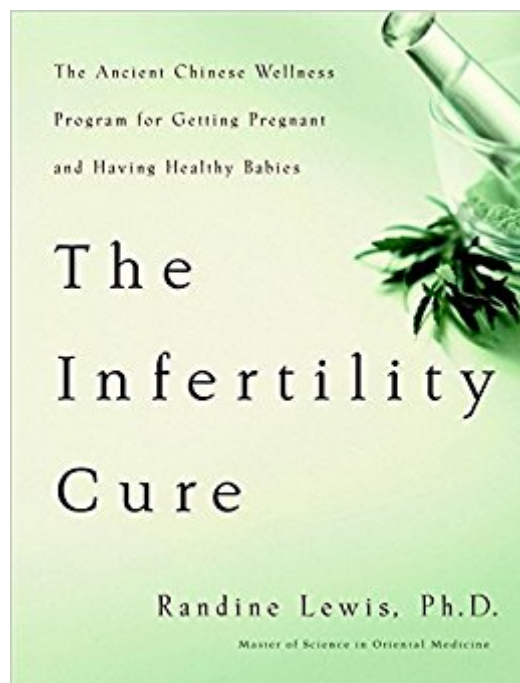




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The Infertility Cure: The Ancient Chinese Wellness Program For Getting Pregnant And Having Healthy Babies



Synopsis

A groundbreaking alternative approach to treating infertility using traditional Chinese medicine-on its own or in conjunction with the latest Western-based reproductive technology. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupuncture so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. *The Infertility Cure* addresses: Advanced maternal age, Recurrent miscarriage, Immunological fertility problems, Male-factor infertility, Hormonal imbalances and associated conditions, Anovulation, luteal phase defect, amenorrhea, unexplained infertility, Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids, Improving the outcome of assisted reproductive techniques. *The Infertility Cure* opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant-the natural way.

Book Information

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Customer Reviews

Lewis, a licensed acupuncturist and herbalist, believes infertile couples should turn to Chinese medicine as an alternative to what she considers painful, invasive and time-consuming Western treatments. She first explains, "Traditional Chinese medicine holds that a woman's body must be gently nourished and encouraged to bear fruit.... I have found that most hormonal imbalances (which contribute to 40 percent of documented cases of infertility, yet are considered untreatable by conventional Western medicine) respond to Eastern methods of treatment." In Lewis's experience,

women who have undergone three to six months of the dietary changes, herbs and acupuncture treatments become pregnant with no further effort. Lewis intersperses her somewhat technical examination of the program with anecdotes about her patients, weaving in discussions on diet, herbal supplements, acupuncture, older women and problems related to infertility. Lewis writes well and simplifies many complex concepts, such as the theory that there are four vital substances in the body (Yin, Yang, Qi and Blood), and that they're likely to be suffering from imbalance caused by energy excess, deficiency or stagnation. However, she trusts that her view is the solution for all infertile couples. Readers with infertility issues may well benefit by adopting some of Lewis's strategies, but they would also be wise to discuss her approach with their doctors before abandoning their current treatments. 41 line drawings. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

'A wonderfully authoritative answer to the collective prayers of the many thousands of women who want to have a baby but have been told that they're infertile' - Christiane Northrup, MD, author of *Women's Bodies, Women's Wisdom* 'Lewis simplifies many complex concepts, such as the theory that there are four vital substances in the body (Yin, Yang, Qi, and Blood) and that they're likely to be suffering from imbalance caused by energy excess, deficiency, or stagnation' - Publishers Weekly

Three years of undiagnosed infertility with 2 early miscarriages including 2 failed clomid cycles and 2 failed hcg rounds (causing uterine polyps I had to have surgically removed), I purchased this book as a last hope at the end of June 2015. By mid-July I started weekly acupuncture, mediterranean diet, and Chinese herbs (prescribed by acupuncturist). Mid November we were pregnant, with TWINS and the pregnancies stuck! :) The twins part is probably due to me taking Vitex and Maca root (not prescribed by acupuncturist). Never thought we could have one, so two was amazing! I also did a fertility promoting mix of essential oils in my diffuser every night before bed and drank Traditional Medicine Healthy Cycle tea 3 times daily. I 100% believe that I would still be hopelessly trying if I wouldn't have purchased this book. It gave me hope and it gave me the tools to get my uterus healthy enough to finally implant and maintain not one, but two pregnancies. Please try this method before you put your body through all the harsh chemicals the doctors will push. They want to skip the problem to get to a quick solution, but at the expense of your health. This method works out the problem (mine being kidney deficiency), so that your body gets itself to the solution (healthy

habitable uterus). I wish everyone luck and baby dust!

Great book and service. I began showing symptoms of hormone regulation within 4 days of starting the recommended diet, lifestyle and herbs for my particular issue. It will clearly take a bit longer to see grater results, but a good start.

complex book that may contain great information but it not easily assimilated.

Bought this book for my wife. We been trying for some time and she was getting really stressed. She started reading this book and started feeling better. She is doing things the book recommends and I participate as well. We are looking forward to being parents. We know deep in our hearts that it will happen.

I love this book it has been my companion and constantly come back to it. Finally got pregnant and in part it was because of following the advise in this book. My boy is three now. This book helps you to know from TCM point of view the causes of disbalances that keep you from getting pregnant and gives you clues, acupunture points and chinese herbs to come back to balance and get pregnant if you want.

I was really glad to have read this just prior to my first acupuncture appointment. The author has degrees in both western and chinese medicine, and so can explain, for example, what the liver does according to each system. She paints a believable picture of her distress at discovering secondary infertility, her search to cure herself (in the opening chapter) and then goes on to explain symptoms of imbalances, what acupressure can do to fix them (could be really helpful for acupuncturists who want to learn how to help infertility as she specifies certain points on specific meridians), what diet and herbs can do to fix them, and how to try to heal your soul if both western and eastern medicines fail to help you achieve pregnancy. It is written with real compassion by someone who has walked in these shoes. And THEN she gives advice for specific conditions (endo, fibroids, PCOS, immune disorders, unexplained, luteal phase defect, male factor, blocked tubes, advanced maternal age...). As someone pursuing IVF soon and wanting to try both eastern and western approaches, this was a fantastic resource for me, one that I read non-stop for a week. Thank you, Randine Lewis, wherever you are. P.S. We followed this book through 2 IVF cycles. The first cycle was a chemical pg, but the second led to twin boys -I am currently 30 weeks (7 1/2 months) pregnant. I really believe what I

learned from this book helped.

I liked this at first but then it got confusing. My acupuncturist who recommended it wasn't following it or my treatment like the book suggests. That makes it rather misleading and not helpful at all.

A GREAT BOOK!! I'm from Malaysia and the delivery was super-fast, got it within a week. The book is with tones of information, I feel like a Chinese practitioner myself. The aura of this book is simply awesome and I'm carrying it wherever I go. I finally think that I found the answer to my unexplained infertility and I strongly believe that I will be entering motherhood soon. I showed it to my acupuncturist and she loved it too. Once I'm pregnant, I'm gonna get another copy for my acupuncturist as a gift.

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