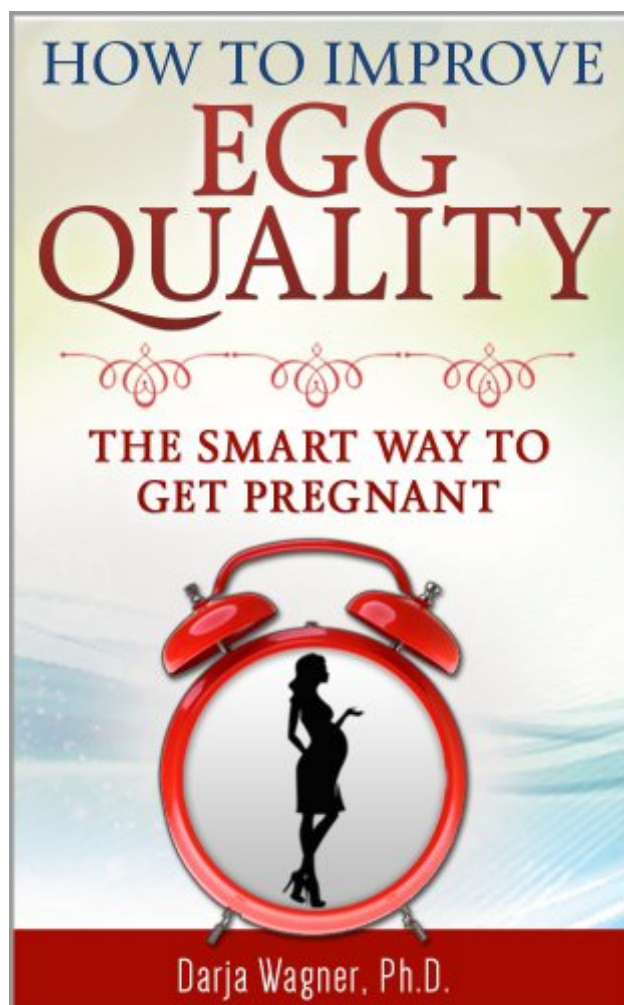


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# HOW TO IMPROVE EGG QUALITY: The Smart Way To Get Pregnant



## Synopsis

The #1 Bestseller in the Category Reproductive Medicine! Revised and updated in July 2017 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 PhD 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 PhD 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, PhD is a scientist specializing in vitamins and hormones. She is the author of the blog <http://www.improvefertilitynaturally.com>, where she

addresses fertility and getting pregnant for women of advanced reproductive age. She lives in Berlin with her husband and two sons.

## **Book Information**

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## **Customer Reviews**

This book offered some additional tips like how DHEA works and impacts your body. However, if you have been researching and/or have read several other books on fertility like I have, this book really doesn't offer additional information. I think it's a great book for those who are just starting on their fertility path but for those have done their research already it doesn't offer anything new.

Hi All,I am 44 years old and have had 2 miscarriages and 4 IVF cycles and no luck ...I found this book while looking at older women by age in regards to childbearing. I read the book and have a lot of hope also given the fact that Darja has had her 2nd child at age 45. I give this book a thumbs up!!

For women who are having trouble getting pregnant, honestly, this book is very informative and

detailed on ways to help you help yourself. I used to ask why is it when a woman goes to her doctor, seeking help with her fertility, her chances of getting pregnant are the same as when she's trying on her own. Darja put it best, saying the doctors can only do so much --- they have lives, too. The winner here is you! You have to change your lifestyle habits to better your chances. Definitely a must-have book in my honest opinion.

Very interesting book. I liked the writing style and the attention to detail as well as the personal information about the author. She is a molecular biologist who conceived 2 children after age 35 using the information explained in this book. The book has convinced me to look again at what science now knows about DHEA and Ubiquinol. I'm adding those two to my current fertility arsenal.

Highly recommend this book! With so much information available on fertility it can become very overwhelming. I most appreciated the simple manner in which this information is presented in this book. Definitely following some of the advice given!

This book consolidates the information from hundreds of medical and scientific papers. It provides essential information to couples who want to get pregnant especially at later stages of life. The book is written in plain English and thus helps with your understanding of what various supplements do and problems that exist and need to be solved. The information contained in this book will probably not be given to you by your ivf clinic, however it is essential to your success I believe. The data primarily focuses on the eggs and making sure they and the environment are as strong as possible. I would like to see a chapter on supplements and tips for men -a minor criticism to an excellent book - but you could argue that the book is about egg quality and not improving sperm quality! Buy it and read it and implement it to improve your chances.

The book can be used as a shopping list for those who are trying to conceive a baby. Supplements are listed in a structured and targeted way and reading and understanding the book is very helpful for women who care about improving their egg health.

I appreciate the explanation of infertility or fertility issues related to "older" women. I am not a cell biologist by any means but do come from a profession where scientific rigor is appreciated and I like that she cites medical research you can look up and read for yourself. Gives just a little hope for you if you are having troubles conceiving and in your older child bearing years. For me, I like that

there are things I can do. My doctor is amazing but she mostly tells me nothing about my lifestyle is causing our fertility issues....this is true yet this book gives good cause for me to still make little adjustments, gives me a tiny sense of control over something I'm told over and over I have no control of.

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