



NATIONAL BESTSELLER

Taking Charge of Your Fertility

FULLY
REVISED AND
UPDATED

• 20th Anniversary Edition •

The Definitive Guide to Natural
Birth Control, Pregnancy Achievement,
and Reproductive Health

TONI WESCHLER, MPH



Taking Charge Of Your Fertility The Definitive Guide To Natural

Arjen Hommersom, Peter J.F. Lucas



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Taking Charge of Your Fertility, 20th Anniversary Edition Toni Weschler, 2015-07-07 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

[Taking Charge of Your Fertility](#) Toni Weschler, 1995

[How To Take Charge Of Your Fertility](#) Kaida Grant, 2024-08-24 How to Take Charge of Your Fertility is a detailed guide that will help you understand and manage your fertility This book guides you through the intricate journey of conception providing expert advice and real life anecdotes Understanding your menstrual cycle and fertility symptoms is the first step towards gaining control of your fertility This book explores the intricacies of your reproductive system and offers practical advice on how to diagnose and treat underlying fertility concerns You ll learn how nutrition lifestyle and stress management all play a role in achieving optimal fertility as well as natural techniques for increasing fertility and overcoming obstacles For those who require medical intervention this book offers a clear and succinct reference to assisted reproductive technology You ll understand your options including IVF and surrogacy and be able to make informed decisions about your reproductive path However fertility is more than simply a medical process it is also an emotional journey This book provides emotional support and information for developing resilience allowing you to manage with the ups and downs of fertility

issues By taking control of your fertility you will obtain the confidence and information necessary to make informed decisions regarding your reproductive health Whether you re trying to conceive having difficulties or simply looking for information this book gives you the tools and support you need to realise your dream of parenthood With **How to Take Charge of Your Fertility** you ll be able to take charge of your reproductive journey and start the family you want

The Hormone Type Cookbook Madeline MacKinnon, 2023-03-14 Resolve the 7 types of hormone imbalance naturally with simple changes to your food and lifestyle habits Looking for relief from debilitating menstrual cycles PMS PMDD weight gain low energy and mood fluctuations caused by a hormonal imbalance but don t want the side effects and expense of drugs and surgery Based on therapeutic nutrition principles **The Hormone Type Cookbook** gives you accessible solutions to address common hormone imbalances like low progesterone estrogen dominance low thyroid adrenal fatigue and other issues Whatever stage of your lifecycle this guide is your holistic hormone health companion Expert author Madeline Mackinnon creator of the popular **NaturalHormoneHealing** guides your entire journey of hormonal health from menstrual health and fertility to postpartum perimenopause and menopause You will finally understand the why of your hormone imbalances not just the what Madeline also debunks nutritional myths and shows how certain popular diets can actually disrupt hormone balance Drawing upon the latest hormone nutrition research the book contains Hormone quizzes and assessments so you can determine your specific imbalance and then eat to treat it The foundations of hormone health How to structure meals to keep your hormones happy Guidance on lifestyle habits and what things in your environment such as endocrine disruptors are creating issues All the while you ll be eating your choice of 75 delicious hormone supporting breakfasts lunches dinners drinks and snacks such as Hot Flash Elimination Smoothies Thyroid Loving Lunch Bowl Libido Boosting Freezer Fudge Stress Support Matcha Latte Start your healing journey to hormone balance today

BodyWise Rachel Carlton Abrams, M.D., 2016-12-27 Are you tired Do you suffer from chronic pain headaches backaches or other persistent discomfort Do you experience depression or feel anxious Do you have allergies or autoimmune issues Have you lost your sex drive somewhere along the way If you have one or more of these symptoms you may be suffering from what Rachel Carlton Abrams MD calls Chronic Body Depletion a condition that can be related to weight gain high blood pressure exhaustion and many other symptoms that leave the body drained In **BodyWise** Dr Abrams helps us to understand that these symptoms uncomfortable as they may be are actually a sign of our body s intelligence Our bodies are trying to communicate sometimes screaming at us to pay attention and only when we learn to listen are we able to treat what ails us to achieve optimum healing and lifelong health Dr Rachel shares her customizable 28 day program used with thousands of patients in her clinic for healing the body both physically and emotionally Through quizzes and detailed self assessments she explains how you can evaluate your own body wisdom for different areas in your life including stress sleep libido pain anxiety depression allergies and autoimmune issues Guiding you through thoughtful diet routine and lifestyle changes **BodyWise** will help you discover your own unique

needs and offer you the principles and practices to create the vibrant balanced healthy life you have always deserved

