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

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KAYLYN SHAMAR

Spiritual Fertility Attilio D'Alberto
"Comprehensive, encyclopedic, and
lucid, this book is a must for all
practitioners of the healing arts who
want to broaden their understanding.
Readers interested in the role of herbs
and foods in healing will also find much
to learn here, as I have. . . . A fine
work."—Annemarie Colbin, author of

Food and Healing The promise and
mystery of Chinese medicine has
intrigued and fascinated Westerners
ever since the "Bamboo Curtain" was
lifted in the early 1970s. Now, in
Between Heaven and Earth, two of the
foremost American educators and
healers in the Chinese medical
profession demystify this centuries-old
approach to health. Harriet Beinfeld and
Efrem Korngold, pioneers in the practice
of acupuncture and herbal medicine in
the United States for over eighteen
years, explain the philosophy behind
Chinese medicine, how it works and

what it can do. Combining Eastern traditions with Western sensibilities in a unique blend that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. “Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine.”—San Francisco Chronicle

It Starts with the Egg Fertility

Cookbook Shambhala Publications
The “Jason Bourne of fertility” (The New York Times Book Review) presents a personal and deeply informative account of one woman’s journey through the global fertility industry. On paper, conception may seem like a simple biological process, yet this is often hardly the case. While many would like to have children, the road toward conceiving and maintaining a pregnancy can be unexpectedly rocky and winding. Lawyer Elizabeth Katkin never imagined her quest for children would ultimately involve seven miscarriages, eight fresh IVF cycles, two frozen IVF attempts, five natural pregnancies, four IVF pregnancies, ten doctors, six countries, two potential surrogates, nine years, and roughly \$200,000. Despite her three Ivy

League degrees and wealth of resources, Katkin found she was woefully undereducated when it came to understanding and confronting her own difficulties having children. After being told by four doctors she should give up, but without an explanation as to what exactly was going wrong with her body, Katkin decided to look for answers herself. The global investigation that followed revealed that approaches to the fertility process taken in many foreign countries are vastly different than those in the US and UK. In *Conceivability*, Elizabeth Katkin, now a mother of two, exposes eye-opening information about the medical, financial, legal, scientific, emotional, and ethical issues at stake. “A well-researched, informative, and positive account of a very long journey

to motherhood” (Kirkus Reviews), *Conceivability* sheds light on the often murky and baffling world of conception science. Her book is an invaluable and inspiring text that will be a boon to others navigating the deep and “choppy waters” of fertility treatment (Publishers Weekly), and her chronicle of one of the most difficult, painful, rewarding, and loving journeys a woman can take is as informative as it is poignant.

Your Fertility Program: The East/West Guide to Maximum Fertility Thieme

According to this reference from a leading authority who has worked with more than 7,000 couples, women who have experienced difficulty conceiving or multiple miscarriages may be suffering from treatable dysfunctions of their

immune systems.

Aphrodisiacs, Fertility and Medicine in Early Modern England Simon & Schuster

The Trotula was the most influential compendium on women's medicine in medieval Europe. Scholarly debate has long focused on the traditional attribution of the work to the mysterious Trotula, said to have been the first female professor of medicine in eleventh- or twelfth-century Salerno, just south of Naples, then the leading center of medical learning in Europe. Yet as Monica H. Green reveals in her introduction to this first edition of the Latin text since the sixteenth century, and the first English translation of the book ever based upon a medieval form of the text, the Trotula is not a single treatise but an ensemble of three

independent works, each by a different author. To varying degrees, these three works reflect the synthesis of indigenous practices of southern Italians with the new theories, practices, and medicinal substances coming out of the Arabic world. Arguing that these texts can be understood only within the intellectual and social context that produced them, Green analyzes them against the background of historical gynecological literature as well as current knowledge about women's lives in twelfth-century southern Italy. She examines the history and composition of the three works and introduces the reader to the medical culture of medieval Salerno from which they emerged. Among her findings is that the second of the three texts, "On the Treatments for Women," does derive

from the work of a Salernitan woman healer named Trotta. However, the other two texts—"On the Conditions of Women" and "On Women's Cosmetics"—are probably of male authorship, a fact indicating the complex gender relations surrounding the production and use of knowledge about the female body. Through an exhaustive study of the extant manuscripts of the Trotula, Green presents a critical edition of the so-called standardized Trotula ensemble, a composite form of the texts that was produced in the mid-thirteenth century and circulated widely in learned circles. The facing-page complete English translation makes the work accessible to a broad audience of readers interested in medieval history, women's studies, and premodern

systems of medical thought and practice.

