

Emma Cannons Total Fertility How To Understand Optimize And Preserve Your Fertility

Taking Charge of Your Fertility Revised Edition
The Psychosocial Implications of Disney Movies
You and Your Bump
The Margaret Sanger Papers
Emma Cannon's Total Fertility
Zita West's Guide to Fertility and Assisted Conception
Sweet Battlefields
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The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant
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Yes, You Can Get Pregnant

Taking Charge of Your Fertility Revised Edition

A novel and important argument that the articulation of women's rights was a necessary prerequisite to the development of a coherent and universal theory of human rights. This title was made Open Access by libraries from around the world through Knowledge Unlatched.

The Psychosocial Implications of Disney Movies

The Anthropocene is the human-dominated modern era that has accelerated social, environmental and climate change across the world in the last few decades. This open access book examines the challenges the Anthropocene presents to the sustainable management of deltas, both the many threats as well as the opportunities. In the world's deltas the Anthropocene is manifest in major land use change, the damming of rivers, the engineering of coasts and the growth of some of the world's largest megacities; deltas are home to one in twelve of all people in the world. The book explores bio-physical and social dynamics and makes clear adaptation choices and trade-offs that underpin policy and governance processes, including visionary delta management plans. It details new analysis to illustrate these challenges, based on three significant and contrasting deltas: the Ganges-Brahmaputra-Meghna, Mahanadi and Volta. This multi-disciplinary, policy-orientated volume is strongly aligned to the United Nation's Sustainable Development Goals as delta populations often experience extremes of poverty, gender and structural inequality, variable levels of health and well-being, while being vulnerable to extreme and systematic climate change. Robert J Nicholls is Professor of Coastal Engineering within Engineering and Physical Sciences at the University of Southampton, UK. He has contributed to a wide range of influential national and international publications including the IPCC Assessment Reports. W Neil Adger is Professor of Human Geography at the University of Exeter, UK. His research examines demographic, political economy, public health and well-being aspects of the Anthropocene. Craig W Hutton is Professor of Sustainability Science within Geography and Environment at the University of Southampton, UK. His

research focuses on spatial analysis of vulnerability and the incorporation of sustainable management, policy and governance into decision-making processes. Susan E Hanson is Research Fellow within Engineering and Physical Sciences at the University of Southampton, UK. She specializes in coastal vulnerability and management, particularly as a consequence of climate change.

You and Your Bump

Chaparral shrubland ecosystems are an iconic feature of the California landscape, and a highly biodiverse yet highly flammable backdrop to some of the fastest growing urban areas in the United States. Chaparral-type ecosystems are a common element of all of the world's Mediterranean-type climate regions — of which California is one — yet there is little public appreciation of the intrinsic value and the ecosystem services that these landscapes provide. Valuing Chaparral is a compendium of contributions from experts in chaparral ecology and management, with a focus on the human relationship with chaparral ecosystems. Chapters cover a wide variety of subjects, ranging from biodiversity to ecosystem services like water provision, erosion control, carbon sequestration and recreation; from the history of human interactions with chaparral to current education and conservation efforts; and from chaparral restoration and management to scenarios of the future under changing climate, land use, and human population. Valuing Chaparral will be of interest to resource managers, the research community, policy makers, and the public who live and work in the chaparral dominated landscapes of California and other Mediterranean-type climate regions.

The Margaret Sanger Papers

Emma Cannon's Total Fertility

From the bestselling authors of *The First Forty Days* comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

Zita West's Guide to Fertility and Assisted Conception

This 5-volume reference covers the entire field of epidemiology, from statistical methods and study design, to specialized areas such as molecular epidemiology, and applications in clinical medicine and health services research. This updated edition of the *Handbook of Epidemiology* adds 20 new chapters on: History of Epidemiological Methods and Concepts, Cluster Randomized Trials, Internet-Based Epidemiology, Misclassification, Sensitivity Analysis and Bias Analysis, Emergency and Disaster Health Surveillance, Statistical Inference, Data Management in Epidemiology, Bayesian Methods in

Epidemiology, Generalized Estimating Equations, Directed Acyclic Graphs, Life Course Epidemiology, Physical Activity Epidemiology, Radiation Epidemiology, Epidemiology of Obesity, Epidemiology of Respiratory Allergies and Asthma, Epidemiology of Dental Diseases, Epidemiology of Digestive Diseases, Epidemiology of Psychiatric Disorders, Epidemiology of Diabetes. All other chapters are extensively revised from the 1st edition. This is a reference for epidemiological researchers and graduate students in public health.

