources that includes scientific journals, fertility forums and books to give couples the essential facts needed to get pregnant in a way that is easy to understand and act upon. This guide gets straight to the point and replaces scientific vocabulary with plain language so that its readers will get sufficient information on how the reproductive potential of women can be developed to its full potential. Take Charge of Your Fertility gets to the heart of emotional issues around trying to conceive, including how to prepare mentally and physically when thinking about getting pregnant and how to talk about it with your partner, family and friends. It covers a wide range of topics that include; boosting your fertility, detecting ovulation, timing sex for baby success, maximizing your odds of getting pregnant, choosing your baby's gender, getting into tip-top baby making shape, fertility-friendly eating, adjusting your lifestyle, when to seek help from professionals, conceptions tips and advice for women over 40 and more. Trying to get pregnant usually involves an enormous amount of emotions, ranging from anxiety and disappointment to hope and joy. With comfort and straightforward advices, Take Charge of Your Fertility is an indispensable guide to help you through it. Tags: pregnancy, ovulation calculation, pregnancy symptoms, male fertility test, infertility in men, trying to conceive, fertile period, trying to get pregnant, pregnancy tips, pregnancy symptoms, ovulation rycle, early pregnancy symptoms, ovulation tracking, sym

<u>Fertility Planner</u> Paulina Handy,2020-11-02 Handy fertility tracking book for tracking your menstrual cycles The conception diary is a great way to keep track and record your primary fertility signs so that you can see the patterns and learn how to interpret your fertile times. As menstrual cycles vary so much from woman to woman, you need to observe your basal body temperature, cervical mucus, cervix positon and texture and every important information which can impact your fertility. With charts you create in the fertility journal you can to predict when ovulation occurs and increase your fertility awareness and finally your chances of getting pregnant. It's useful tool for baby planning. Specifications: Cover Finish: Matte Dimensions: 8.25 x 6.25 (20.96 x 15.24 cm) Interior: White Paper Pages: 61

Taking Charge of Your Fertility Toni Weschler,2015-07-14 This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices Maximize your chances of conception before you see a doctor or resort to invasive high-tech options Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement Gain control and a true understanding of your gynecological and sexual health This new edition includes: A fully revised and intuitive charting system A selection of personalized master charts for birth control, pregnancy achievement, breastfeeding, and menopause An expanded sixteen-page color insert that reflects the book's most important concepts Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of

12 Menstrual Cycle Ovulation Tracker and Fertility Charting Infertility Blue Cat Journal ChinkyCat,2021-01-06 | WHAT'S INSIDE? INTRODUCTION The importance of charting when TTC or trying to avoid pregnancy. A quick overview of what's in the journal. FERTILITY 101 Frequently asked questions that women have about fertility. Examples of questions are: *What does fertility mean for a woman? *How do I know when I'm ovulating using my BBT? *How do I chart to conceive? *What are the types of vaginal sensation? *What are the 4 rules of charting for birth control? MANUAL Guide on how to use each chart, including an example for each. THE CHARTS *Fertility Tracker Allows you to log the changes in your body for each cycle, which you can use to predict the time of your ovulation. Includes a BBT chart, and spaces to log the DPO, BD, period or CM, the fertile phase, LH/hCG test results, vaginal sensation, and cervical height, opening, and softness. *Ovulation & Pregnancy Test Logger Provides a table to paste and analyze your ovulation and pregnancy test results using the LH and hCG test strips. Used for women who are trying to conceive. Includes spaces to paste test strips, to indicate if intercourse was done, and to log the time of the test, the dates of bleeding, the # of DPO, and the result of the test. *Symptoms Tracker Allows you to log and analyze the most common physical and emotional symptoms of pregnancy and premenstrual syndrome. Includes a mood tracker, a graph to plot your sleep hours, stress level, and libido, and a physical symptom tracker. *Supplements & Cravings Tracker Allows you to log your medicines, supplements, and food cravings intake as well as a section for notes. | VARIATIONS AVAILABLE STYLE *Be gentle with yourself, you're doing the best you can. - Unknown, Blue You never fail until you stop trying. - Albert Einstein, Brown I don't get it. We show up every month, where is she? - The sperm, Cream You'll never know unless you try. - Unknown, Gray Let things flow naturally forward in whatever way they li

Ovulation Tracker Paulina Handy,2020-11-02 Handy fertility tracking book for tracking your menstrual cycles The conception diary is a great way to keep track and record your primary fertility signs so that you can see the patterns and learn how to interpret your fertile times. As menstrual cycles vary so much from woman to woman, you need to observe your basal body temperature, cervical mucus, cervix positon and texture and every important information which can impact your fertility. With charts you create in the fertility journal you can to predict when ovulation occurs and increase your fertility awareness and finally your chances of getting pregnant. It's useful tool for baby planning. Specifications: Cover Finish: Matte Dimensions: 8.25 x 6.25 (20.96 x 15.24 cm) Interior: White Paper Pages: 61

Ovulation and Pregnancy Tracking Diary Victoria Ciftci,2020-06 This diary is used to track ovulation with the use of OPK's (ovulation predictor kits) when trying to conceive. You can also record your period, sex and pregnancy test strips.

