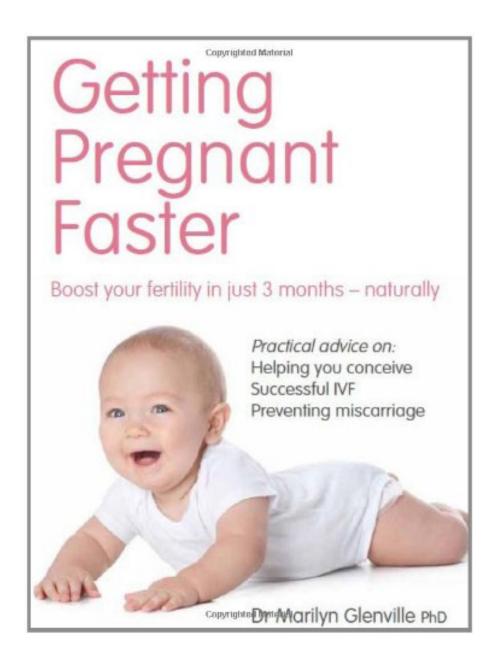


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Marilyn Glenville PhD is the UK's leading expert in nutritional health for women and for over 25 years has studied and practised nutrition, both in the UK and in the US. She is a Fellow of the Royal Society of Medicine and the author of seven internationally bestselling books, including The New Natural Alternatives to HRT, which have been translated into 16 other languages. TV appearances include This Morning, Woman's Hour and BBC1 Breakfast. www.marilynglenville.com

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As women, we spend most of our reproductive lives trying not to get pregnant and it can seem so unfair that when we want to have a baby it doesn't happen. From many years of helping couples to get pregnant, Dr Glenville knows that the best approach is a well-structured plan that is tailored to the individual, in order not to waste time. She advises on nutrition, lifestyle, medical issues, age, environmental and occupational hazards and emotional concerns that are relevant to you and your circumstances. Whether you have recently decided you want to have a baby, or have been trying for a while without success, this book can help you to boost your fertility and increase your chances of conceiving.

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