Sweet Battlefields

The UNEP Governing Council of February 2013 requested the United Nations Environment Programme "to develop a global outlook of challenges, trends and policies in relation to waste prevention, minimization and management, taking into account the materials life cycle, subject to the availability of extra-budgetary resources and in consultation with Governments and stakeholders, building on available data, best practices and success stories, taking into account the Global Chemicals Outlook and any other relevant initiatives and taking care not to duplicate existing information, to provide guidance for national policy planning." UNEP's International Environmental Technology Centre (IETC), in collaboration with the International Solid Waste Association (ISWA), has taken the lead on this initiative; aiming to develop the Global Waste Management Outlook as a tool to provide an authoritative overview, analysis and recommendations for action of policy instruments and financing models for waste management. The GWMO is the result of two year's work and provides the first comprehensive global overview of the state of waste management around the world in the 21st century.

Soil Sampling and Methods of Analysis

The authors—including the director of the NYU Fertility Center—answer all of the pressing questions about fertility health—looking at such factors as stress, age, diet, chemicals, holistic medicine and more—in a book that is helpful whether one is planning to wait to have kids or are starting the process now.

Toward Resilience

This volume offers a comprehensive history of the Mount Desert Island Biological Laboratory (MDIBL), one of the major marine laboratories in the United States and a leader in using marine organisms to study fundamental physiological concepts. Beginning with its founding as the Harpswell Laboratory of Tufts University in 1898, David H. Evans follows its evolution from a teaching facility to a research center for distinguished renal and epithelial physiologists. He also describes how it became the site of major advances in cytokinesis, regeneration, cardiac and vascular physiology, hepatic physiology, endocrinology and toxicology, as well as studies of the comparative physiology of marine organisms. Fundamental physiological concepts in the context of the discoveries made at the MDIBL are explained and the social and administrative history of this renowned facility is described.

Global Waste Management Outlook

In this volume of 15 articles, contributors from a wide range of disciplines present their analyses of Disney movies and Disney music, which are mainstays

of popular culture. The power of the Disney brand has heightened the need for academics to question whether Disney's films and music function as a tool of the Western elite that shapes the views of those less empowered. Given its global reach, how the Walt Disney Company handles the role of race, gender, and sexuality in social structural inequality merits serious reflection according to a number of the articles in the volume. On the other hand, other authors argue that Disney productions can help individuals cope with difficult situations or embrace progressive thinking. The different approaches to the assessment of Disney films as cultural artifacts also vary according to the theoretical perspectives guiding the interpretation of both overt and latent symbolic meaning in the movies. The authors of the 15 articles encourage readers to engage with the material, showcasing a variety of views about the good, the bad, and the best way forward.

The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant

Written by one of the country's leading complementary fertility specialists, *The Baby-Making Bible* draws together Emma Cannon's years of experience and success in treating couples hoping to get pregnant. Her special plan blends the ancient wisdom of Chinese medicine with the highest standards in Western medical practice. Whether you are trying for a natural conception or undergoing treatment for assisted conception, she offers a practical plan you can follow to create a fertile environment and encourage healthy baby-making. Emma approaches fertility in its widest context by taking you through her essential couples' health and lifestyle check, and makes suggestions to help you achieve optimum dietary, environmental and emotional health. She also offers specific advice for anyone who has been diagnosed with unexplained infertility or who is embarking on fertility treatment. The book features a foreword by Dr Tim Evans. 'Emma Cannon is a new health guru' - RED magazine

The Art of Baby Making: The Holistic Approach to Fertility

If you've ever felt a crumpling in your chest when another friend tells you they're pregnant? If you've ever wondered why everyone else seems to find it so easy? If you've ever experienced *The Pursuit of Motherhood*? This book is for you. "I was 34 and running a London theatre when I decided to start a family. I thought that making the decision to fit a baby into my busy life was the hard part. I was wrong." After a year of having sex to schedule, Jessica and her partner were diagnosed with "unexplained infertility", and soon discovered they were not alone. Infertility is a silent epidemic of the modern world. It is currently estimated that one in five couples in the UK have difficulty conceiving and that over 50,000 women a year undergo IVF. Some of them will achieve the miracle baby they are hoping for. Many will not. All of them face a barrage of intrusive tests and treatment, exhilarating highs and devastating lows. *The Pursuit of Motherhood* takes the reader on a seven year journey, as Jessica makes her way through various different clinics and multiple rounds of IVF. During this time she also goes to many alternative and sometimes absurd lengths to understand her infertility, from visiting a psychic tarot card reader to attending an intense therapeutic process to discover whether her "inner child" has anything to do with it. She also faces the heartbreak of several miscarriages and a life-threatening ectopic pregnancy. Throughout her journey, Jessica records her day-to-day thoughts and feelings in blog-style entries called *The Infertility Diaries*, detailing everything from the effect that it starts to have on her friendships, to hearing for the first time that Beyoncé is about to have a baby. And gradually, over time, her attempt to create a life became in itself life-enhancing. This inspirational read will resonate with a wide range

