

HOW TO CONCEIVE NATURALLY: AND HAVE A HEALTHY PREGNANCY AFTER 30 BY CHRISTA ORECCHIO, WILLOW BUCKLEY



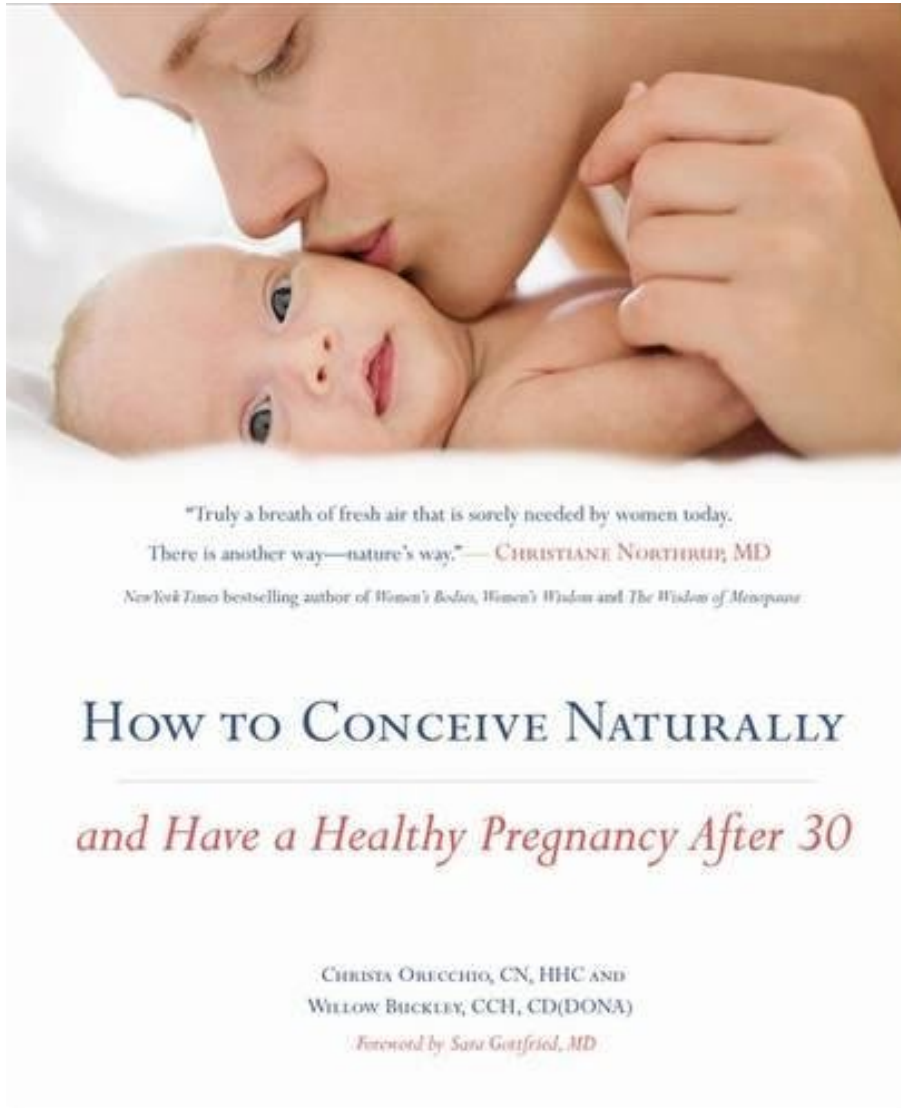
"Truly a breath of fresh air that is sorely needed by women today.
There is another way—nature's way."—CHRISTIANE NORTHROP, MD
New York Times bestselling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

HOW TO CONCEIVE NATURALLY *and Have a Healthy Pregnancy After 30*

CHRISTA ORECCHIO, CN, HHC AND
WILLOW BUCKLEY, CCH, CD(DONA)
Foreword by Sara Gottfried, MD

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Review

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"Healthy babies start with healthy moms. If you're planning a pregnancy, please read Christa and Willow's excellent book. You'll learn how to conceive naturally and how to support your body before, during and after pregnancy for optimal outcomes for you and your family."?Dr. Izabella Wentz, PharmD, FASCPPharmacist and New York Times bestselling author of *Hashimoto's: The Root Cause*

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About the Author

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The new comprehensive guide to healthy conception, pregnancy, and postpartum that every woman over thirty must read

More and more women are choosing to have children later in life, but since fertility declines starting at age thirty, many moms-to-be face conception and pregnancy with fear, uncertainty, and anxiety. Women thirty and older who wish to conceive naturally are often told it is a "bit too late" for easy conception, or they are forced to turn to invasive, expensive treatments. But there is a better way!

With **HOW TO CONCEIVE NATURALLY: AND HAVE A HEALTHY PREGNANCY AFTER 30** readers will discover that it's possible to have a healthy pregnancy in your thirties or early forties. Experts Christa Orecchio and Willow Buckley share their vast knowledge of holistic health, nutrition, and fertility in this powerful program that has helped thousands of women conceive naturally and quickly. From a 12-week preconception fertility detox to a postpartum plan to rebalance hormones, this book empowers women to take charge of their fertility at any age. Orecchio and Buckley present the most current research in nutrition and homeopathy to equip women with the wide-ranging knowledge they'll need on each step of the journey to having a baby naturally, from preconception to postpartum.

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I am so grateful for this book. As someone who has struggled with an autoimmune disease, prenatal preparation was crucial for me. Willow and Christa's encouraging voices radiate throughout each chapter. Because of this book, I felt empowered as I prepared for a healthy pregnancy. Now I am in my first trimester, and I continue to read and reread their advice. I've bought multiple copies, as I keep giving them to my friends who are TTC.

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