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## Infertility: The Essential Guide

By Jane Dean

Need2Know. Paperback. Book Condition: new. BRAND NEW, Infertility: The Essential Guide, Jane Dean, Infertility affects 1 in 7 couples in the UK and that ratio is expected to rise to 1 in 4 during the next decade. The inability to have a baby understandably causes considerable distress and anxiety for those affected. This book aims to help couples discover what they can do to improve their natural fertility and how to prepare the body for pregnancy to improve the chances of conception, either by natural or medically assisted methods. The book covers possible causes of infertility, natural and alternative remedies, and assisted reproductive technologies, the most well-known being IVF, although there are several others to consider. The advantages and disadvantages of each method are explained and consideration is also given to the costs of such treatment. Pursuing fertility treatment can have life-changing consequences, whether successful or not its important to consider all angles and outcomes before commencing treatment and to take steps to help with the emotional burdens such treatment can bring.



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