



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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Book is to be different for every single grade. Book for children until adult are different content. As we know that book is very important usually. The book The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life was making you to know about other information and of course you can take more information. It is rather advantages for you. The e-book The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life is not only giving you far more new information but also to be your friend when you truly feel bored. You can spend your own spend time to read your guide. Try to make relationship while using book The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life. You never feel lose out for everything if you read some books.

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Brenda Luna:

Reading a book tends to be new life style in this particular era globalization. With studying you can get a lot of information which will give you benefit in your life. Using book everyone in this world may share their idea. Publications can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or their experience. Not only the story that share in the publications. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors in this world always try to improve their talent in writing, they also doing some research before they write to the book. One of them is this The Tao of Fertility: A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life.

Darlene Kidd:

A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you need to try to find a new activity this is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you

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