The Wonder Weeks Frans X. Plooij, Hetty van de Rijt, Xaviera Plas, 2017-09-05 This is not a book about how to make your child into a genius, however. We firmly believe that every child is unique and intelligent in his own way. It is a book on how to understand and cope with your baby when he is difficult and how to enjoy him most as he grows. It is about the joys and sorrows of growing with your baby.--Publisher's website.

The Billings Method Evelyn Billings, Ann Westmore, 2000

The Fertility Handbook Mary Wingfield, 2017-05-29 Maximise your chance of getting pregnant with this up-to-date and authoritative book that provides a clear and holistic approach to fertility. Areas including: - Understanding your body and maximising your chances of conceiving naturally as well as through complex treatments such as IVF, IUI and egg freezing - A pre-conception plan with sections on lifestyle, nutrition and the role of stress - The common (and uncommon) causes of fertility problems in both men and women - Options for single people and same-sex couples - Up-to-date information on ethics, funding and the law both nationally and internationally - Insightful testimonials from patients dealing with fertility problems and the emotional impact of treatment. Written by Professor Mary Wingfield, one of Ireland's foremost fertility experts who has helped hundreds of people to conceive over the last thirty years. All royalties from the sale of this book will be donated to the Merrion Fertility Foundation, which funds fertility treatment.

How To Choose The Sex Of Your Baby Landrum Shettles, D Rorvik, 2013-02-01 thousands have asked the question. His answer is an unhesitating 'Yes!'In this completely updated and revised edition of the international best-seller, Dr Shettles shows you how to raise the chances of having a child of the sex you want from 50 per cent - if you do nothing at all - to at least 75 per cent if you follow his methods. Some researchers have reported success rates, using Dr Shettles' techniques of approximately 90 per cent.the revised edition includes new commentary on previous editions, a new introductory chapter with summary update on results and on new competition in the field, and a commentary on other 'high tech' sex-selection methodologies including flow cytometry and PGD (pre-implantation genetic diagnosis used in conjunction with IVF). Also includes new testimonials and letters from the many thousands of people who have used the Shettles method - with an 80 per cent reporting success. If you are one of the many couples who are worried about whether their next child will be a boy or a girl, here is what you need to know to be sure the odds are in your favour.

What to Eat When You Want to Get Pregnant Nicole Avena, 2021-03-30 Making a healthy baby begins with healthy ingredients. Learn how to hack your diet to increase fertility-getting your body into the best baby-making shape--in only four weeks! The latest research reveals that by optimizing nutrition, you can boost your chances of conceiving and having a safe, healthy pregnancy and baby. But with so much information out there, how can you make sure you're getting the nutrients you need to maximize fertility and avoiding the seemingly healthy foods that could be interfering with fertility? In this comprehensive guide, diet and nutrition expert and research neuroscientist Dr. Nicole Avena offers revolutionary science-based advice for women and men who are either thinking about having a baby, already trying, or dealing with fertility issues.

Fertility Journal Catherine Barr,2019-05-06 This beautiful Fertility journal is a therapeutic and practical way to track your Trying To Conceive (TTC) journey. This book allows you to track 1 year worth of cycles! Track your moods, cycles, ovulation, medications, supplements, cervical fluid changes, luteinizing hormone, thoughts, and hopes. There are beautiful quotes, illustrations you can colour in, gratitude prompts about health and the future and much more. It makes an excellent gift for a loved one who is going through their fertility journey, or a beautiful gift to yourself if you are trying to get pregnant. CYCLE TRACKER that can track 12 cycles (1 year!), includes date, waking temperature, cervical fluid changes, ovulation, hormonal changes, mood, medications, intercourse and more. INSPIRING QUOTES to keep you focused and positive on your journey. GRATITUDE PROMPTS & AFFIRMATIONS to help you feel good and focus yourself on your goals. HIGH QUALITY 8.5x11 JOURNAL WITH GLOSSY COVER and 100 high quality pages. The Fertility Journals are perfect for the Trying To Conceive (TTC) and come with a range of fun covers from Pineapples (a symbol of good luck and implantation in the TTC community), quotes, flowers, baby illustrations and other fun designs. Check out my store for more! These journals come with comforting quotes about fertility and family every few pages, 40 day cycle tracking for even the longest cycles which includes all the key things you need to track including temperature, cervical fluid, hormones, medication and more. This book also comes with datejjournals, including a place where you can circle the day and write the month. Making it a great way to track your to do lists, cycles and more 100 High Quality Thick Cream Pages, Some Lined With A Date Section, Some With Pretty Designs You Can Colour In. High Quality Glossy Cover. 8.5x11 Size Book. Makes a lovely thoughtful gift to a loved one or even a gift to yourself! Buy Today! - Wishing You Luck, Love & Baby Dust!