Pregnancy Sucks Joanne Kimes, Sanford A. Tisherman, 2003-11-01 *Pregnancy Sucks* by Joanne Kimes and Sanford A. Tisherman M D gives you real solutions to all the annoying and somewhat awkward situations that can unexpectedly arise during your pregnancy Did you know that Farm fresh butter or petroleum jelly works just as well for your itchy belly as a fancy and overpriced pregnancy product If you re put on bedrest walkie talkies will allow you to yell at your husband no matter where he is in the house Surrounding yourself with regular pillows don t forget to swipe your husband s is just as good as buying a special large pregnancy pillow and more adaptable to giving support where you personally need it Doing the hokey pokey or taking a warm shower can ease Braxton Hicks contractions Full of insight hilarity and practical solutions on every page *Pregnancy Sucks* shows how through it all you can survive with your health dignity and sanity intact

Health Care Ethics Benedict M. Ashley, 2006-11-22 *Health Care Ethics* is a comprehensive study of significant issues affecting health care and the ethics of health care from the perspective of Catholic theology It aims to help Christian and especially Catholic health care professionals solve concrete problems in terms of principles rooted in scripture and tested by individual experience however its basis in real medical experience makes this book a valuable resource for anyone with a general interest in health care ethics This fifth edition which includes important contributions by Jean deBlois C S J considers everyday ethical questions and dilemmas in clinical care and deals more deeply with issues of women s health mental health sexual orientation artificial reproduction and the new social issues in health care The authors devote special attention to the various ethical theories currently in use in the United States while clearly presenting a method of ethical decision making based in the Catholic tradition They discuss the needs of the human person outlining what it means to be human both as an individual and as part of a community This volume has been significantly updated to include new discussions of recent clinical innovations and theoretical issues that have arisen in the field the Human Genome Project efforts to control sexual selection of infants efforts to genetically modify the human genotype and phenotype the development of palliative care as a medical specialty the acceptance of non heart beating persons as organ donors embryo development and stem cell research reconstructive and cosmetic surgery nutrition and obesity medical mistakes the negative effects of managed care on the patient physician relationship recent papal allocution regarding care of patients in a persistent vegetative state and palliative care for dying patients

Encyclopedia of Sex and Sexuality Heather L. Armstrong, 2021-03-01 Providing a comprehensive framework for the broad subject of human sexuality this two volume set offers a context of historical development scientific discovery and sociopolitical and sociocultural movements The broad topic of sex encompassing subjects as varied as sexuality sexual and gender identity abortion and such crimes as sexual assault is one of the most controversial in American society today This two volume encyclopedic set provides readers with more than 450 entries on the subject offering a comprehensive overview of major sexuality issues in American and global culture Themes that run

throughout the volumes include sexual health and reproduction sexual identity and orientation sexual behaviors and expression the history of sex and sexology and sex and society Entries cover a breadth of subjects such as the major contributors to the field of sexology the biological psychological and cultural dimensions of sex and sexuality and how the modern day political climate and the government play a major role in determining attitudes and beliefs about sex Written in clear jargon free language this set is ideal for students as well as general readers

Conceiving Histories Isabel Davis,2025-09-02 A fascinating and beautifully illustrated account of trying to conceive in both the past and the present Inspired by the author s own experiences Conceiving Histories brings together history personal memoir and illustration to investigate the culturally hidden experience of trying to conceive In elegant engaging prose Isabel Davis explores the combination of myth fantasy science and pseudo science that the un reproductive body encounters in pursuit of a viable pregnancy The book chronicles the trying to conceive lifecycle arc from sex education at school through the desire to be a parent into the specifics of trying and struggling to conceive It also looks back at conception throughout history to open a new vista on what we live with today A central argument of Davis s is that historical people lived with the unknown just like we do but were more explicitly able to acknowledge it In an age of assistive reproductive technologies the act of embracing uncertainty seems difficult Although the topic of not conceiving is potentially painful this is not a grim book more than grief it is motivated by curiosity wonder compassion and even humor With 108 full color illustrations Conceiving Histories is also a beautiful material object an intentionally playful antidote and supplement to online search engines the resort of so many embroiled in fertility challenges

