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The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To

By Kyra Phillips, Jamie, M.D. Grifo



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Take Control of Your Fertility

Does stress affect your fertility? How does diet affect your chance of conception? How old is too old? In *The Whole Life Fertility Plan*, CNN anchor Kyra Phillips and renowned fertility expert Dr. Jamie Grifo answer all your pressing questions about fertility health—whether you’re planning to wait to have kids or are starting the process now.

After an uphill (but ultimately successful) battle on the road to conception at age 40, Phillips learned that there were a number of simple, proactive things she could have been doing differently over the years.

This holistic resource includes:

- The effects of diet, exercise, medications and health conditions, plastics and chemicals, and more
- Myths, rumors, and truths about fertility
- Men’s fertility
- Visiting a fertility clinic and IVF
- Recent developments in infertility treatments. . . and more!

Whether you’re in your 20s, 30s, or 40s, and want to start a family now or down the line, don’t leave it up to chance—educate yourself about what affects your fertility.



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Editorial Review

Review

"Millions of young people approach fertility with anxiety, both from lack of good information and the pressures of social expectations. The Whole-Life Fertility Plan gives you the guidance and information to reverse the anxiety and regain a sense of connection and control. This book is the essential guide for anyone planning a family from preconception to birth regardless of what stage of their fertile life they are in, and no matter what the challenges. No one who wants to have children should be deprived of that privilege in today's age of biological miracles."

--Deepak Chopra, MD

"The Whole Life Fertility plan is a profound and thorough roadmap to fertility. Kyra's story mirrors my wife and my journey through IVF. The fears, losses and then the ultimate joys of giving birth and starting a family. Along with Dr. Jaime Grifo, who is the curator of facts and as I called our doctor, a mad scientist who created miracles for us, this book can help you have the family you have always dreamed of." --Cat Cora

"Grifo and Phillips have written a unique and highly informative book, "The whole life fertility plan". Innovative in style and not only is it fully packed with practical information, but the dialog between the patient Phillips and doctor Grifo in regards to multiple topics, is both entertaining as well as comprehensive. The current content will be informative to all interested in fertility as well as provided a pattern for a healthy lifestyle." --Alan DeCherney, MD, NIH

From the Back Cover

Take Control of Your Fertility

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About the Author

Kyra Phillips is a correspondent for the CNN investigative and documentary units. An award-winning journalist, Phillips joined CNN in 1999 and moved to HLN in August 2012, where she led the network's 2012 election coverage. Follow Kyra on Twitter @cnnkyra.

Jamie Grifo, MD, PhD, is the program director of the NYU Fertility Center, one of the most successful fertility clinics in the country, and he has many high-profile clients. He has appeared on *CBS This Morning*, *Today*, *Good Morning America*, and *Oprah*, and in the *New York Times*, *Newsweek*, and other publications. Visit Jamie at jamiegrifomd.com.

Users Review

From reader reviews:

Delia Black:

Book is to be different per grade. Book for children until finally adult are different content. We all know that that book is very important for people. The book *The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To* was making you to know about other understanding and of course you can take more information. It is quite advantages for you. The reserve *The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To* is not only giving you a lot more new information but also to get your friend when you truly feel bored. You can spend your own spend time to read your guide. Try to make relationship together with the book *The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To*. You never sense lose out for everything if you read some books.

Allen Scheiber:

The reserve with title *The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To* includes a lot of information that you can find out it. You can get a lot of benefit after read this book. This specific book exist new know-how the information that exist in this reserve represented the condition of the world today. That is important to you to understand how the improvement of the world. This specific book will bring you inside new era of the global growth. You can read the e-book with your smart phone, so you can read this anywhere you want.

Elliott Salazar:

People live in this new time of lifestyle always aim to and must have the extra time or they will get wide range of stress from both day to day life and work. So , when we ask do people have free time, we will say absolutely without a doubt. People is human not only a robot. Then we consult again, what kind of activity are there when the spare time coming to anyone of course your answer will unlimited right. Then ever try this one, reading books. It can be your alternative with spending your spare time, the particular book you have read is definitely *The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To*.

James Chavez:

The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To can be one of your basic books that are good idea. We all recommend that straight away because this guide has good vocabulary that can increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to place every word into enjoyment arrangement in writing The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To nevertheless doesn't forget the main level, giving the reader the hottest as well as based confirm resource facts that maybe you can be considered one of it. This great information can certainly drawn you into fresh stage of crucial considering.

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