

[PDF] Making Babies: A Proven 3-Month Program For Maximum Fertility

Sami S. David, Jill Blakeway - pdf download free book



Books Details:

Title: Making Babies: A Proven 3-Mon

Author: Sami S. David, Jill Blakeway

Released: 2009-08-12

Language:

Pages: 384

ISBN: 0316024503

ISBN13: 978-0316024501

ASIN: 0316024503

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Description:

Review "These days the name of Sami David, M.D., is on everybody's lips....He's a prophet, a sage, a poet, a priest. He's the answer to every mid-thirtyish woman's prayers." (**New York Woman Wendy Wasserstein**)

"*Making Babies* is an excellent, well-organized guide on how to get pregnant naturally. It combines

the best of both Western and Chinese methods."-Marc Goldstein, MD, co-author of the upcoming *A Baby At Last!* and Surgeon-in-Chief, Male Reproductive Medicine and Surgery at New York Presbyterian Hospital/ Weill Cornell Medical College

"Ask a fancy reproductive endocrinologist about acupuncture and you're likely to hear, 'If it relaxes you, it's fine with me.' In other words, the official position of the high-tech fertility folks on traditional fertility medicine amounts to benign ignorance. *Making Babies* will change that. Here's proof that traditional and modern methods work, and not only that: they work better together. This is very good news for mothers, fathers, and babies."-Nina Planck, author of *Real Food for Mother and Baby: The Fertility Diet, Eating for Two*, and *Baby's First Foods*.

"*Making Babies* is a must read for any woman who wants to become pregnant. Its unique, holistic approach to conception encompasses traditional Western and Eastern medicine, proven alternatives, and lifestyle modifications. It offers women (and couples) solid medical information and advice that can help them increase their chances of conception, often in the quickest, most cost-effective, and least invasive manner."-Joan Liebmman-Smith, Ph.D., coauthor of *The Unofficial Guide to Getting Pregnant* and *Body Signs: How to Be Your Own Diagnostic Detective*

"Filled with invaluable guidance from two seasoned, brilliant clinicians, *Making Babies* can speed up the arrival of your child without depleting your ovarian reserve or your bank account. It might even save your life."-Julia Indichova, author of *Inconceivable*

"*Making Babies* is a marriage made in heaven. The best of western medicine combined with the yin-yang approach of the east. The end result? Restored fertility and vibrant health. Lovely."-Christiane Northrup, M.D., author of *Women's Bodies, Women's Wisdom*

"We applaud the main message of this book: improving your health improves your chances of fertility. *Making Babies* is a must-read for couples wanting to increase their chances of conceiving."-William Sears, M.D. and Martha Sears, R.N., co-authors of *The Pregnancy Book* and *The Baby Book*

"This dynamic medical team provides easy to understand viewpoints from the ancient system of Chinese medicine along with practical advances in Western reproductive technology. Simple, informative, and entertaining, *Making Babies* gives you answers, and hope."-Randine Lewis, author of *The Infertility Cure*

About the Author Sami David, M.D., is a reproductive endocrinologist. He was the first doctor in New York state to perform a successful IVF, though he now focuses on more conservative approaches to infertility.

Jill Blakeway, L.Ac, is a Licensed Acupuncturist and Board Certified Herbalist, and founder and clinical director of The YinOva Center, an alternative health service for women in New York City.

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