Infertility Robin E. Jensen,2016-09-29 This book explores the arguments appeals and narratives that have defined the meaning of infertility in the modern history of the United States and Europe Throughout the last century the inability of women to conceive children has been explained by discrepant views that women are individually culpable for their own reproductive health problems or that they require the intervention of medical experts to correct abnormalities Using doctor patient correspondence oral histories and contemporaneous popular and scientific news coverage Robin Jensen parses the often thin rhetorical divide between moralization and medicalization revealing how dominating explanations for infertility have emerged from seemingly competing narratives Her longitudinal account illustrates the ways in which old arguments and appeals do not disappear in the light of new information but instead reemerge at subsequent often seemingly disconnected moments to combine and contend with new assertions Tracing the transformation of language surrounding infertility from barrenness to in fertility this rhetorical analysis both explicates how language was and is used to establish the concept of infertility and shows the implications these rhetorical constructions continue to have for individuals and the societies in which they live

28 Days Lighter Diet Ellen Barrett,Kate Hanley,2013-12-23 Most women who are dieting do not realize that PMS and weight gain are connected and that to really lose weight increase energy and feel better they need to consider their monthly cycle Now The 28 Days Lighter Diet teaches women how to embrace their monthly cycle

and follow its guidance so that they know when to push themselves when to treat themselves to some well earned rest and how to keep their hormones in balance It explains what to do during every week of the month to shed excess weight ease PMS and do it by working with your body instead of beating it into submission The female body changes from week to week and traditional diet and workout programs never acknowledge this phenomenon This easy to follow 28 day plan is an innovative combination of modern research and ancient traditions It outlines a core program of dietary suggestions fitness guidelines specific exercises and lifestyle recommendations for each of the phases of the menstrual cycle and how to take care of yourself throughout the month *The Wellness Project* Phoebe Lapine,2017-05-16 For those battling autoimmune disease or thyroid conditions or just seeking healthy life balance the voice behind the popular blog Feed Me Phoebe shares her yearlong investigation of what truly made her well After she was diagnosed with an autoimmune disease in her early twenties Phoebe Lapine felt overwhelmed by her doctor s strict protocols and confused when they directly conflicted with information on the bestseller list After experiencing mixed results and a life of deprivation that seemed unsustainable at best she adopted 12 of her own wellness directives including eliminating sugar switching to all natural beauty products and getting in touch with her spiritual side to find out which lifestyle changes truly impacted her health for the better The Wellness Project is the insightful and hilarious result of that year of exploration part memoir and part health and wellness primer complete with 20 healthy recipes it s a must read not just for those suffering from autoimmune disease but for anyone looking for simple ways to improve their health without sacrificing life s pleasures *You're Doing it Wrong!* Bethany L. Johnson,Margaret M. Quinlan,2019-04-19 New mothers face a barrage of confounding decisions during the life cycle of early motherhood which includes Should they change their diet or mindset to conceive Exercise while pregnant Should they opt for a home birth or head for a hospital Whatever they choose they will be sure to find plenty of medical expertise from health practitioners to social media influencers telling them that they re making a series of mistakes As intersectional feminists with two small children each Bethany L Johnson and Margaret M Quinlan draw from their own experiences as well as stories from a range of caretakers throughout You re Doing it Wrong investigates the storied history of mothering advice in the media from the newspapers magazines doctors records and personal papers of the nineteenth century to today s websites Facebook groups and Instagram feeds Johnson and Quinlan find surprising parallels between today s mothering experts and their Victorian counterparts but they also explore how social media has placed unprecedented pressures on new mothers even while it may function as social support for some They further examine the contentious construction of prenatal and baby care expertise itself as individuals such as everyone from medical professionals to experienced moms have competed to have their expertise acknowledged in the public sphere Exploring potential health crises from infertility treatments to better babies milestones You re Doing it Wrong provides a provocative look at historical and contemporary medical expertise during conception pregnancy childbirth postpartum and infant care stages **Life Begins at 60** Frieda Birnbaum,2016-05-31 Dr

Frieda Birnbaum made headlines eight years ago when she gave birth to twin boys at the age of sixty And despite being a psychotherapist who had counseled other mothers for decades Birnbaum secretly wondered What have I gotten myself into Can I keep up It turned out she could and then some Like so many people who take on new things at age sixty and older Birnbaum discovered a new lease on life She felt more energized than ever on most days anyway to run after twins Josh and Jaret She parlayed the fame into TV and radio appearances commenting on subjects from Bill Cosby to Hillary Clinton Her psychotherapy practice flourished And as she reinvigorated her career her relationships with her family including her husband of more than forty years grew even stronger To be incredible mothers and partners Birnbaum believes women must be fulfilled and challenged as people first The secret she discovered was to welcome growing older rather than fear it This captivating and inspiring memoir is complemented with practical advice for a positive outlook and staying active while aging As Birnbaum reveals it s possible even easy to look and feel fabulous and glamorous in our sixties and well beyond

