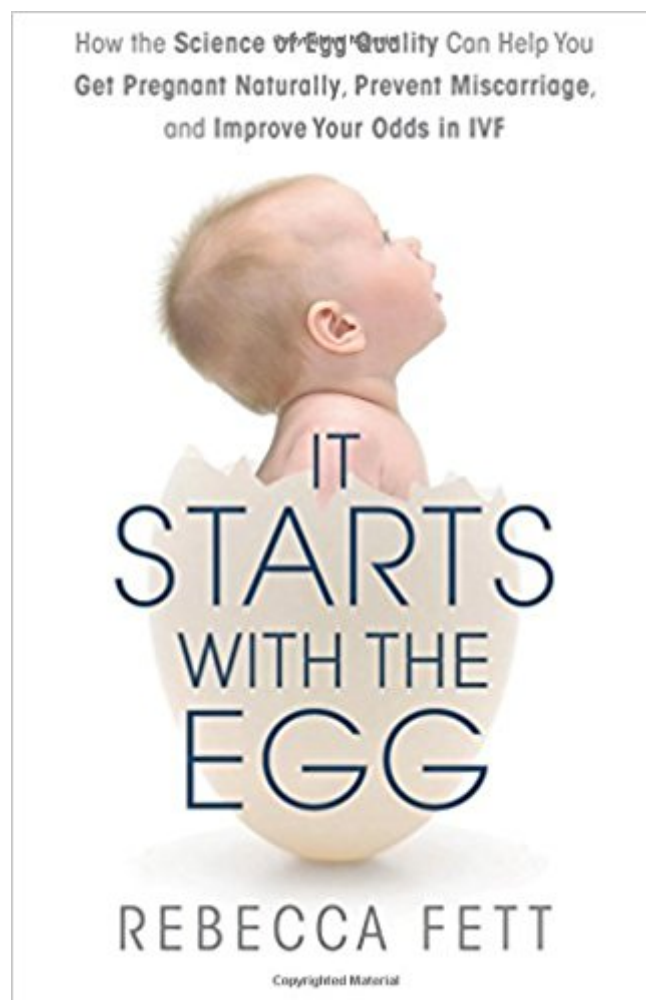


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# It Starts With The Egg: How The Science Of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, And Improve Your Odds In IVF





## Synopsis

The latest scientific research is changing the way we think about fertility. 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. "Rebecca Fett did a stellar job of researching and summarizing the current understanding of the impact of egg quality on IVF pregnancy chances." - Dr. Norbert Gleicher, Reproductive Endocrinologist at The Center For Human Reproduction, New York.

## Book Information

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## Customer Reviews

"With detailed, up to date research Rebecca Fett provides a clear, cool-headed guide to both the science that determines IVF success, and the practical changes that patients can make to drastically increase their chances of IVF success." - Dr. Lindsay Wu, Laboratory for Ageing

Research, University of New South Wales Medical Center, Australia. "Rebecca Fett's stellar constellation of perspective, experience, knowledge, and scientific background may well revolutionize our current global conversation, understanding and practices related to fertility... It is hard to overestimate the impact that this book may have on the lives of many." - Dr. Claudia Welch, author of *Balance Your Hormones, Balance Your Life*. "It Starts with the Egg presents a reasoned and balanced review of the latest science linking environmental chemicals to reduced fertility and other health problems. Readers will find sound advice for how to avoid chemicals of concern, providing a useful guide for couples that want to improve their chances of a healthy pregnancy."

- Dr. Laura Vandenberg, University of Massachusetts, Amherst, School of Public Health. "With 'It Starts with the Egg,' Rebecca Fett delivers a much needed overview on the available scientific evidence regarding the influence of nutrition on fertility and fertility treatment, providing a valuable resource for couples trying to conceive." - Dr. John Twigt, Department of Obstetrics and Gynecology, Erasmus Medical Center, Netherlands. "This is a very useful resource: well-researched, accessibly written and with easy-to-follow take-home messages and action plans. I would recommend this to any woman who is trying to conceive." - Dr. Claire Deakin, University College London. "Rebecca has done a great service for all women, children, and future generations by starting at the beginning of a human life and examining which toxic chemicals cause harm to the egg."

| This book is a wonderful addition to the growing library of information on toxic exposures." - Debra Lynn Dadd, Author of *Toxic Free: How to Protect Your Health and Home from the Chemicals That Are Making You Sick*

"Rebecca Fett's 'It Starts with the Egg' is a complete guide to everything a woman can do to improve her egg quality before trying to conceive..."

"It Starts with the Egg" also breaks information down in easy-to-digest bullet points that show exactly what to do to get to where you want to be: the parent of a happy, healthy, gorgeous baby.

- Cheryl Alkon, author of *Balancing Pregnancy With Pre-Existing Diabetes: Healthy Mom, Healthy Baby*.

