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Embrace Your Fertility

Timea Belej-Rak

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When you are struggling with fertility, navigating your options may feel overwhelming. In Embrace Your Fertility, Dr. Timea Belej-Rak demystifies the process with a guide that melds heartfelt patient stories and expert knowledge on the latest resources including:

naturopathic perspectives - by Tanya Wylde, ND, R.Ac.
acupuncture and East Asian medicine - by Tim Tanaka, Ph.D., R.Ac., R. TCMP
mind body connection - by Glenda Johnson, RPT, MCHt
counseling - by Reina Zatylny, MSW, RSW
medical treatments - by Timea Belej-Rak, MD
sperm donation - by Haimant Bissessar, BSc
egg donation - by David Sher, CEO, Elite IVF
adoption - by Sofie Stergianis, MSW, RSW

Offering a multifaceted discussion about a complex and emotional subject, Embrace Your Fertility includes chapters by professionals in the field with detailed information about processes and procedures. It includes a look at both mainstream medical interventions and alternative health options from diet to acupuncture and views your fertility struggle from new perspectives.

Praise for Embrace Your Fertility

"Embrace Your Fertility is a splendid book which covers everything you need to know and do to help you conceive a child or otherwise make peace with your fertility. It is written with the authoritative compassion of a physician who has not only been there herself, but has also helped hundreds of other individuals through the fertility journey. This book is a gem that I highly recommend to everyone who is concerned about her (or his) fertility."
--Christiane Northrup, MD, Ob/Gyn Physician and Author of the New York Times bestsellers: Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing, Women's Bodies, Women's Wisdom, and The Wisdom of Menopause

Compiled by a spiritually-attuned, holistically conscious fertility specialist, Embrace Your Fertility is a comprehensive guide to navigating your fertility journey, complete with wisdom and knowledge about everything from conventional medical approaches to adoption to acupuncture to the mind-body perspectives that optimize fertility outcomes. Filled with stories of women who have navigated their own fertility experiences, readers will find comfort and inspiration alongside grounded, practical information.
--Lissa Rankin, MD, New York Times bestselling author of Mind Over Medicine

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From reader reviews:

Gabriel Reed:

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Cheryl Stone:

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Archie Williams:

As we know that book is very important thing to add our information for everything. By a book we can know everything we wish. A book is a pair of written, printed, illustrated or even blank sheet. Every year was exactly added. This publication Embrace Your Fertility was filled about science. Spend your spare time to add your knowledge about your scientific research competence. Some people has several feel when they reading any book. If you know how big selling point of a book, you can experience enjoy to read a guide. In the modern era like today, many ways to get book that you wanted.

James Holmes:

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