Tiddas Anita Heiss, 2014-03-01 A story about what it means to be a friend Five women best friends for decades meet once a month to talk about books and life love and the jagged bits in between Dissecting each other s lives seems the most natural thing in the world and honesty no matter how brutal is something they treasure Best friends tell each other everything don t they But each woman harbours a complex secret and one weekend without warning everything comes unstuck Izzy soon to be the first Black woman with her own television show has to make a decision that will change everything Veronica recently divorced and dedicated to raising the best sons in the world has forgotten who she is Xanthe desperate for a baby can think of nothing else even at the expense of her marriage Nadine so successful at writing other people s stories is determined to blot out her own Ellen footloose by choice begins to question all that she s fought for When their circle begins to fracture and the old childhood ways don t work anymore is their sense of sistahood enough to keep it intact How well do these tiddas really know each other Praise for Tiddas Generous and witty Susan Johnson This enjoyable and human story is impressively interwoven with historical and contemporary Aboriginal issues Sun Herald A celebration of female friendships Sunday Territorian Will resonate with many readers a novel that asks whether a strong sense of sisterhood is enough to keep friends together Burnie Advocate

Beyond Expectation Jacquelyne Luce, 2010-04-02 An in depth study of lesbian bi and queer women s experiences of thinking about and trying to become a parent Beyond Expectation draws on eighty two narrative interviews conducted during the late 1990s in British Columbia Jacquelyne Luce chronicles these women s experiences which took place from 1980 to 2000 during a period that saw significant changes to the governance of assisted reproduction and the status of lesbian gay bisexual and transgender parents and same sex partners Beyond Expectation looks closely at the changing contexts in which women s experiences occurred and draws attention to complex issues such as contracting relationships mediating understandings of biology and genetics and decision making amidst various social legal and medical developments Luce skillfully juxtaposes the stories of her interviewees with

the wider public discourses about lesbian bi queer parenting and reproductive technology and highlights gaps in existing legislative reforms Most importantly Beyond Expectation foregrounds the lived experiences of lesbian bi and queer women as they negotiate kinship at the intersection of reproduction technology and politics

Foundations of Biomedical Knowledge Representation Arjen Hommersom, Peter J.F. Lucas, 2016-01-07 Medicine and health care are currently faced with a significant rise in their complexity This is partly due to the progress made during the past three decades in the fundamental biological understanding of the causes of health and disease at the molecular sub cellular and organ level Since the end of the 1970s when knowledge representation and reasoning in the biomedical field became a separate area of research huge progress has been made in the development of methods and tools that are finally able to impact on the way medicine is being practiced Even though there are huge differences in the techniques and methods used by biomedical researchers there is now an increasing tendency to share research results in terms of formal knowledge representation methods such as ontologies statistical models network models and mathematical models As there is an urgent need for health care professionals to make better decisions computer based support using this knowledge is now becoming increasingly important It may also be the only way to integrate research results from the different parts of the spectrum of biomedical and clinical research The aim of this book is to shed light on developments in knowledge representation at different levels of biomedical application ranging from human biology to clinical guidelines and using different techniques from probability theory and differential equations to logic The book starts with two introductory chapters followed by 18 contributions organized in the following topical sections diagnosis of disease monitoring of health and disease and conformance assessment of health and personalization prediction and prognosis of health and disease treatment of disease and recommendations

Birth Control Allison Yarrow, 2023-07-18 Supported by ample data and suffused with anger an award winning journalist convincingly recasts this country's maternal health care system as needlessly dehumanizing New York Times Book Review Modern medicine should make pregnancy and childbirth safer for all But in Birth Control award winning journalist Allison Yarrow reveals how women are controlled traumatized injured and even killed because of the traditionalist practices of medical professionals and hospitals Ever since doctors stole control of birth from midwives in the 19th century women have been steamrolled by a male dominated medical establishment that has everyone convinced that birthing bodies are inherently flawed and that every pregnancy is a crisis that it alone can solve Common medical practices and procedures violate human rights and the law yet take place daily Misogyny and racism not scientific evidence and support shape the overwhelming majority of America's four million annual births Drawing on extensive reporting expert interviews an original survey of 1 300 mothers and her own personal experiences Yarrow documents how modern maternal health care is insidiously purposefully designed to take power from women to the detriment of their physical and mental health not just during labor but for years after She then shows a better way exploring solutions both cutting edge and ancient to finally return power and control to

birthing people Full of urgent insights and heartfelt emotion Birth Control is an explosive call to action

Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Taking Charge Of Your Fertility The Definitive Guide To Natural** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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