**Additional Editorial Reviews:** "It Starts With The Egg uses the latest fertility research to show that women can take a proactive stand in assuring egg health and production, complimenting physician efforts to support fertility and health. Thus the specific strategies offered here are solidly backed by the latest medical research, not idealism; and they provide women with step-by-step options that are easily followed and clearly outlined...The text is lively, easily grasped, and blends solid science with all the background readers need to thoroughly comprehend the subject, from the history of fertility efforts to modern approaches...it doesn't get any clearer, more contemporary, or any easier than It

Starts With The Egg. Any aspiring parent needs to add this self-help primer to their fertility program!"- Diane Donovan, Midwest Book Review

"For couples or individuals thinking of conceiving, and for those who have endured miscarriages, or been labeled with low fertility, this practical rendering of how to improve one's chances for pregnancy should be required reading."- San Francisco Book Review

"I wish this book had of been available when I first commenced IVF and before I miscarried four babies; it would have prevented me from some of the blind alley's and false turns I have pursued. In my view, this is a must read for those who want to get pregnant naturally and are having some difficulties, for those undertaking IVF, and for those who have experienced multiple miscarriages. I could not put this book down, riveted as I was to the simple explanations of complex science. I now find myself informed and empowered regarding the reasons and possible solutions for my infertility. It all makes much more sense now." - Carolyn Martinez, The Compulsive Reader

After two miscarriages, 4 failed fertility treatment cycles and being told by three separate fertility specialists that my husband and I had less than 5% chance of conceiving and carrying to term, we decided it was time to take a more proactive and informed approach to our infertility. Our search for solid information lead in many directions, including to this book. We bought it, devoured it, put as many of its suggestions into practice in our lives as we possibly could, and gave the program 4 months to work its magic while taking a break from fertility treatment. From it we learned that though women with high FSH like myself are often told its because we have "diminished ovarian reserve" and "poor egg quality", the science of egg development and quality is a lot more complicated and there are ways you can intervene to encourage the eggs you do have remaining to be the best they can be. I'm science minded enough to know that I can't draw any firm conclusions about whether the ideas in this book made the difference for us or we just got lucky, but after those four months we started trying to conceive again, did so right away, and I gave birth to our beautiful, healthy, miracle baby girl just a few days ago. My advice is, don't let doctors dictate what is or isn't possible based on their own repertoire of (limited) treatment options they make available to their patients. If you've struggled with infertility, and you're determined to not go down without a fight like me after the doctors have told you you're a lost cause and to start considering egg donors or adoption, this book simply **MUST** be one of the items in your arsenal of alternative approaches.

Perfect if you are looking to make changes in your everyday life to help with fertility or just to receive information about how things we use everyday affect us in some way. I went through IVF and

implemented several suggestions by this book I had a great outcome. I'm currently pregnant with twins! I highly recommend this book to anyone looking for information on how to improve fertility.

I found this to be an excellent learning tool. I have made several small but key lifestyle changes since reading this book and I'm very hopeful this will improve my chances of IVF success when we try next month. Again, highly recommended if you want to improve your chances of having a successful IVF journey. You simply can't argue with the facts this author provides!

informative book i would recommend it. she has some good information. in regards to IVF/fertility: i would have liked to see more on "organic" produce, choline, her spin on acupuncture or meditation (their effects on egg quality) and perhaps, something on MTHFR .

Good info, a bit repetitive, however, the research she provides allows the reader to really understand the recommendations versus just giving a list of recommended supplements.

Great book before starting the ttc process. I would recommend it 6 months prior to starting. I wish I had read it sooner. a quick easy read with lots of helpful tips on how to prepare your body to getting pregnant.

Loved this book. Empowers you to take control of your fertility and provides instructions on how to improve egg quality.

Great information for women who are TTC. I replaced my home with BPA free food storage containers, cans and other materials. We've also added the supplements recommended to our diet. Looking forward to seeing if these changes help us get pregnant!

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improvement, eyesight improvement ... naturally, how to improve your vision) Amazing Eggs: How to Naturally Improve Your Fertile Egg Quality The married woman's private medical companion: Embracing the treatment of menstruation ... pregnancy ... discovery to prevent pregnancy ... to prevent miscarriage or abortion Making Super Sperm: Overcome Male Factor Infertility, Prevent Miscarriage and Make Super Healthy Babies, Naturally Yes, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s How to get Pregnant Naturally: how to conceive naturally and have a healthy pregnancy after 30 or less Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) IV Starts: Up-to-date Guide on Quickly Mastering IV Starts for Nurses and Paramedics (UPDATED FOR 2016) Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) Egg Cookbook: Delicious Egg Recipes to Become an Expert in Egg Cooking Quality and Risk Management in the IVF Laboratory Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Life – •Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings

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