

"Armed with this book, women can learn to relax, minimize stress,  
and hopefully boost their fertility in the process."

—Beth Weinhouse, Editorial Director, *Conceive Magazine*

# Fully Fertile



*A Holistic 12-Week Plan  
for Optimal Fertility*

*Yoga · Nutrition · Acupuncture · Meditation · Relaxation · Spirituality*

**Tami Quinn, Beth Heller & Jeanie Lee Bussell**

with a foreword by Brian R. Kaplan, MD, Reproductive Endocrinologist, Fertility Centers of Illinois

**2nd Edition**

# Fully Fertile A 12 Week Holistic Plan For Optimal Fertility

**ML Morrison**



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