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Making Super Sperm: Overcome Male Factor Infertility, Prevent Miscarriage And Make Super Healthy Babies, Naturally



Synopsis

Male Factor Infertility is playing a part in 30-60% of each case of infertility or miscarriage. Sperm health is also critical for your baby's best odds in life- preventing disease and developmental delay. Improving sperm quality is actually quite simple and straightforward. Author Bridgit Danner, licensed acupuncturist and fertility coach, outlines in this book: Why Sperm Matters How to Test Sperm Health The Best Standards to Consider When Reviewing Test Results The Most Important Lifestyle Habits for Healthy Sperm The Most Important Nutrients for Healthy Sperm The Most Important Foods to Eat for Healthy Sperm This information is hard-to-find, whether at your allopathic or alternative health care provider. Making this small investment in changes in your male partner's diet and lifestyle can make the difference between the pain of not getting pregnant (or staying pregnant) and the joy of parenthood. Make Super Sperm!

Book Information

File Size: 2458 KB

Print Length: 29 pages

Simultaneous Device Usage: Unlimited

Publisher: Joyful Mammamas: A Pregnancy Success Program; 1 edition (October 20, 2013)

Publication Date: October 20, 2013

Sold by: Æ Æ Digital Services LLC

Language: English

ASIN: B00G2FJQZC

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #127,827 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

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Customer Reviews

I enjoyed reading this, there is a lot of information in a small package with insight into the males role in conception.

Aside from all the spelling and punctuation errors, this e-book was simple and easy to read. It gave me and my husband a great jump start to getting his sperm in tip-top shape before we venture into trying to conceive this year.

I'm actually really happy that I got to read this BEFORE trying to get pregnant, because some facts mentioned in this little gem of a book surprised me and made me think again about the importance of some sort of preparation protocol for my husband, and not just for me. I had no idea the male genes may have an even bigger effect on a possible development of mental and neurological issues of the fetus... Also, reading about all the factors that could affect the sperm's health and realizing that we've been exposed to some recently or currently motivates me to work even harder on reducing the negative effects or reversing the damage!

A quick and easy read. I got a lot out of this ebook. It's packed with practical information on how to improve the quality of my hubby's sperm and support fertility.

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