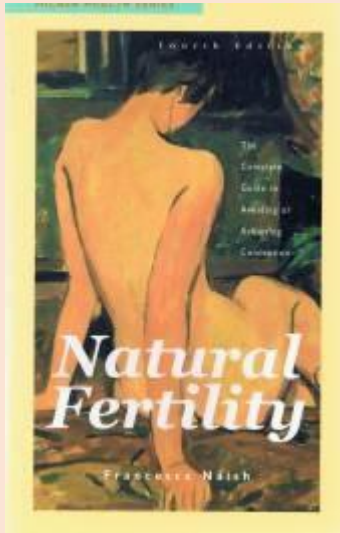


“Natural Fertility” by Francesca Naish



Nearly all women have problems with their fertility at some time in their lives. Either they have too much of it when they don't want it, or too little when they do! In between their 'hormones' can plague them with a host of physical and emotional problems.

Women can learn to overcome all these 'women's problems' using completely natural methods. This book offers solutions and preventative advice that will contribute enormously to women's well-being, as well as helping to overcome problems with contraception, infertility (in men, as well), and reproductive and hormonal health.

Natural Fertility allows you to make clear and informed choices about the 'orthodox' and natural alternatives open to you. It tells you how to understand and cooperate with your fertility cycles, rather than attempting to override or manipulate them, through observing natural body 'signs', and combining this with your own 'lunar' biorhythmic cycle. You can also combine 'natural fertility awareness' with other contraceptive techniques or plan your ideal healthy baby.

This book provides women with the means to manage their fertility, from puberty through to menopause, and adapt to the different needs of the various times of their life, without recourse to devices or drugs.

Francesca Naish is a naturopath, medical herbalist and hypnotherapist with over 25 years experience in practice. She is director of The Jocelyn Centre, Australia's first clinic devoted to helping women and couples manage their fertility effectively and conceive healthy, happy babies, and of Natural Fertility Management, through which she trains health professionals in Australia and overseas in her methods. She appears frequently in the media, and is a popular speaker and lecturer.