



Fertility Diet Guide: The Complete Fertility Enhancing Foods, Diet and Nutrition Book (Healthy Pregnancy Guide Books 4)

Ashley Daniels

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Fertility Diet Guide is the fourth book of the series called “Healthy Pregnancy Guide Books” which shows women out there trying to conceive how they can live a healthy life and get pregnant with a healthy baby while dealing with this stressful modern world.

This book is a complete diet guide for all the women who have a hard time trying to get pregnant. It contains lots of powerful tips and secrets that cover all the aspects of fertility nutrition, super foods and meal planning.

Inside the book you will discover

- most important things every woman should know before starting;
- the fertility vitamins a woman should be taking each day to increase her fertility;
- the most powerful super foods that will boost a woman’s fertility as fast as possible
- what are the roles of proteins, carbohydrates, fruits, vegetables and other key fertility foods
- how to prepare delicious drinks and smoothies to increase your fertility;
- a complete fertility diet plan that shows you what to eat at breakfast, lunch and dinner. This can be the starting point of some delicious and nutritious meals for weeks and months to come.
- how to counteract the effects that smoking, secondhand smoking and other drugs have on fertility.
- and much, much more...

The purpose of this book is to give you to-the-point and very informative tips and advice on what to eat, what not to eat as well as what your husband should or should not include in his diet.

It is a complete fertility diet guide that should not be missing from your library.

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