of women, offering them solace and the advice of someone who is their contemporary as well as a veteran of the fertility world. Think Eat Pray Love and Bridget Jones' Diary for the infertile generation.

Blood Royal

Written by a leading complementary fertility specialist, Emma Cannon, this companion for pre-conception, pregnancy and the postnatal period blends the ancient wisdom of Chinese medicine with conventional Western medical practice. With her fusion approach, Emma offers advice to help mums-to-be prepare for labour and post-birth and solutions to pregnancy-related conditions. 'You and Your Bump' gently takes you through each stage of your pregnancy with advice on: * Your general health and lifestyle, good nutrition and the link between emotions and physical health * Baby development and changes to your body * Common pregnancy conditions and treatments, with both Eastern and Western approaches * Preparing for labour and motherhood

Marine Physiology Down East: The Story of the Mt. Desert Island Biological Laboratory

Making Babies Book is a fun, informational, artistic, and colorful pregnancy book. Follow Shoshanna through her pregnancy and the birth of her daughter as she stays healthy and builds a baby. Making Babies Book covers information that is in the Making Babies DVDs, volumes 1, 2, and 3, and includes many deliciously healthy recipes, wonderful gluten-free recipes, grandma's remedies, herbal concoctions, need-to-know facts, and a baby diary to learn and journal about your baby experience. Packed with 480 beautiful pages of research about fertility, conception, morning sickness, pregnancy, birth, nursing, postpartum issues, losing weight, and more.

Molecular Breeding of Forage Crops

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

Get A Life

When Intellectual Impostures was published in France, it sent shock waves through the Left Bank establishment. When it was published in Britain, it provoked impassioned debate. Sokal and Bricmont examine the canon of French postmodernists - Lacan, Kristeva, Baudrillard, Irigaray, Latour, Virilio, Deleuze and Guattari - and systematically expose their abuse of science. This edition contains a new preface analysing the reactions to the book and answering some of the attacks.

The Naturalist and His 'beautiful Islands'

Emma Cannon brings a holistic approach to fertility, fusing Eastern and Western traditions with great success in her London clinic. This beautifully illustrated book brings together her wealth of experience to give readers practical ways to improve their health and wellbeing ready for conception and pregnancy. * Over 50 recipes with key nutrients to nourish your body * Cleansing plans to optimise your health * Targeted advice for those undertaking IVF * Holistic approach to specific fertility problems such as PCOS and endometriosis * Advice on how to rebalance after miscarriage

Hidden Hunger

A memoir of hope for the thousands of women struggling with infertility, from one who beat the odds by simply tuning in to her body and tapping her well of sheer determination. At a time when more and more women are trying to get pregnant at increasingly advanced ages, fertility specialists and homeopathic researchers boast endless treatment options. But when Julia Indichova made the rounds of medical doctors and nontraditional healers, she was still unable to conceive a child. It was only when she forsook their financially and emotionally draining advice, turning inward instead, that she finally met with reproductive success. Inconceivable recounts this journey from hopeless diagnoses to elated motherhood. Anyone who has faced infertility will relate to Julia's desperate measures: acupuncture, unidentifiable black-and-white pellets, herb soup, foul-smelling fruit, even making love on red sheets. Five reproductive endocrinologists told her that there was no documented case of anyone in her hormonal condition getting pregnant, forcing her to finally embark on her own intuitive regimen. After eight caffeine-free, nutrient-rich, yoga-laden months, complemented by visualization exercises, Julia received amazing news; incredibly, she was pregnant. Nine months later she gave birth to a healthy girl. Unlike the many infertility books that take a clinical "how to" approach, Inconceivable simply professes the wisdom of giving expert status back to the patient. Julia's self-discovery, and her ability to see her body as an ally once again, yield a beautiful message about the importance of honoring the body's innate powers, and the power of life itself. From the Trade Paperback edition.

