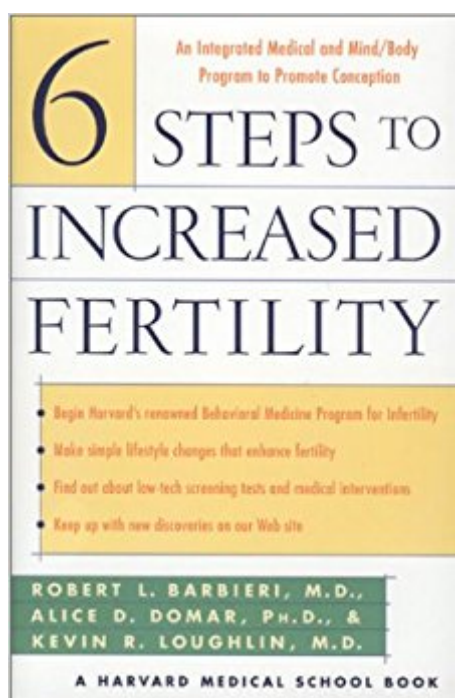


The book was found

# 6 Steps To Increased Fertility: An Integrated Medical And Mind/Body Approach To Promote Conception



## **Synopsis**

We wanted to write this book to answer many of the questions and concerns we hear daily from you in our offices. Most of all, though, we wanted to write this book to reassure you that most of you will be able to conceive. from the introduction Yes, you probably can get pregnant -- and the really good news is that most of you can conceive naturally, without expensive high-tech intervention, using the information offered in this six-step fertility enhancement program from Harvard Medical School. In the past decade, researchers on fertility and conception have made tremendous strides in their quest to help previously infertile couples conceive. While the headlines have been concerned with breakthroughs in high-tech interventions, other studies -- such as Harvard's ongoing Nurses' and Physicians' Studies and groundbreaking research at Harvard's Mind/Body Center for Women's Health -- have been quietly and steadily gathering information that is even more exciting. It shows how everyday lifestyle factors such as stress, exercise, and nutrition affect conception and how simple lifestyle changes can give nature a better chance for a successful pregnancy. Here is the latest research gathered together and presented as a step-by-step program to empower you to make all the right moves and decisions to optimize your chances of getting pregnant...before considering high-tech intervention. You'll find out about the remarkable Mind/Body Program for Infertility that has more than a 30 percent success rate for conception, here described fully for home use. You'll learn surprising facts about the effect of weight and exercise -- both too much and too little -- on your chances of conceiving; about foods and supplements that enhance fertility and common medications that can inhibit it; about better ways to regulate and target ovulation cycles. You will be led step by step through some simple diagnostic tests to find out what might be the problem and given low-tech treatment options to solve it. And if extra steps are needed, you will be guided toward finding the best specialists and shown how to make the most of the current technology. Each of the authors of this book is an expert in a particular area affecting fertility. Dr. Barbieri specializes in physical problems women have getting pregnant, Dr. Loughlin in physical problems men have in conception, and Dr. Domar is an expert on how the mind and emotions affect conception. Together they present a team approach that brings together leading-edge research in medicine, biology, and psychology, offering new promise for increased fertility.

## **Book Information**

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## Customer Reviews

It's time to make a baby. You and your partner ditch the birth control, chart your cycle, pinpoint Ovulation Day, and then proceed to make wonderful love, reveling in the joy and excitement of creating new life. Later, you make lists of names, even daydream about your child going to your alma mater. Then reality hits. You don't get pregnant. In high school, they warned, "It only takes one time." But age, health problems, and the anxiety that often builds around an inability to conceive can turn that early admonition into a mocking refrain. Today, about 20 percent of couples find themselves riding the cyclone of fertility frustration, alternately flying high on hope, then plunging into despair as each month passes without a positive pregnancy test. For anyone who's been trying to get pregnant for at least a year (the current definition of infertility), *Six Steps to Increased Fertility* is a must-read. Written by the Harvard Medical School team Robert L. Barbieri, M.D., Alice D. Domar, Ph.D, and Kevin R. Loughlin, M.D., *Six Steps* guides you through the conception process, explaining what can derail it and detailing the vast range of treatment options for boosting conception odds--from simple lifestyle adjustments to fertility drugs to more aggressive therapies like in vitro fertilization. Along the way, there are supportive tales of couples who've survived the infertility ordeal and checklists of questions for your doctor. A medical glossary and a list of organizations that deal with infertility, mental health, miscarriage, and adoption are tucked in the back. But what makes this book so appealing is the authors' refreshing six-step philosophy, one that melds natural methods with conventional medicine. Their perspective: technology can be wonderful, but it should rarely be the first step. Oftentimes, depending on one's age and health, changes in diet, exercise routine, and stress levels can make all the difference. Indeed, the cornerstone of the book is the do-it-yourself version of the successful Harvard Behavioral Medicine Program for Infertility that includes easy-to-master relaxation exercises and other stress-reduction techniques. In

study after study, research has definitively shown that as stress, anxiety, and depression levels go down, pregnancy and birth rates rise. Six Steps offers sensitive advice and coping strategies meant to help couples understand that while being "infertile" can be all-consuming, it is not the sum total of their lives. --Norine Dworkin

