



It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF

Rebecca Fett

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Whether you are trying to conceive naturally or through IVF, the quality of your eggs will have a powerful impact on how long it takes you to get pregnant and whether you face an increased risk of miscarriage. Poor egg quality is emerging as the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. It is also a major contributor to infertility in PCOS.

Based on a comprehensive investigation of a vast array of scientific research, *It Starts with the Egg* reveals a groundbreaking new approach for improving egg quality and fertility.

With a concrete strategy that includes minimizing exposure to toxins such as BPA and phthalates, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

“This timely synthesis of scientific literature is essential reading for both women and men wanting practical, evidence-based recommendations to enhance their fertility.”

- Dr. Loretta McKinnon, Epidemiologist, Princess Alexandra Hospital.

“A thoroughly-researched and eye-opening account of how small, simple lifestyle changes can have powerful, positive effects on your health and fertility. A must-read for women wanting the best chance of conceiving a healthy baby.”

- Beth Greer, bestselling author of *Super Natural Home*

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Greg Wilson:

In this 21st century, people become competitive in each way. By being competitive today, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice through surrounding. One thing that sometimes many people have underestimated this for a while is reading. Yes, by reading a publication your ability to survive increase then having chance to remain than other is high. For you who want to start reading the book, we give you that It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF book as starter and daily reading reserve. Why, because this book is usually more than just a book.

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Robert Hill:

The book untitled It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF contain a lot of information on that. The writer explains the woman idea with easy technique. The language is very clear and understandable all the people, so do not worry, you can easy to read the idea. The book was written by famous author. The author will bring you in the new age of literary works. It is possible to read this book because you can read on your smart phone, or program, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can open their official web-site in addition to order it. Have a nice examine.

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