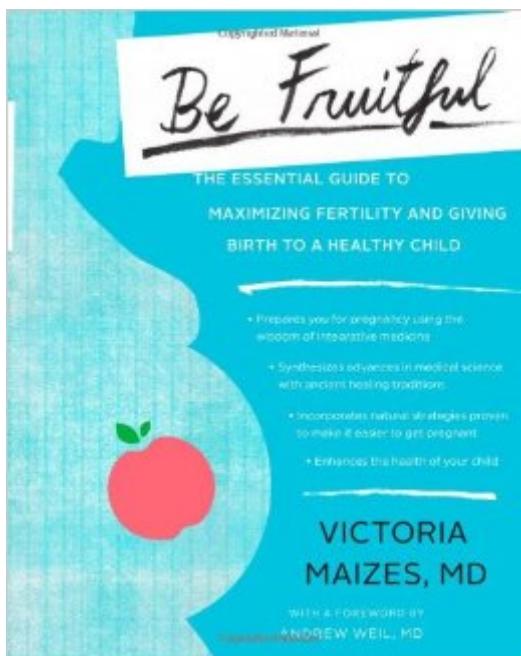


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# Be Fruitful: The Essential Guide To Maximizing Fertility And Giving Birth To A Healthy Child



## Synopsis

From an internationally recognized integrative physician, a thorough guide to fertility that encompasses all aspects of female well-being to help women prepare their bodies for easy conception, pregnancy, and the delivery of healthy babies. The increase in environmental toxins, processed foods, and stress, as well as the advancing ages at which couples seek to have children, have made it more difficult for women to conceive. In *Be Fruitful*, Dr. Victoria Maizes, an expert on women's health and the executive director of the Arizona Center for Integrative Medicine, delivers all the information women and their partners need in order to conceive with ease and confidence, and to bear healthy children. Warm, friendly, and hands-on, *Be Fruitful* offers a comprehensive self-assessment to help identify any potential physical, emotional, and practical roadblocks that may interfere with conception, as well as clear and easy-to-follow dietary, supplemental, and exercise recommendations proven to increase optimal fertility. Dr. Maizes details how nutrition, mind-body practices, elimination of environmental toxins, and traditional Chinese medicine can all contribute to a successful pregnancy. Unique in its integrative approach, *Be Fruitful* acknowledges that wellness comes from caring for the entire person—not just the physical body—a crucial factor for the countless women trying to conceive and committed to transforming their overall health.

## Book Information

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## Customer Reviews

Before I read this book I felt a bit lost in all the diverse and sometimes conflicting information

available on this topic. While I'm more than willing to draw on conventional medical approaches if that's what it takes eventually to conceive, I want to go in knowing that I have already tried everything possible through diet, supplements, stress management, and elimination of toxins to maximize fertility, to maximize the effectiveness of conventional medical treatments, and to ensure a healthy pregnancy and baby. Dr. Maizes puts all this information in one place, providing clear explanations, tons of practical advice, and many links to other helpful resources along the way. She writes with compassion, enthusiasm, and, most importantly, expert authority. She analyzes the available scientific research critically and draws on vast clinical experience, both her own and that of her community of practitioners. While the focus is very much on approaches to health that are usually ignored in conventional medicine, she also does a great job of explaining what the conventional approaches to infertility are and how to go about deciding when and how to use them. I really enjoyed the chapter on Traditional Chinese Medicine; it's a topic I knew little about and had kind of dismissed until now. The ones on Ayurveda and spirituality were a bit beyond my personal comfort zone, but I think it was good for me to be challenged in this respect. I think every woman (and man -- yes, there's a lot of stuff in here for the gentlemen as well) should buy this book if you're planning a pregnancy, whether or not you've experienced difficulty conceiving. Many of the recommendations go well beyond fertility and are also helpful for women who are already pregnant or really anybody who wants to improve their health. No health care provider has the time to give you the depth of information contained in this book. Thank you to Dr. Maizes for writing it and to my nutritionist for recommending it to me.

This book is a must-read for any woman considering pregnancy. Easy to read and understand, Dr. Maizes' fully well-informed and gentle guidance for preparing physically, mentally, emotionally, and spiritually for pregnancy is invaluable for any woman desiring a healthy, whole pregnancy. This book provides a comprehensive review of nutrition, supplements, environmental exposures, mind-body medicine, traditional Chinese medicine (especially acupuncture), Ayurveda, and spirituality in the journey to getting pregnant and maintaining a healthy pregnancy. Her book is one of the resources to which I most often refer my patients when considering getting pregnant. We love this book! Jessica T. Wei, MD, Obstetrician/Gynecologist

This is an incredible and comprehensive book which is written with both expertise and compassion. I highly suggest that every woman who is preparing to conceive a child and/or who struggles with infertility purchase this book. I had been struggling with secondary infertility for three years when I

stumbled upon this book. Through a combination of acupuncture, assisted reproductive technology (medicine, not IVF), and strategies that I learned from this book, I finally became pregnant! While each individual case of infertility can vary, I truly believe that this book can be an invaluable resource to every couple dealing with the heartache of infertility. Thank you Dr. Maizes for writing this book!

Be Fruitful lives up to its subtitle: an essential guide to maximizing fertility and giving birth to a healthy child. Victoria Maizes covers a lot of material - nutrition, supplements, environmental factors, conventional medicine, as well as a fine review of alternative medicine approaches to fertility challenges. I was especially impressed with the chapter on environment, which provides a thorough and scientifically documented overview of how chemicals can impact fertility, and yet provides practical and hopeful guidance to minimize that impact. I was also deeply moved by her chapter on spirituality. It is a wonderful gift for a physician to bring scientific rigor to a topic, and also write with deep compassion about the pain and loss experienced by infertile couples. She brings practical, compassionate guidance for the spiritual and emotional journey. This is a terrific book: engaging, scientific, and filled with heart.

So I've just set this book down and have no news to report as far pregnancy goes but I can tell you from the point of view of someone hoping to conceive someday soon that this book is a beautiful and invaluable resource. It truly is a guide. Not once did I feel rushed, nervous, confused, or scared. Dr. Maizes wrote so many kind, sincere, and profoundly helpful messages that as I closed the book I felt as though I had just ended a heart to heart with a wise, welcoming friend. Being that my mother died when I was 13 and my family has dispersed widely among the states, there really isn't anyone around for me to talk to about my issues with fertility or what could happen if my health issues trump my desire to conceive. That said, this book provides so many answers and suggestions to my questions and problems that I now feel like I have plenty of support and guidance. I'm currently battling an autoimmune / hypothyroid issue that my doctor is reluctant to treat further because everything "looks normal" per standard ranges despite my symptoms. Even with their "standard" ranges my fertility is threatened and it's frustrating to have a doctor tell me not to be concerned with conceiving now. At a time when I was sincerely considering giving up on having kids and on Western medicine, this book helped restore my faith not only in medicine and doctors but in myself. It highlights a multitude of ways that I can repair and rebuild myself now so that my body is an optimal vessel to nurture what it may one day create. There are plenty of things for me to do on

my end now to prepare for better health and the fruitful conception to come. And I will do whatever it takes. I would definitely recommend this to young women and couples who are considering having children. It is well-written, concise, easy to follow, and very warm. If you're reading this: Thank you, Dr. Victoria.

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