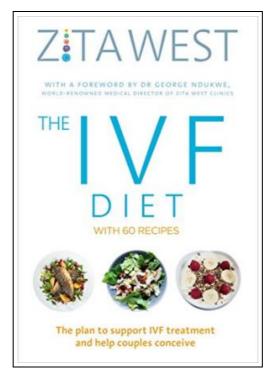
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THE IVF DIET: THE PLAN TO SUPPORT IVF TREATMENT AND HELP COUPLES CONCEIVE (PAPERBACK)



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Ebury Publishing, United Kingdom, 2016. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. More and more couples are turning to IVF each year to help them conceive, and yet there are still many questions to be answered. What makes IVF succesful? and what else can we do to support our treatment? are two of the most important queries couples can have, and here, Zita West offers solutions. Nutrition and lifestyle advice, psychological and emotional support and a positive mindset all play an important part in helping couples conceive, and can even make the difference between a successful and unsuccessful outcome. This book not only advises how to prepare for IVF, but why it s so important, and the step-by-step diet and lifestyle plan is a clear way to support your treatment.



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