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Eat, Breathe, Conceive. Getting Pregnant With Fertility Yoga & Nutrition

Synopsis

Trying to get pregnant can take over your life and create tension in your relationship, your family and your work life. Whether you are trying to get pregnant naturally or going down the medical route, thereâ ™s a lot you can do to aid conception. This book is the syllabus of the fertility yoga & nutrition programma the author teaches in the biggest fertility clinic in Europe (The Hewitt Fertility Centre, UK). In â ˆEat-Breathe-Conceiveâ ™ Rika Lukac explains how fertility yoga and a special diet (including superfoods) can bring balance to your body and mind, increasing your chances of pregnancy and of bringing a healthy baby into this world.

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Customer Reviews

Wonderful book with very valuable information about how to conceive. I loved the holistic approach of Rika. Thanks! This was very helpful!!!

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