



The Tao of Fertility

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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