Recently, infertility books have either followed the medical or the natural approach. Bridging this gap, this book provides incremental guidelines to maximizing chances of conceiving naturally, then progresses to more advanced medical alternatives. Alice Domar, a guru of women's mind/body health, has collaborated with two colleagues at the Harvard Medical School to present this well-balanced introduction to reproductive health. Believing that couples should begin with the safest, simplest approach, the authors recommend lifestyle changes (diet, exercise, and even the type of underwear) as well as techniques for handling emotional stress. Basic reproductive physiology is reviewed with a brief description of male and female reproductive problems, common diagnostic tests, and medications. All this is carefully wrapped up in an overview of the most advanced approach, that is, assisted reproductive therapies. This is a helpful tool for younger couples on the verge of seeking medical assistance; those desiring a more alternative approach to infertility should try Shana Albo's *Infertility Solutions: Natural Approaches* (Avery: Penguin Putnam, 2000). Highly recommended for all health collections. (Index not seen.)DLisa A. Errico-Cox, Nassau Community Coll. Lib., Garden City, NY Copyright 2000 Reed Business Information, Inc.

This book was very informative and easy to understand. I have done a ton of reading over my years of infertility struggles and this is by far one of the better ones. I wish I had come across this book in the beginning of my infertility struggles. It not only goes over various ART procedures as a means to deal with someone's infertility but it also has lots of detail on things one can do naturally to try to increase their chances without having to resort to IVF or other invasive procedures. It explains how various circumstances going on in ones life can greatly affect ones reproductive capabilities. Things such as stress, being overweight or underweight, negativity & depression can all greatly impact whether you are able to conceive or not. Your body has a way of protecting itself from all those things and for some people that results in the inability to conceive. The authors of this book believe and highly recommends doing all one can to reduce stress, eliminate depression & getting to a healthy weight 1st before resorting to highly invasive ART procedures which they believe is a last resort and mostly unnecessary for most people. Definitely a great read for someone dealing with the roller coaster ride of infertility!

This would be good for a normal aged couple. We are an older couple so we had to go a different route. Embryo adoption worked for us.

OK

I run a support group for women who have lost babies through miscarriage, and bought this book as a support resource for the women in the group who are having problems conceiving. The integration of Dr Domar's Mind/Body approach within the medical context of Dr Barbieri and Dr Loughlin is a stroke of genius, in my opinion! They have created a truly holistic look at the whole fertility issue, taking a thorough approach to the physical and emotional causes and effects for both men and women. This is very refreshing. The book starts by looking at the many things both men and women can do to boost their fertility - before they even see a doctor. It reflects the latest research and presents it in a non-patronising way, which is an excellent positive feature of the book. The positioning of the examination of lifestyle and its effects on fertility and pregnancy is superbly empowering, because it hits the reader from the start with things that can be done today to make a difference. Very positive! The medical aspects are explained clearly, you don't feel that you have to be a medical person to understand it all, nor do you feel that key information is being hidden from you. I can predict that many members of my group will want their own copy to work through!

If you are looking for an overview of the causes of infertility, or are newly diagnosed with infertility, this might be a useful book. If you are an infertility patient you probably already know most of what is in it - for example it covers the testing that is done to determine causes of infertility. If you are looking for a really good explanation of how your body works, and how you can maximize your chances of getting pregnant, get Toni Weschler's "Taking Charge of Your Fertility". It's much more thorough and complete description of how you can increase your chances of getting pregnant. The section on mind/body is really stress reduction techniques, which are available in many other places. Infertility causes stress, and stress aggravates infertility, so stress reduction and coping strategies matter. However, buying a book on meditation will give you a much better introduction into how to use and apply the techniques described here.

I never write book reviews, but I owe the birth of my daughter to the advice given by this book! After 6 years of no contraception, my husband and I finally decided that we were going to REALLY TRY

to have a child, so I bought this book, as a starting point to figure out what we--both over 35-- needed to do to get pregnant. In our case, the changes in lifestyle recommended in the book were all we needed; I got pregnant 3 months after putting its advice into practice. This is the perfect book to start with if you want to create a lifestyle that gives you the best chance for getting pregnant, without starting with the infertility drugs. Note that the medical options are also discussed in the book, as well as how much time is reasonable for trying to get pregnant "naturally." Good Luck!

The book has two key points. The first key point is that small lifestyle changes can improve the fertility of a couple. For example, stopping cigarette smoking, keeping body weight in a normal range, limiting caffeine and alcohol intake can all improve fertility. The second key point is that stress and fertility problems are often related. Stress can cause fertility problems. Infertility problems and treatment can cause emotional stress. The book outlines many excellent ways to reduce stress and improve fertility. Dr. Domar is an expert on stress and fertility problems. I highly recommend the book.

If you had problem with conception for some time, chances are that you already did your 'homework' and read about all possible causes and treatment on the Internet, or discussed it with your doctor. This book is a very general summary of infertility problems, and mainly a big ad for the authors' treatment plan that is available, I assume, in the hospital where they work. I would not recommend this book to anybody - you can definitely find more useful info online, and definitely cheaper!

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