

# **IT STARTS WITH THE EGG: HOW THE SCIENCE OF EGG QUALITY CAN HELP YOU GET PREGNANT NATURALLY, PREVENT MISCARRIAGE, AND IMPROVE YOUR ODDS IN I**

How the Science of Egg Quality Can Help You  
Get Pregnant Naturally, Prevent Miscarriage,  
and Improve Your Odds in IVF



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REBECCA FETT

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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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### Most helpful customer reviews

31 of 33 people found the following review helpful.

Fantastic. Start here if trying to get pregnant!

By Amazon Customer

Absolutely, hands down, helped me get pregnant. Doctors had said no way, with an FSH of 35, really low AMH, and a very low follicle count. After two years of trying, they said donor eggs were the only way. I followed the diet, got rid of plastics, chemicals, and all the other stuff Fett warns about, and was pregnant naturally in 2.5 months. Granted, I was also doing Julia Indichova's work, seeing a TCM acupuncturist every week, doing fertility yoga, drinking herbal infusions, and about six other alternative healing practices, but it was this book that provided me with the scientific evidence for why all that other stuff would work. Believing is half the journey! If you are a Type A organized/planner who is trying to get pregnant (or will be soon), or has just been diagnosed with low egg quality/reserve, or unexplained fertility, read this book today! Also good to share with a scientifically minded partner who is anxious to jump into IVF without waiting for you to spend a couple months juicing, meditating, and seeing the acupuncturist.

Also- now that I am pregnant (17 weeks) we are so glad we know about the dangers of BPA, plastics, SLS, phthalates, etc., and have eradicated them as much as possible from our lives. Sometimes I think that the baby was waiting for us to figure this stuff out and start living cleanly before coming!

28 of 30 people found the following review helpful.

Best of the best in this genre...and it works--we have a baby!

By C. D. Kehs

Best book yet. I have read many in this genre and this is the most well researched out there on lifestyle and best supplements. We were trying for #2 for 5 yrs, had 3 miscarriages (chromosomal), many IUIs that were chem pregnancies. then read this book and both of us took the recommended supplements and avoided some of the major contaminants like BPA and such. The combo of DHEA, CoQ10 ubiquinol, melatonin, NAC, ALA, and methyl folate for 3 mos along with good prenatal vitamin prior to an IUI w/ follistim shots. It got us pregnant with a keeper--just birthed a healthy baby boy at 43-44yrs old! Miracle!

10 of 11 people found the following review helpful.

Great read, especially in preparation for IVF.

By SaraRx

Well written book with great use of scientific data. When you're trying to conceive, it's easy to get lost in a lot of anecdotal stories. Not everything you read on the internet is true. Women who suffer from infertility are willing to go through hell and back to conceive and unfortunately, a lot of people know this -- so they use it against them and try to sell them a "miracle cure".

This book sorts through all of the scientific evidence that is backed by trials and research -- not some hippy dippy chakra shaman trying to make a buck off of someones desperation. Infertility is expensive to begin with and you have these people that peddle these "herbs" and "supplements" that aren't clinically tested. It really burns me if you can't tell.

Being someone in the medical/research field -- I appreciate this book's use of actual data. Please keep in mind that we are not all created [physically] equal and that the cause of your infertility may not be the cause of mine. This book tries to tackle infertility causes as a general whole and then goes into a little more detail into the common causes (PCOS, Endo, Male Factor). Some of the recommendations are a little difficult to implement in my opinion but we did the ones we could. We started WELL IN ADVANCE (8 months) to our IVF too (you can't start making changes one week before your IVF -- it won't work and the author explains that in the book). I am now 33 weeks pregnant with a healthy little girl.

Before this book I was taking dozens of herbs and supplements (unregulated by the FDA mind you) a day. I would choke on some of them because I was tired of swallowing these horse pills. After reading this book, I was able to reduce the number of pills because some of the recommendations you read about online (Maca Root, Royal Jelly, etc) are just useless and there's scientific data to back it up. I stress the phrase: SCIENTIFIC DATA because anecdotal experiences don't really count since there are so many other unaccounted variables at play here.

In short, I recommend this book to anyone suffering from infertility.

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