Yes, You Can Get Pregnant Simon and Schuster

We think of medical science and doctors as focused on treating conditions—whether it's a cough or an aching back. But the sicknesses and complaints that cause us to seek medical attention actually have deeper origins than the superficial germs and behaviors we regularly fault. In fact, as Jeremy Taylor shows in *Body by Darwin*, we can trace the roots of many medical conditions through our evolutionary history, revealing what has made us susceptible to certain illnesses and ailments over time and how we can use that knowledge to help us treat or prevent problems in the future. In *Body*

by Darwin, Taylor examines the evolutionary origins of some of our most common and serious health issues. To begin, he looks at the hygiene hypothesis, which argues that our obsession with anti-bacterial cleanliness, particularly at a young age, may be making us more vulnerable to autoimmune and allergic diseases. He also discusses diseases of the eye, the medical consequences of bipedalism as they relate to all those aches and pains in our backs and knees, the rise of Alzheimer's disease, and how cancers become so malignant that they kill us despite the toxic chemotherapy we throw at them. Taylor explains why it helps to think about heart disease in relation to the demands of an ever-growing, dense, muscular pump that

requires increasing amounts of nutrients, and he discusses how walking upright and giving birth to ever larger babies led to a problematic compromise in the design of the female spine and pelvis. Throughout, he not only explores the impact of evolution on human form and function, but he integrates science with stories from actual patients and doctors, closely examining the implications for our health. As Taylor shows, evolutionary medicine allows us think about the human body and its adaptations in a completely new and productive way. By exploring how our body's performance is shaped by its past, *Body by Darwin* draws powerful connections between our ancient human history and the future of potential medical advances that can harness this knowledge.

Endometriosis in Adolescents Demos Medical Publishing

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study. More than 6 million women in the United States alone experience infertility problems. User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition.

Treatment of Infertility with Chinese Medicine E-Book Princeton University Press

The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get

pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

Reproduction Berghahn Books

An authoritative, oversized guide to traditional Chinese medicine recommends dozens of natural cures for ailments ranging from the common cold and insomnia to arthritis, impotence,

and hypertension and explains how to promote longevity, strengthen bones, and maintain optimum health for a lifetime.

Body by Darwin Fastpencil Incorporated

Collects personal, instructional stories that reveal what it is like to undergo treatment for infertility conditions, and shares practical advice on boosting health and fertility.

Obstetrics and Gynecology in Chinese Medicine AJR Publishing

Written by experts in Chinese medicine, this textbook provides a comprehensive overview of Chinese medicine therapies for fertility disorders. It opens by reviewing the basics of current Western reproductive medicine in terms of diagnosis, treatment options, and

possible risks. The book then introduces the reader to traditional Chinese fertility treatments, providing information about how they complement Western reproductive medicine. The authors describe in detail the different treatment methods, ranging from qi gong and tui na to moxibustion and acupuncture to Chinese dietetics and medicinal therapy. The main section of the book provides in-depth discussion of specific fertility disorders and their management, including menstrual disorders, early menopause, sexual disorders, male infertility, endometriosis, and polycystic ovary syndrome. It closes with a section on patient support, addressing issues such as the mind-body relationship and the impact of stress. Key features: Case studies with real-life examples of specific

treatment approaches Information on both Chinese and Western therapies Perspectives from numerous Chinese medicine specialists Extensive quotations from classical texts in translation Historical, cultural, and social perspectives on the issue of fertility in Chinese culture, modern and ancient Chinese Medicine in Fertility Disorders is an invaluable resource for practitioners in complementary medicine, including acupuncturists and Chinese herbalists who wish to include fertility treatment in their practice, and a useful reference for all physicians who seek to expand their perspective on managing fertility issues. [Jewish Bioethics](#) Ballantine Books Introducing the only clinically proven program—steeped in ancient Chinese healing traditions—that has enabled

hundreds of infertile couples to conceive. At Wu's Healing Center in San Francisco, miracles are happening. Women and their partners come to the clinic—often from across the country-- to fulfill a passionately held yet fragile dream: to conceive and deliver the healthy baby that mainstream doctors have told them they cannot have. Using traditional Chinese medical techniques, sometimes integrated with Western fertility treatments, Dr. Angela Wu is helping these couples experience the miracle of birth. In this book, Dr. Wu details a proven 6-part self-care regimen that helps create the internal harmony and balance vital to conception. Her techniques not only enhance the results and reduce the side effects of in vitro and other Western fertility treatments,

they also shorten labor and speed postpartum recovery. Babies benefit too, adopting regular sleep patterns more quickly and getting sick less frequently. At a time when one in five U.S. couples is struggling with fertility problems, this practical and uplifting volume, filled with the inspirational stories of Dr. Wu's grateful patients, will be a godsend.