Fix Your Period Nicole Jardim, 2020-04-28 "Nicole Jardim walks the talk, and I am confident that Fix Your Period will help ignite the hormone balance you are seeking and restore your vitality." --Sara Gottfried, MD, New York Times bestselling author of The Hormone Cure A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women's health coach and co-host of the podcast The Period Party. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it The Curse! For many, it's not just an inconvenience—it's a colossal life disruption, forcing them to miss work, school, appointments, or dates. We've been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren't a nuisance, they're information. When you learn to decode your period (or lack thereof), you'll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim's proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim's Fix Your Period is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

The Babydust Method Kathryn Taylor,2016-03-30 What if you could choose the sex of your baby? There are many existing sex-selection methods out there, but parents have come to find out that these methods are confusing and unreliable. Kathryn Taylor introduces a natural sex-selection approach known as *The Babydust Method, * which is based on the latest scientific evidence. This book details the science behind the method, and explains how you can dramatically increase your chances of conceiving the sex of your choice. This book reveals the flaws in the Shettles method, O+12, egg polarity, pH, and acidic/alkaline/ion diets, and offers a brand new approach involving a combination of precise timing and frequency that has been proven to work in a published clinical study.

The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth Genevieve Howland, 2017-04-25 Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. Natural recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family--

Conception 101 Nazaneen Homaifar, Elizabeth Kane, Halle Tecco, 2019-08-31

Wild Power Sjanie Hugo Wurlitzer, Alexandra Pope, 2017-04-04 Unprecedented insight into the feminine body and on using its natural rhythms to heal, find balance and reconnect to our emotions. Your power lies in the rhythm of your menstrual cycle. Connect with your body on a deeper level to find healing, balance and wholeness. The menstrual cycle is a vital and vitalizing system in the female body, yet our understanding of and respect for this process is both limited and distorted. Few women really know about the physiology of their cycle, and many do not see it as an integral part of their health and wellbeing, let alone as a potential guide to emotional and spiritual empowerment. Wild Power tells a radical new story about feminine power. It reveals: Your inner architecture and the path to power that is encoded in your body. How to tune in to the rhythm and changes of your menstrual cycle to realize the fullness and beauty of your authority. Three 'maps' to guide you through the energies, tasks and challenges presented as you journey through each cycle. How to work with your Inner Seasons to pace your energy, calm your nervous system and gain insight into your overall wellbeing. How to work with your cycle to channel spiritual forces, affirm your expression in the world and achieve a deep sense of belonging Written with humour, tenderness and practicality, and packed with women's stories and quotes throughout, Wild Power will restore women to wholeness and reinstate the full majesty and grace of the Feminine.

The Impatient Woman's Guide to Getting Pregnant Jean M. Twenge, 2012-04-17 Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having

children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman's Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, The Impatient Woman's Guide to Getting Pregnant is the bedside companion to help you through it.

Motherhood? Is It for Me? Denise L. Carlini, Ann Davidman, 2016-11-15 Deciding yes or not to motherhood can be fraught with confusion, pain, and loneliness. Many a woman is undecided about arguably the most important life-defining decision she'll make in her lifetime. With the 'Motherhood -- Is it for me?' program, the authors of this book, both dedicated and seasoned psychotherapists, created a process that has helped countless women over the last 25 years. Finally available in print, this program is the perfect resource for closely examining ambivalence around this crucial life choice. Through precise steps, readers are guided on their own personal journeys toward deeper understanding and learn what they really want. The process even allows a woman who is experiencing extremely painful immobilization to find her way through to her true desire. The authors know from their professional experience that an analytical pros-and-cons approach often fails to successfully answer this most personal question. Interspersed throughout this book are twenty diverse stories of women who made conscious choices, half deciding yes and half deciding no. Their stories -- and sometimes advice -- create a valuable community that provides support to every reader, breaking the isolation they may feel.--Book cover.

Full of Life Nancy O'Dell, 2009-04-14 Nancy O'Dell, host of Access Hollywood, offers straightforward mom-to-mom tips and kernels of wisdom from the minute you decide to have a baby until you bring your little one home. When Nancy O'Dell was pregnant she found herself saying often, Why didn't y'all tell me that was gonna happen! Nancy's friends didn't think to warn her about half of the things that happened to them during pregnancy -- like how those red dots might appear on her chest in the third trimester or how her calves (not just her feet) would swell too much for those cute new boots. Now that her own little bundle has arrived, Nancy shares candid observations and motherly advice that will help other expectant mothers prepare for all those spontaneous itches, emotions, skin changes, and cramps that can be quite terrifying and downright embarrassing if you don't know ahead of time that they might occur. She even shares her mother's delicious spice cake recipe with prunes, for those constipated days. (Hey, even in Hollywood pregnancy isn't always glamorous.) So don't panic if you forget the word for toothpaste or if your boobs leak before you give birth -- these nine (well, ten!) months of your life will be full of crazy and often hilarious moments. With warmth and humor, Nancy talks openly about her experiences in each stage of expectant motherhood, from pre-conception through delivery, and even the intimidating but joyful first week at home with her new baby. A sweet celebration of pregnancy and new motherhood -- the good, the bad, and the just plain unexpected -- Full of Life is the perfect companion for every mom-to-be who needs a little reassurance from someone who's been there as to exactly what might happen next!

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