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Fertility, Cycles & Nutrition 4th Edition



Synopsis

This new fourth edition explains cycle irregularities and nutritional values to improved and understand our body balance; invaluable to Natural Family Planning couples.

Book Information

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Customer Reviews

First of all, the book is poorly organized which makes it hard to extract information that applies to specific health issues. Nutrition advice for various health conditions is sprinkled throughout the book in various chapters. She is dedicating very little of this book to the issue of endometriosis (she doesn't seem to have an in-depth knowledge of that subject), so if that's the condition you have, buy a different nutrition book that focuses primarily on that issue. Finally, as other reviewers mentioned, she is strongly advocating using OptiVite (not a very high quality nutritional supplement). In her defense, she seems to genuinely believe that it can help. She cites scientific evidence behind it (sort of), and how various vitamins and minerals in that supplement affect the fertility cycle. She sounds very convincing, and she mentions examples of women whom this supplement helped to get pregnant. She is defending the fact that this supplement contains HUGE doses of certain vitamins and minerals (often significantly exceeding the recommended daily dose, and often at the maximum level that is considered "safe") by listing the standards of the upper daily limits as if it were perfectly healthy to try to overload your body with a ton of vitamins and minerals all at once at their maximum allowable limit, that are not even food based for better absorption. The problem is, individual people have different needs/deficiencies. For instance, if your selenium level is fine, then taking it at 143%

of daily dose for an extended period of time, can cause selenium poisoning especially if you are also getting it from your regular diet. She says that you can decrease the dose (or start with a smaller dose and build your way up) if you experience unpleasant side effects.

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