

MAKING BABIES A PROVEN 3 MONTH PROGRAM

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[Making Babies: A Proven 3-Month Program for Maximum ...](#)

a proven 3-month program for maximum fertility Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Jill (and co-author Sami David, M.D., a reproductive endocrinologist) offer a better way in Making Babies, drawing on the best of both Eastern and Western medicine.

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MAKING BABIES offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine.

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Just wondering if anyone has read "Making Babies: A Proven 3-Month Program for Maximum Fertility." If so what did you think? I'm only a few chapters in but wondering if there will be anything life changing, or at least helpful in it.

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It is a 3-month program called like a "premaster" before you are pregnant. Basically, it is a mixture of eating right, staying away from stress, eliminating toxins, and just making sure you are doing everything you can to prepare your body for a baby. It's not a program you would follow your whole life because it has some crazy guidelines, but for a few months, it seems doable.

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