



The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life

Daoshing Ni, Dana Herko

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An esteemed doctor who has helped countless women achieve their dream of having a child offers his program for enhancing fertility through traditional Chinese medicine (TCM). Dr. Daoshing Ni, descended from more than 70 generations of Taoist masters, has achieved renown among high-tech infertility specialists, TCM practitioners, and his many devoted patients. *The Tao of Fertility* is the first book combining a practical plan for conceiving using TCM with empowering Taoist principles that can carry you through pregnancy, childbirth, and beyond. Structured according to a woman's journey to conception, *The Tao of Fertility* includes:

- A questionnaire assessing fertility potential
- A 28-day fertility enhancement program
- Simple meditations and acupressure points to improve reproductive circulation and relaxation
- Guidelines for mapping your fertility using Chinese methods of diagnosis
- Information on how herbs and acupuncture can increase fertility
- Eating plans for pregnancy, postpartum, and while breast-feeding.
- and much more

Enriched by moving stories of women who became pregnant using TCM, this is a compassionate, comprehensive handbook.

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This book untitled The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life to be one of several books this best seller in this year, that's because when you read this e-book you can get a lot of benefit into it. You will easily to buy that book in the book shop or you can order it through online. The publisher on this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Cell phone. So there is no reason to you personally to past this reserve from your list.

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A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity that is look different you can read any book. It is really fun for you personally. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. If you did not have enough space to create this book you can buy the actual e-book. You can m0ore simply to read this book out of your smart phone. The price is not very costly but this book has high quality.

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