



# **It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF**

*Rebecca Fett*

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## **It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF** Rebecca Fett

Whether you are trying to conceive naturally or through IVF, the quality of your eggs will have a powerful impact on how long it takes you to get pregnant and whether you face an increased risk of miscarriage. Poor egg quality is emerging as the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. It is also a major contributor to infertility in PCOS.

Based on a comprehensive investigation of a vast array of scientific research, *It Starts with the Egg* reveals a groundbreaking new approach for improving egg quality and fertility. With a concrete strategy that includes minimizing exposure to toxins such as BPA and phthalates, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

"This timely synthesis of scientific literature is essential reading for both women and men wanting practical, evidence-based recommendations to enhance their fertility."

- Dr. Loretta McKinnon, Epidemiologist, Princess Alexandra Hospital.

"Rebecca Fett did a stellar job of researching and summarizing the current understanding of the impact of egg quality on IVF pregnancy chances."

- Dr. Norbert Gleicher, Reproductive Endocrinologist at The Center For Human Reproduction, New York.

"A thoroughly-researched and eye-opening account of how small, simple lifestyle changes can have powerful, positive effects on your health and fertility. A must-read for women wanting the best chance of conceiving a healthy baby."

- Beth Greer, bestselling author of *Super Natural Home*

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#### **Todd Robinson:**

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