



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

By 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

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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.

“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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Editorial Review

Review

"With detailed, up to date research Rebecca Fett provides a clear, cool-headed guide to both the science that determines IVF success, and the practical changes that patients can make to drastically increase their chances of IVF success." - Dr. Lindsay Wu, Laboratory for Ageing Research, University of New South Wales Medical Center, Australia.

"Rebecca Fett's stellar constellation of perspective, experience, knowledge, and scientific background may well revolutionize our current global conversation, understanding and practices related to fertility... It is hard to overestimate the impact that this book may have on the lives of many." - Dr. Claudia Welch, author of Balance Your Hormones, Balance Your Life.

"It Starts with the Egg presents a reasoned and balanced review of the latest science linking environmental chemicals to reduced fertility and other health problems. Readers will find sound advice for how to avoid chemicals of concern, providing a useful guide for couples that want to improve their chances of a healthy pregnancy." - Dr. Laura Vandenberg, University of Massachusetts, Amherst, School of Public Health.

"With 'It Starts with the Egg,' Rebecca Fett delivers a much needed overview on the available scientific evidence regarding the influence of nutrition on fertility and fertility treatment, providing a valuable resource for couples trying to conceive." - Dr. John Twigt, Department of Obstetrics and Gynecology, Erasmus Medical Center, Netherlands.

"This is a very useful resource: well-researched, accessibly written and with easy-to-follow take-home messages and action plans. I would recommend this to any woman who is trying to conceive." - Dr. Claire Deakin, University College London.

"Rebecca has done a great service for all women, children, and future generations by starting at the beginning of a human life and examining which toxic chemicals cause harm to the egg... This book is a wonderful addition to the growing library of information on toxic exposures." - Debra Lynn Dadd, Author of Toxic Free: How to Protect Your Health and Home from the Chemicals That Are Making You Sick

"Rebecca Fett's 'It Starts with the Egg' is a complete guide to everything a woman can do to improve her egg quality before trying to conceive... 'It Starts with the Egg' also breaks information down in easy-to-digest bullet points that show exactly what to do to get to where you want to be: the parent of a happy, healthy, gorgeous baby." - Cheryl Alkon, author of Balancing Pregnancy With Pre-Existing Diabetes: Healthy Mom, Healthy Baby.

From the Author

Additional Editorial Reviews:

"It Starts With The Egg uses the latest fertility research to show that women can take a proactive stand in assuring egg health and production, complimenting physician efforts to support fertility and health. Thus the specific strategies offered here are solidly backed by the latest medical research, not idealism; and they provide women with step-by-step options that are easily followed and clearly outlined...The text is lively, easily grasped, and blends solid science with all the background readers need to thoroughly comprehend the

subject, from the history of fertility efforts to modern approaches...it doesn't get any clearer, more contemporary, or any easier than *It Starts With The Egg*. Any aspiring parent *needs* to add this self-help primer to their fertility program!"

- Diane Donovan, *Midwest Book Review*

"I wish this book had of been available when I first commenced IVF and before I miscarried four babies; it would have prevented me from some of the blind alley's and false turns I have pursued. In my view, this is a must read for those who want to get pregnant naturally and are having some difficulties, for those undertaking IVF, and for those who have experienced multiple miscarriages. I could not put this book down, riveted as I was to the simple explanations of complex science. I now find myself informed and empowered regarding the reasons and possible solutions for my infertility. It all makes much more sense now."

- Carolyn Martinez, *The Compulsive Reader*

"For couples or individuals thinking of conceiving, and for those who have endured miscarriages, or been labeled with low fertility, this practical rendering of how to improve one's chances for pregnancy should be required reading."

- *San Francisco Book Review*

About the Author

Rebecca Fett has a degree in molecular biotechnology and biochemistry, and experience performing laboratory research in the field of genetics. She is currently a patent litigation attorney at a large law firm in New York, where she specializes in analyzing scientific and clinical evidence for biotechnology companies.

Users Review

From reader reviews:

Esther Belote:

Book is to be different for each grade. Book for children until eventually adult are different content. We all know that that book is very important for all of us. The book *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* ended up being making you to know about other understanding and of course you can take more information. It is quite advantages for you. The book *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* is not only giving you more new information but also to be your friend when you feel bored. You can spend your current spend time to read your book. Try to make relationship using the book *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*. You never experience lose out for everything in case you read some books.

Lena Lewis:

Reading a e-book tends to be new life style in this era globalization. With studying you can get a lot of information that will give you benefit in your life. With book everyone in this world may share their idea. Books can also inspire a lot of people. Lots of author can inspire all their reader with their story or even their experience. Not only the storyline that share in the textbooks. But also they write about advantage about something that you need illustration. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors in this world always try to improve their proficiency in writing, they also doing some study before they write for their book. One of them is this *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.

Edwina Hinkle:

A lot of people always spent all their free time to vacation or go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or playing video games all day long. If you want to try to find a new activity here is look different you can read a book. It is really fun in your case. If you enjoy the book you read you can spent all day long to reading a e-book. The book 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 it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. If you did not have enough space to bring this book you can buy typically the e-book. You can m0ore easily to read this book from the smart phone. The price is not to cover but this book provides high quality.

Richard Mendoza:

This 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 is great e-book for you because the content which can be full of information for you who also always deal with world and also have to make decision every minute. This specific book reveal it details accurately using great coordinate word or we can state no rambling sentences within it. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only gives you straight forward sentences but challenging core information with lovely delivering sentences. Having 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 in your hand like keeping the world in your arm, info in it is not ridiculous one. We can say that no publication that offer you world throughout ten or fifteen minute right but this publication already do that. So , this is good reading book. Heya Mr. and Mrs. stressful do you still doubt this?

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