

Ovulation And Pregnancy Calendar Fertility Calculator Gender Predictor Period Tracker

Landrum Shettles,D Rorvik

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 signs, ways to get pregnancy, how to become pregnant, fertility calendar, fertility calculator, how to get pregnant fast, best way to get pregnant, best time to get pregnant, how to get pregnant fast, ovulation predictor, best time to conceive, ovulation period, ovulation cycle, early pregnancy symptoms, ovulation tracking, symptoms of being pregnant, signs of ovulation, fertile days, pregnancy due date, conception calculation, infertility books for women, infertility journal, fertility cycles and nutrition, fertility diet, fertility over 40, fertility diet, fertility awareness book, trying to get pregnant, trying to conceive, how to increase fertility, natural fertility, infertility issues in women, pregnancy fiction, pregnancy books, pregnancy journal, pregnancy books for men, pregnancy books for mom, natural pregnancy books, pregnancy and childbirth.

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.

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.

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

The Billings Method Evelyn Billings,Ann Westmore,2000

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 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--

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 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.

Scheduling Wheel , 2013-05-01 Scheduling Chart Wheel This calculator provides the following information with one setting for a great scheduling.- Front - Date (Month, No. of Weeks, No. of Days) -Back - Perpetual Calendar (Month, Year 2010 - 2030) Size: 6 / ISBN No. 9781622709847

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 date journals, 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 Quotes, 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!

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.

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.

Reproduction Nick Hopwood, Rebecca Flemming, Lauren Kassell, 2018-12-06 From contraception to cloning and pregnancy to populations, reproduction presents urgent challenges today. This field-defining history synthesizes a vast amount of scholarship to take the long view. Spanning from antiquity to the present day, the book focuses on the

Mediterranean, western Europe, North America and their empires. It combines history of science, technology and medicine with social, cultural and demographic accounts. Ranging from the most intimate experiences to planetary policy, it tells new stories and revises received ideas. An international team of scholars asks how modern 'reproduction' - an abstract process of perpetuating living organisms - replaced the old 'generation' - the active making of humans and beasts, plants and even minerals. Striking illustrations invite readers to explore artefacts, from an ancient Egyptian fertility figurine to the announcement of the first test-tube baby. Authoritative and accessible, Reproduction offers students and non-specialists an essential starting point and sets fresh agendas for research.

Self-Tracking, Health and Medicine Deborah Lupton, 2017-10-02 Self-tracking practices are part of many health and medical domains. The introduction of digital technologies such as smartphones, tablet computers, apps, social media platforms, dedicated patient support sites and wireless devices for medical monitoring has contributed to the expansion of opportunities for people to engage in self-tracking of their bodies and health and illness states. The contributors to this book cover a range of self-tracking techniques, contexts and geographical locations: fitness tracking using the wearable Fitbit device in the UK; English adolescent girls' use of health and fitness apps; stress and recovery monitoring software and devices in a group of healthy Finns; self-monitoring by young Australian illicit drug users; an Italian diabetes self-care program using an app and web-based software; and 'show-and-tell' videos uploaded to the Quantified Self website about people's experiences of self-tracking. Major themes running across the collection include the emphasis on self-responsibility and self-management on which self-tracking rationales and devices tend to rely; the biopedagogical function of self-tracking (teaching people about how to be both healthy and productive biocitizens); and the reproduction of social norms and moral meanings concerning health states and embodiment (good health can be achieved through self-tracking, while illness can be avoided or better managed). This book was originally published as a special issue of the Health Sociology Review.

The Carnivore Code Paul Saladino, 2020-08-04 The Plant Paradox meets The Keto Reset Diet. In this best-selling book, Dr. Paul Saladino—a rising star in the Paleo and Keto communities—reveals the surprising benefits of a meat-based diet and shares a complete plan to lose weight, decrease inflammation, and heal from chronic disease.

How to Get Pregnant Sherman J. Silber, 2009-11-29 A complete update of a classic. Dr. Silber is the preeminent expert in the field of male and female fertility problems. He has appeared on Oprah, the Today show, Good Morning America, ABC's World News Tonight, Nightline, and was featured on Discovery Health's documentary program on infertility, The Baby Lab, and many other national programs. The media world will eagerly welcome Dr. Silber to discuss the latest developments in infertility treatment.

What to Expect Before You're Expecting Heidi Murkoff, 2017-10-03 It's a cover-to-cover revision of America's bestselling guide to getting pregnant, with updated information about genetic screening, ovulation tracking, fertility treatments, and risks like Zika. *What to Expect Before You're Expecting* has everything that eager-to-be moms and dads need to know about getting pregnant, from getting their bodies ready to make a healthy baby to getting that healthy baby on board faster. You'll find baby-friendly foods to order up (say yes to yams); fertility-busters to avoid (see you later, saturated fat); how to pinpoint ovulation, time baby-making sex, keep on-demand sex sexy, and separate conception fact—it takes the average couple up to 12 months to make a baby—from myth—position matters. With the latest on health insurance coverage, preconception travel and the Zika virus, sex selection techniques, antidepressants, and information on family-building options for single women and same-sex couples. Plus, for the 1 in 8 couples who experience infertility, the latest on both low-tech and cutting-edge fertility treatments, from medications to IVF and surrogacy. It's everything you need to know for that baby-making adventure.

The Palgrave Handbook of Critical Menstruation Studies Chris Bobel, Inga T. Winkler, Breanne Fahs, Katie Ann Hasson, Elizabeth Arveda Kissling, Tomi-Ann Roberts, 2020-07-24 This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: "what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?" The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

Your Fertile Years Joyce Harper, 2021-04-29 How well do you really know your body? How easy do you think it will be for you to get pregnant - or NOT to get pregnant? You've probably never really been educated about your reproductive years - perhaps you learnt everything you know from friends, or from the media, or online. You might be ready for a baby now; or, like so many other women, you might want to delay the birth of your first child while you establish your career. Perhaps you're thinking about freezing your eggs. Professor Joyce Harper is an internationally recognized expert on female fertility and fertility education, and in 12 chapters she covers the full scope of your reproductive years, from your first period to menopausal symptoms. Her straightforward, scientifically based advice will give you all the information you need to make informed decisions about your reproductive choices. Only when you really understand your menstrual cycle works can you optimise your lifestyle to get pregnant successfully - while being properly aware of how and when your fertility will decline. Your Fertile Years answers all your questions about things like egg freezing and IVF, and debunks not only the myths surrounding fertility treatment, but also the misinformation and scare stories that surround conception and pregnancy, including the bottom line on supplements, diet and holistic therapies. A shining beacon in the murky fertility landscape, this book will accompany you through your fertile years, giving you the guidance you need to make decisions that work for you, your family, your career and your body.

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