



Fertility, Cycles & Nutrition: Self-Care for Improved Cycles and Fertility... Naturally!

Marilyn M. Shannon , The Couple to Couple League (Editor)

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Third Edition How your diet affects your menstrual cycles and fertility... Self help strategies for PMS, infertility, painful periods, premenopause, repeated miscarriages, irregular cycles, heavy bleeding, pregnancy, and male infertility.

Fertility, Cycles & Nutrition: Self-Care for Improved Cycles and Fertility... Naturally! Details

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Author : Marilyn M. Shannon , The Couple to Couple League (Editor)

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From Reader Review Fertility, Cycles & Nutrition: Self-Care for Improved Cycles and Fertility... Naturally! for online ebook

Rachel says

I'm hesitant to give this five stars because the author suggests the same solution for nearly every problem, but she does have a master's degree in physiology and has been counseling couples with cycle irregularities and fertility problems for years if not decades. Since the book I read was published in 1996 I am also hesitant to believe everything because there may be newer research. But I absolutely loved the book and I will be using the supplementation suggested so often by the author.

Amy says

A fantastic book with lots of great ideas to help your body back to fertility *naturally.* I finished the book in a little over a week, started taking the recommended supplements, and already feel better. The amount of information in the book was phenomenal, the author seemed to really know her stuff and covered every possible cause of infertility. There is even a chapter on male fertility, which I found to be very helpful. I am going to recommend this to all my female friends, fertility problems or not. I'm also going to purchase a copy as I'm sure this is one I will refer back to time and again.

Debbie says

One of the best books I have found that discusses nutrition from a female fertility perspective. I have recommended this book to several women, and those who read it and take it to heart have had great success at either alleviating painful PMS symptoms or achieving a desired pregnancy.

Elizabeth says

I found a used copy of the second edition. I flipped through and was intrigued so I bought it. It is a little outdated, but overall had some good information on underlying nutritional issues that may be causing health issues in women.

Kipahni says

A MUST for anyone who uses Natrual fertility awareness. This book has very simple ideas with great research to back it up. the chapters on various disorders that come with adnormal cycles, followed by their respective suppliment that could help was thouroughly helpful. The only thing that I hesitate to giving it 5 stars is actually putting into practice in my own life what is suggested in the book. If this proves to be successful then I shall return to this review and give it a level up.

Jeanne says

Thought this book was very educational and scientific. This book is a great read for those using Organic Birth Control. I didn't give it a 5, because in some cases she recommends taking huge amounts of supplements and she never discusses possible side effects.

Emily says

A good jumping point on the subject, but too vague in some areas and too opinion based in others.

Karin says

this has some definite numbers in terms of vitamin needs for the childbearing years. However, most "ills" of the fertility cycle can all be solved by the same recommendations. It's just some more motivation for me. I was kind of surprised that it all basically boils down to the same diet that I am aiming for with a little bit of supplementation. I have been recommended this book by more than one source and I felt that it could have just been summed up in pamphlet rather than this whole book. the book is easy to read and it's fine to just skip around because there is lots of repetition.

Leani says

It described possible causes of women's health problems well, has a great resources section, and would be a useful starting point for anyone looking to "improve cycles and fertility. However, the dietary advice was very general, and there was too much emphasis on supplements for my preference. In spite of that, I would recommend the book to women looking to fall pregnant or improve their gynaecological problems.

Elizabeth says

I liked this book. Her 12 rules for improved nutrition go well beyond fertility and hormone balance and are good rules to eat by for anyone.

The parts of the book that were specific to fertility and cycles and how they are affected by nutrition were interesting. She places a high value on limiting certain types of foods (caffeine, aspartame) and using vitamin supplements. For the most part I agree with her, though I prefer my vitamins and nutrients to come through my food instead of supplements whenever possible. But she had some good points and I will definitely be making a couple changes to my diet and vitamin regimen as a result of reading this book.

Emily says

Fertility, Cycles and Nutrition is the best, all-in-one guide to lifestyle choices and their effects on

reproductive systems that I've ever encountered. The first few chapters are the most important, because the information applies to all women and men - eat well, follow these simple guidelines, avoid these pitfalls, and your chance of ever having reproductive problems will be greatly reduced. The rest of the book is dedicated, chapter by chapter, to the most common issues with reproductive health, their causes, and what you can do about it. One of the last chapters is directed towards males and their specific needs, and another towards women who may be approaching or going through "menopause".

I would recommend this book to ANY woman past her early teenage years, as it is an invaluable resource for those of us who actually want to take care of our bodies and see them thrive. It is not only our right, but our responsibility to the next generation to provide them with a healthy womb in which to begin their lives, and a great privilege to have the information necessary to make it a reality.

Alice says

I really don't know how to rate this book. It is very informative, but also too religious for me to tolerate or truly recommend, except that it might be the most comprehensive source for this sort of information available to laymen.

I read this because I am almost 30 and feel like I need to get my health in order now. I have no plans to have children soon or even to go off hormonal birth control at the moment. But these are both things I will consider doing in my 30s so figured informing myself about it now would be a good idea.

Shannon says

This is a valuable resource for those embarking on a fertility journey. I worry that the information is somewhat out of date, as nutrition science has changed over the years. The author does debunk the cholesterol myth, but also pushes 'healthy whole grains', which is controversial advice. If you're starting from zero, nutrition wise, this would be a great start.

Sara says

A useful book for a woman seeking to understand the role nutrition plays in the menstrual cycle and related bodily processes, despite the author's apparent lack of information on and disparaging of a vegetarian or vegan diet (which launched me into a brief but red tirade performed for the person nearest to me at the time).

Liza says

Yeah, I don't think I'll be purchasing new tableware so my husband knows I'm a good wife (oh wait, I'm not married, so this author thinks I'm a sinner, whoops). Some of the information about nutrition and health in this book is interesting and helpful, but be warned: it's not written for anyone who is a friend of mine, since all my friends are lovely sinners with whom I can't wait to have a tea party in hell.

(Just kidding: I don't believe in hell.)