The Whole Life Fertility Plan

An engaging history of royal and imperial families and dynastic power, enriched by a body of surprising and memorable source material.

Making Babies Book

From the bestselling author of 'Everything You Need You Have'. In this book, Gerard Kite presents a unique, holistic approach to creating the right conditions for new life to take hold. Whether you are aiming to conceive naturally or undergoing fertility treatment, it is a must-read on your journey towards parenthood.

Wollstonecraft, Mill, and Women's Human Rights

For decades, NGOs targeting world hunger focused on ensuring that adequate quantities of food were being sent to those in need. In the 1990s, the

international food policy community turned its focus to the "hidden hunger" of micronutrient deficiencies, a problem that resulted in two scientific solutions: fortification, the addition of nutrients to processed foods, and biofortification, the modification of crops to produce more nutritious yields. This hidden hunger was presented as a scientific problem to be solved by "experts" and scientifically engineered smart foods rather than through local knowledge, which was deemed unscientific and, hence, irrelevant. In *Hidden Hunger*, Aya Hirata Kimura explores this recent emphasis on micronutrients and smart foods within the international development community and, in particular, how the voices of women were silenced despite their expertise in food purchasing and preparation. Kimura grounds her analysis in case studies of attempts to enrich and market three basic foods—rice, wheat flour, and baby food—in Indonesia. She shows the power of nutritionism and how its technical focus enhanced the power of corporations as a government partner while restricting public participation in the making of policy for public health and food. She also analyzes the role of advertising to promote fortified foodstuffs and traces the history of Golden Rice, a crop genetically engineered to alleviate vitamin A deficiencies. Situating the recent turn to smart food in Indonesia and elsewhere as part of a long history of technical attempts to solve the Third World food problem, Kimura deftly analyzes the intersection of scientific expertise, market forces, and gendered knowledge to illuminate how hidden hunger ultimately defined women as victims rather than as active agents.

Spiritual Fertility

Book of Abstracts of the 62nd Annual Meeting of the European Association for Animal Production

This book is about representations of the devil in English and European literature. Tracing the fascination in literature, philosophy, and theology with the irreducible presence of what may be called evil, or comedy, or the carnivalesque, this book surveys the parts played by the devil in the texts derived from the Faustus legend, looks at Marlowe and Shakespeare, Rabelais, Milton, Blake, Hoffmann, Baudelaire, Goethe, Dostoevsky, Bulgakov, and Mann, historically, speculatively, and from the standpoint of critical theory. It asks: Is there a single meaning to be assigned to the idea of the diabolical? What value lies in thinking diabolically? Is it still the definition of a good poet to be of the devil's party, as Blake argued?

Intellectual Impostures

'The wellness world's new holy grail is hormone harmony' - ES Magazine 'Angelique has created a beautifully presented and easy to use guide that inspires everyone to look at their food in a new light. I love the recipes, the beautiful illustrations and how lifestyle is a key part of her message. I particularly like her emphasis on women's health and I believe this could be useful for a lot of people.' - Dr Rupy Aujla, author of *The Doctor's Kitchen* 'I can't function without coffee' 'I need my daily fix of chocolate' 'I look puffy and retain fluid easily' 'I'm hungrier than I used to be but never feel satisfied' 'I struggle to lose weight no matter what I try' Sound familiar? These are complaints that nutritionist Angelique Panagos hears every day. Time and time again, they're caused by the same thing - hormonal imbalance. *The Balance Plan* explains how to tune in to your hormones and make the changes necessary to bring them into balance. Take the six steps, follow the 28-day plan and transform your life! - Sleep better - Enhance digestion - Lose weight - Reduce stress - Elevate energy levels - Feel happier 'The Balance Plan is an inspired book by my friend Angelique Panagos. It effortlessly combines recipes that help support

female hormonal health, prefaced by bite-sized chunks of the science and concepts that underpin them. With easy to create personal plans, I would heartily recommend this to any woman who wants to improve her wellbeing through a simple yet creative approach to food as medicine.' - Dr Ayan Panja 'The Balance Plan is a pertinent piece of health literature. In modern medicine, we've treated hormone problems as a black or white issue. Disease or healthy. In reality, hormones are our body's way of sending intricate messages of our environment and helping us to react and be as responsive to what is happening around us. Hormones cycles are happening everyday and your diet, lifestyle, and other habits all influence this. Thank you Angelique for this enlightening journey through our body!' - Dr. Steven Lin 'The Balance Plan is a beautiful approach to improving hormonal health, grounded in the perfect synergy of personal journey, clinical experience and excellent health advice. The understanding that your diet, environment and lifestyle powerfully affects your hormonal balance and reproductive health will empower you with the knowledge and wisdom you need on your own journey to better health and wellness.' - Benjamin I. Brown, ND

