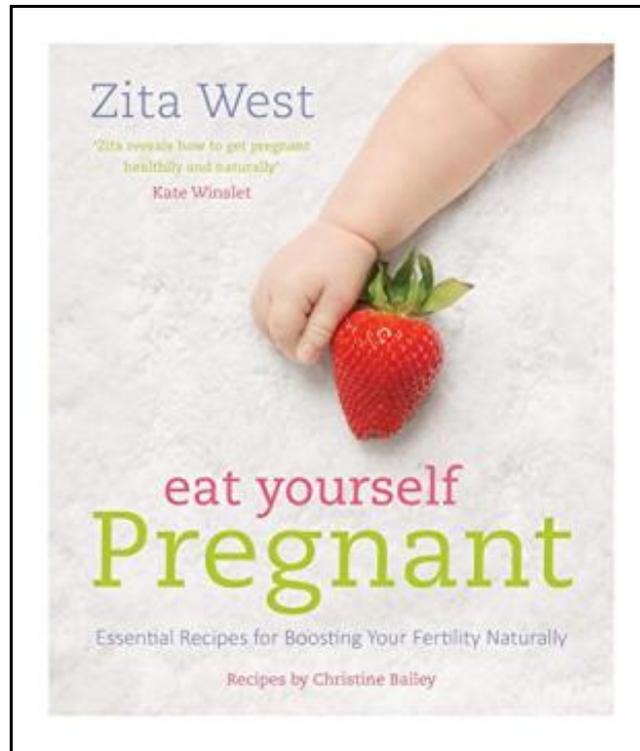


## Eat Yourself Pregnant: Essential Recipes for Boosting Your Fertility Naturally



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## EAT YOURSELF PREGNANT: ESSENTIAL RECIPES FOR BOOSTING YOUR FERTILITY NATURALLY



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Watkins Media. Paperback. Book Condition: new. BRAND NEW, **Eat Yourself Pregnant: Essential Recipes for Boosting Your Fertility Naturally**, Zita West, Interest in natural ways to improve fertility is soaring. For many people, it feels time to take control of their health to give themselves the best chance to get their body baby-ready and increase their chances of getting pregnant. Zita West, midwife to the stars, knows that nutrition can make a huge difference to your fertility. In her first nutritional health cookbook, she explains how equipping your body with essential nutrients ensures that your reproductive system is prepared for a successful pregnancy. Part 1 of the book will show you how to assess your fertility. Next there is a detox plan to cleanse your body of chemicals that can prevent conception, and prepare your body; followed by a 10-week fertility-boosting programme. Zita ensures that the vital nutrients are all included: especially magnesium, zinc, selenium and manganese. She also includes notes for both men as well as women, and for those trying for a baby later in life, or with specific problems, such as PCOS, endometriosis and fibroids. Part 2 contains 80 mouth-watering recipes, all designed to be easily incorporated into a busy life. Try Indonesian Chicken with Buckwheat Noodles, Chilli-Glazed Salmon with Cucumber Lime Salad or Molasses Ginger Cookies. All delicious and all going a long way to help you to realise your dream of having a baby.



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