Chinese Medicine in Fertility Disorders NYU Press

A more complete picture of how procreation and childlessness are depicted in the Bible In the Book of Genesis, the first words God speaks to humanity are "Be fruitful and multiply." From ancient times to today, these words have been understood as a divine command to procreate. Fertility is viewed as a sign of blessedness and

moral uprightness, while infertility is associated with sin and moral failing. *Reconceiving Infertility* explores traditional interpretations such as these, providing a more complete picture of how procreation and childlessness are depicted in the Bible. Closely examining texts and themes from both the Hebrew Bible and the New Testament, Candida Moss and Joel Baden offer vital new perspectives on infertility and the social experiences of the infertile in the biblical tradition. They begin with perhaps the most famous stories of infertility in the Bible—those of the matriarchs Sarah, Rebekah, and Rachel—and show how the divine injunction in Genesis is both a blessing and a curse. Moss and Baden go on to discuss the metaphorical treatments of Israel as a "barren

mother," the conception of Jesus, Paul's writings on family and reproduction, and more. They reveal how biblical views on procreation and infertility, and the ancient contexts from which they emerged, were more diverse than we think. *Reconceiving Infertility* demonstrates that the Bible speaks in many voices about infertility, and lays a biblical foundation for a more supportive religious environment for those suffering from infertility today.

Alchemical Medicine for the 21st Century Elsevier Health Sciences

A spiritual companion for those grieving infertility, pregnancy loss, or stillbirth, bringing solace from Jewish tradition. Many people who endure the emotional suffering of infertility, pregnancy loss, or stillbirth bear this

sorrow alone. Pregnancies that end too early are hidden; failed attempts at conception are barely mentioned. Many women and men long to find solace in religious ritual and tradition to ease the emptiness felt from a loss that is without a face, a name, or a grave. At last, there is a source that acknowledges and encourages expressions of their grief, and offers comfort in the moments of their pain. Providing companionship and strength for healing from others who also have grieved, *Tears of Sorrow, Seeds of Hope* is a spiritual companion that enables the reader to mourn within the words and ways of Judaism. Drawing deeply on the wellspring of comfort found in traditional Jewish texts and prayer, it also offers readings and rituals created especially for parents struggling

with the uncertainty and sorrow of pregnancy loss and infertility?providing a source of compassion, healing, and hope.

Between Heaven and Earth Springer Nature

Adolescent endometriosis is a previously overlooked disease in children, the true prevalence of which is still unknown but has been estimated between 19-73%. There are numerous initial challenges faced by adolescents suffering from delayed or undiagnosed endometriosis apart from experiencing chronic pain, such as: school/work absenteeism, false diagnoses/treatments, erroneous physician referrals, unnecessary radiological studies, radiation exposure, and emergency room visits as well as early exposure to narcotic pain

medications and subsequent drug tolerance, resistance or even addiction. This text presents a clear history of physician and patient understanding and awareness of endometriosis in adolescents. It lays the groundwork for this condition with background information on endometriosis in general followed by a more focused look at endometriosis in adolescents. Leading experts in the field provide chapters on the different locations where endometriotic lesions can present in adolescents as well as identified risk factors and concomitant diseases of which it is important to be aware. In addition to the clinical presentation, this book also provides information on breaking down existing barriers, such as stigma, and current activism and

awareness of this condition. Adolescent Endometriosis is a first-of-its-kind text that focuses exclusively on endometriosis in the adolescent population. Written by experts in the field, this book is a comprehensive resource for clinicians in all medical disciplines that treat adolescent age girls.

The Tao of Healthy Eating Hay House, Inc

Your Fertility Program presents a holistic approach to fertility enhancement. Explaining the science behind cutting-edge Western reproductive techniques and time honored Oriental medical physiology and therapies, this book distills a wide range of options into clear, practical, user-friendly information, relevant at every step of your fertility

journey. In these pages, women and men will discover an opportunity to create a comprehensive fertility program that corresponds with their age, Western diagnosis and personal beliefs. The path to fertility varies with every individual. Your Fertility Program combines the goal of pregnancy with improved health and vitality. Dr. Maureen Rozenn, LAC, DAOM, FABORM Dr. Rozenn has practiced Oriental Medicine for over a decade, giving thousands of fertility enhancement treatments to men and women. She was the first female Doctor of Acupuncture & Oriental Medicine to become certified in Oriental Reproductive Medicine. She has spent the last ten years teaching in Five Branches University's Master of Traditional Chinese Medicine program.