The Baby-Making Bible

This Book of Abstracts is the main publication of the 62nd Annual Meeting of the European Association for Animal Production (EAAP) held in Stavanger, Norway from 29 August - 2 September 2011. It contains abstracts of the invited papers and contributed presentations. The meeting addressed subjects relating to science and innovation. Also, important problems were discussed during the sessions of EAAP's nine Commissions: Animal Genetics, Animal Nutrition, Animal Management and Health, Animal Physiology, Cattle Production, Sheep and Goat Production, Pig Production, Horse Production and Livestock Farming Systems. In addition joint sessions on topics interesting several disciplines and species were included in the programme.

The Balance Plan

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections and probes, becoming involuntary experts on embryology through failure, despair, persistence and success. After 4 years, 3 different clinics, 2 positive pregnancy tests and 1 miscarriage, they finally had a successful pregnancy. GET A LIFE is the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. IVF is terrifying, awful and extraordinary in equal measures for both partners. GET A LIFE shares Richard and Rosie's ride on the fertility roller coaster, bringing you the funny, emotional and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

The Joy of Later Motherhood

Detailing a groundbreaking technique, the Fertility Awareness Method, an illustrated, updated guide for couples facing infertility offers a natural alternative to ineffective procedures and a biologically proven method of fertility control for avoiding or achieving pregnancy.

Inconceivable, 20th Anniversary Edition

Thoroughly updated and revised, this second edition of the bestselling *Soil Sampling and Methods of Analysis* presents several new chapters in the areas of biological and physical analysis and soil sampling. Reflecting the burgeoning interest in soil ecology, new contributions describe the growing number and assortment of new microbiological

World Report 2020

Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman's Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

Fertile

Embarking on IVF - or any assisted fertility treatment - can be a very demanding and stressful experience, but the right physical, nutritional and emotional support can lessen these stresses and strains and increase your chances of success. In *Zita West's Guide to Fertility and Assisted Conception* leading fertility and pregnancy expert, Zita West, offers an in-depth explanation of all aspects of fertility and, uniquely, addresses the issues involved in using assisted conception. In her clear, yet sensitive, style Zita explains: - All aspects of fertility - from preconception and trying naturally through to assisted conception - What is involved in the IVF process - How to prepare your body to increase your chances of conceiving successfully - The importance of a proactive approach to diet and nutrition - How complementary therapies, such as acupuncture, can increase your chances of success Including interviews with leading experts in the field, case histories from patients and Zita's own holistic principles, this is an invaluable guide for the growing number of people who are considering, or have already embarked on, medical intervention to enable them to conceive.

Valuing Chaparral

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

Deltas in the Anthropocene

The best country-by-country assessment of human rights. The human rights records of more than ninety countries and territories are put into perspective in Human Rights Watch's signature yearly report. Reflecting extensive investigative work undertaken by Human Rights Watch staff, in close partnership with domestic human rights activists, the annual World Report is an invaluable resource for journalists, diplomats, and citizens, and is a must-read for anyone interested in the fight to protect human rights in every corner of the globe.

Awakening Fertility

"The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into." This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual within fertility to balance the hormonal system and promote a healthy pregnancy.

The Impatient Woman's Guide to Getting Pregnant

Did you ever Google "pregnancy after 35" or "getting pregnant at 40" for helpful advice and inspiration on your way to motherhood? Did your excitement and hope turn into disbelief and shock when your search turned up millions of gut wrenching stories on the risks and dangers of later pregnancies and the staggering rise of age related infertility in women? The Joy of Later Motherhood is the much-needed antidote to all the negative hype surrounding

