



# 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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- Sales Rank: #19425 in eBooks
- Published on: 2014-03-25
- Released on: 2014-03-25
- Format: Kindle eBook



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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:

#### **Beverly Brown:**

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* are reliable for you who want to certainly be a successful person, why. The key reason why of 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* can be among the great books you must have is usually giving you more than just simple looking at food but feed you with information that perhaps will shock your before knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions both in e-book and printed people. Beside that 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* giving you an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that we all know it useful in your day activity. So , let's have it and revel in reading.

#### **Philip Edwards:**

Spent a free time for you to be fun activity to perform! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the book untitled *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 can be fine book to read. May be it is usually best activity to you.

**Jimmy Hostetter:**

As a pupil exactly feel bored to help reading. If their teacher expected them to go to the library as well as to make summary for some book, they are complained. Just minor students that has reading's internal or real their leisure activity. They just do what the trainer want, like asked to the library. They go to presently there but nothing reading seriously. Any students feel that reading through is not important, boring and can't see colorful images on there. Yeah, it is to get complicated. Book is very important for you. As we know that on this era, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore , 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 can make you really feel more interested to read.

**Cassandra Giron:**

Some people said that they feel uninterested when they reading a guide. They are directly felt this when they get a half regions of the book. You can choose 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 to make your own personal reading is interesting. Your current skill of reading expertise is developing when you including reading. Try to choose straightforward book to make you enjoy you just read it and mingle the impression about book and looking at especially. It is to be initial opinion for you to like to open up a book and learn it. Beside that the guide 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 can to be a newly purchased friend when you're really feel alone and confuse with what must you're doing of their time.

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