Over the last five years, she has been invited by different universities to teach fertility enhancement protocols as part of their Doctor of Acupuncture & Oriental Medicine programs. She is a member of several associations including: the Coalition for improving Maternity Services, the American Pregnancy Association, RESOLVE of Northern California, Norcal Fertility Group and Santa Cruz Birth Network. Dr. Rozenn's medical practice, Endless Possibilities Acupuncture, is located in the heart of downtown Santa Cruz, California. For more information about her and her fertility-centered clinic, visit AcupunctureSantaCruz.net. *Birthing a Slave* Elsevier Health Sciences Infertility and assisted reproductive technologies in India lie at the

confluence of multiple cultural conceptions. These 'conceptions' are key to understanding the burgeoning spread of assisted reproductive technologies and the social implications of infertility and childlessness in India. This longitudinal study is situated in a number of diverse locales which, when taken together, unravel the complex nature of infertility and assisted conception in contemporary India.

Reconceiving Infertility McGraw Hill Professional

Welcomed as liberation and dismissed as exploitation, egg freezing (oocyte cryopreservation) has rapidly become one of the most widely-discussed and influential new reproductive technologies of this century. In *Freezing Fertility*, Lucy van de Wiel takes us inside the world of

fertility preservation—with its egg freezing parties, contested age limits, proactive anticipations and equity investments—and shows how the popularization of egg freezing has profound consequences for the way in which female fertility and reproductive aging are understood, commercialized and politicized. Beyond an individual reproductive choice for people who may want to have children later in life, *Freezing Fertility* explores how the rise of egg freezing also reveals broader cultural, political and economic negotiations about reproductive politics, gender inequities, age normativities and the financialization of healthcare. Van de Wiel investigates these issues by analyzing a wide range of sources—varying from sparkly online

platforms to heart-breaking court cases and intimate autobiographical accounts—that are emblematic of each stage of the egg freezing procedure. By following the egg’s journey, *Freezing Fertility* examines how contemporary egg freezing practices both reflect broader social, regulatory and economic power asymmetries and repoliticize fertility and aging in ways that affect the public at large. In doing so, the book explores how the possibility of egg freezing shifts our relation to the beginning and end of life.

Chinese Natural Cures Blue Poppy Enterprises, Inc.

An engaging guide to navigating the challenges of infertility. After seven years of tests and more tests, treatments and more treatments,

Elizabeth Swire-Falker understands what it means to struggle with infertility. In this frank, reassuring, and thoroughly researched handbook, she shares her own personal experience and offers insight into what challenges to expect along the way—from getting support to finding the right doctor to dealing with insurance.

Conceiving with Love Little, Brown Spark
An investigation into aphrodisiacs challenges pre-conceived ideas about sexuality during this period.

The Way of the Fertile Soul Jewish Lights Publishing

Using the ancient art of spagyrics for treatment of today's health problems • Contains detailed indications for using alchemical preparations therapeutically • Shows how the essences work

holistically to heal the mind, body, and spirit with the energetic qualities of the plant • Provides effective therapy for a wide range of physical and mental disorders Spagyrics is a branch of medicinal alchemy that enhances the healing properties already existing in plants. Developed by Paracelsus, the magus and alchemist of the early 16th century, spagyrics is a holistic therapy that promotes healing at all levels of the human being—body, soul, and spirit. Spagyric essences harness the dynamic life force in plants that triggers recovery from the energetic imbalance of illness. The harmonizing and balancing qualities of spagyric essences differ from other plant remedies and aromatherapy oils because they not only include the plant's energetic information but also

incorporate the salt of the plant, from which all toxic matter has been purged. The preparation of this alchemical medicine makes it possible to capture the full therapeutic spectrum of plants, including the cosmic energies they have absorbed. Alchemical Medicine for the 21st Century contains detailed indications for using these alchemical preparations to treat both physical and mental disorders. The author shows, for

example, that the tincture made from dandelion is especially potent on liver-related ailments and also raises the spirit and frees the patient from anger and bitterness. The immune system is also boosted by this essence, providing tonic effects for allergy sufferers. The author, a homeopath since 2000, also shows how these spagyric essences can be potentized homeopathically.