motherhood at advanced maternal age (which is 35+). Written by seasoned journalist Bettina Gordon-Wayne—herself a first-time mom at 44 and the third generation of women in her family who did not get the memo that conceiving a baby after 40 is dangerous, if not outright impossible!—The Joy of Later Motherhood is: Positive, honest, deeply human, and an inspiring guide to mature motherhood that will undoubtedly boost your fertility and your chances of getting pregnant; Full of real-life stories and helpful insights of more than 40 women over 40 (and top natural fertility experts) who all had natural pregnancies and healthy babies. With love and candor these women tell of heartbreak—like infertility diagnosis and miscarriage—and triumph—from healing diseases to finding their faith. They share their stories in order to empower other women to approach the topic of later motherhood from a position of strength and courage and to show them what’s possible and, in fact, natural. If you are looking for a medical book focused on only the physical aspect of pregnancy, this may not be the right one for you. The Joy of Later Motherhood is written by experts of a different kind. It’s written from the perspective of the women who actually achieved what millions of women are striving for: naturally conceiving a healthy baby after 35 and, especially, after 40. You’ll learn how to prepare for pregnancy, even if you choose in vitro fertilization or were diagnosed with unexplained infertility or were trying to get pregnant for years. You’ll get advice on how to get pregnant naturally and what natural family planning methods worked for other women. But maybe most importantly, you’ll learn that trying to get pregnant is not just a physical matter, but also a matter of the mind and maybe even your spiritual beliefs as these women attest to. The Joy of Later Motherhood is for you if the following rings true: You hear your biological clock ticking, but you don’t want to be in a panic about it like everyone else. You are afraid that your body may fail you. Or that your contradictory thoughts—“I would love to have a baby, but I don’t think I can give up my freedom!”—may influence your fertility. You feel alone and isolated because you’ve already experienced more than your fair share of heartache. You need different perspectives to help you go on. You wonder if it is fair to a child to have older parents and whether he’ll have to shoulder the burden of an ailing mother or father long before his peers. Maybe you are worried or are upset. Maybe you doubt that motherhood will ever happen for you. We get it. We’ve been there. With our stories, we want to lovingly see you through this journey as much as we can. We’ve got you.

The Fifth Vital Sign: Master Your Cycles & Optimize Your Fertility

Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's Total Fertility offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or assisted conception, and also focus on fertility preservation to help you stay fertile longer so you can get pregnant in the future. Emma Cannon answers the many nagging questions women have about fertility and conception; questions such as: How can I get a sense of my fertility? Can I preserve my fertility? When exactly should we be having sex? Does my diet really matter? Does stress lower my chances of conceiving? What exercise should I be doing? Reducing stress and approaching fertility with a calm and positive attitude is central to her approach to getting pregnant, so Emma also helps you develop a 'fertile mindset' with a toolbox of simple suggestions to cultivate emotional wellness for your particular fertility 'type'. Written in Emma's trademark optimistic, warm and non-judgmental tone, Total Fertility is a book for anyone who is thinking - or has ever thought of - getting pregnant.

Handbook of Epidemiology

Toward Resilience: A Guide to Disaster Risk Reduction and Climate Change Adaptation is an introductory resource for development and humanitarian

practitioners working with populations at risk of disasters and other impacts of climate change.

Histories of the Devil

“I know no place where firm and paternal government would sooner produce beneficial results than in the Solomons.” Here is an object worthy indeed the devotion of one’s life. Charles Morris Woodford devoted his working life to pursuing this dream, becoming the first British Resident Commissioner in 1897 and remaining in office until 1915, establishing the colonial state almost singlehandedly. His career in the Pacific extended beyond the Solomon Islands. He worked briefly for the Western Pacific High Commission in Fiji, was a temporary consul in Samoa, and travelled as a Government Agent on a small labour vessel returning indentured workers to the Gilbert Islands. As an independent naturalist he made three successful expeditions to the islands, and even climbed Mt Popomanaseu, the highest mountain in Guadalcanal. However, his natural history collection of over 20,000 specimens, held by the British Museum of Natural History, has not been comprehensively examined. The British Solomon Islands Protectorate was established in order to control the Pacific Labour Trade and to counter possible expansion by French and German colonialists. It remaining an impoverished, largely neglected protectorate in the Western Pacific whose economic importance was large-scale copra production, with its copra considered the second-worst in the world. This book is a study of Woodford, the man, and what drove his desire to establish a colonial protectorate in the Solomon Islands. In doing so, it also addresses ongoing issues: not so much why the independent state broke down, but how imperfectly it was put together in the first place.

The Pursuit of Motherhood

A magisterial reconstruction and analysis of the heated debates around the 'woman question' during the French Third Republic.

Debating the Woman Question in the French Third Republic, 1870-1920

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