

# Getting to Baby

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## Synopsis

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No matter what obstacles you're facing in your journey to parenthood, *Getting to Baby* will help you take control of your fertility with an approach that has already helped thousands of women achieve their dream of having a baby.

Infertility can stem from a number of challenges: PCOS, endometriosis, fibroids, egg quality, low sperm count, and more. But you can impact all of these conditions with one key shift: changing your diet. In this practical, step-by-step blueprint, fertility specialist Angela Thyer, MD, and reproductive health nutritionist Judy Simon, RDN, share the following:

- The compelling research on how food supports fertility;
- What to eat more of and less of to support conception and healthy pregnancy;
- Skills and manageable goals to make changing your diet easy;
- A six-week plan for implementing dietary and lifestyle changes;
- Stories from other women who have conceived successfully on the Food for Fertility plan;
- Plus a sample menu to kickstart your journey!

If you're struggling to conceive, the last thing you want is vague advice—you need real answers and a plan of action. That's where this book comes in. The fastest, healthiest way to baby is through the kitchen. Let *Getting to Baby* show you how.

## Reader's comments

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