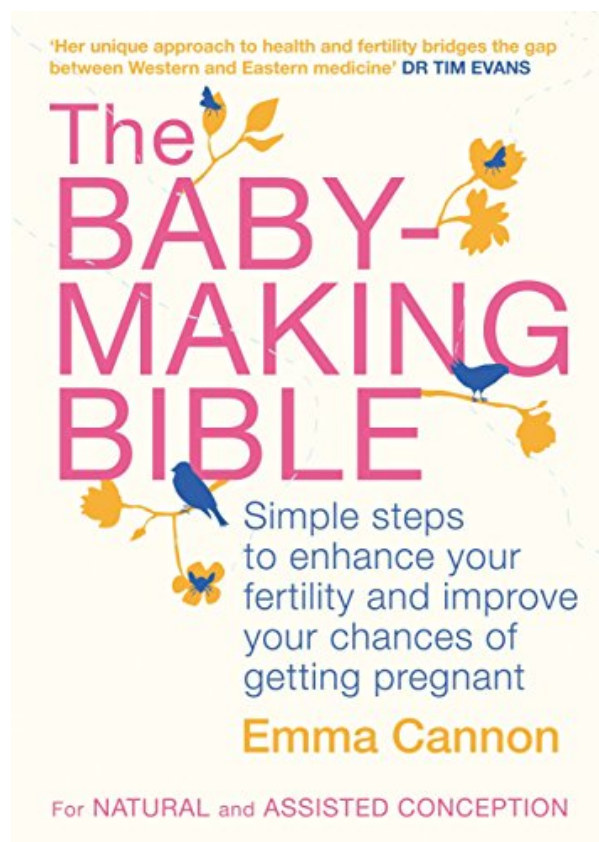


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'Her unique approach to health and fertility bridges the gap  
between Western and Eastern medicine' DR TIM EVANS

# The BABY- MAKING BIBLE

The title 'The BABY-MAKING BIBLE' is written in a large, pink, sans-serif font. The word 'The' is smaller and positioned above 'BABY-'. The words 'BABY-', 'MAKING', and 'BIBLE' are stacked vertically. The text is surrounded by decorative illustrations of yellow flowers, green leaves, and blue birds perched on thin brown branches. The background is a light yellow color with a faint, dashed-line pattern.

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to enhance your  
fertility and improve  
your chances of  
getting pregnant

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## About the Author

Emma Cannon is a complementary fertility specialist, a registered acupuncturist and practitioner of Chinese medicine, and the founder of a conception clinic. She was listed in Tatler magazine as one of the top 250 medical specialists in the UK. Dr. Tim Evans has been the Queen's GP since 2003.

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Essential reading for every couple who wants to ensure the healthiest possible conception and pregnancy

Written by a complementary fertility specialist, this book draws upon Emma Cannon's years of experience and success in treating couples hoping to get pregnant. Her special plan blends the ancient wisdom of Chinese medicine with the highest standards in Western medical practice. Whether one is trying for a natural conception or undergoing treatment for assisted conception, she offers a practical plan to create a fertile environment and encourage healthy baby-making. Emma approaches fertility in its widest context by taking readers through her essential couples' health and lifestyle check, and makes suggestions to help achieve optimum dietary, environmental, and emotional health. She also offers specific advice for anyone who has been diagnosed with unexplained infertility or who is embarking upon fertility treatment.

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By Diego R. Chamorro

Do not buy this book. It is just a way the author has to get you interested in making an appointment with her, if you are lucky to live in England, otherwise, you just get stuck with the book and tons of unanswered questions or you can make a skype appointment that is so EXPENSIVE!! at least for me, who live in Southamerica. It is a book on common sense, feed well, do exercise, sleep well. Anything you can find online. Plus, why would ANYONE, give instructions for yoga poses with not a single picture, or qui gong for that matter? It is a very ambiguous book, you never know exactly what your type is, very repetitive, all throughout it seems to say the same. It is a book written out of a few repeated paragraphs throughout. Do not waste your time. Content is good, Chinese medicine, acupuncture...but you do not need to buy this because the tips it gives, the MINIMAL , tips it gives, so ambiguous, you can even find on any blog. A waste of my

precious time. Plus, the title sucks. really, Bible? It is an insult to the Bible because content is so lacking, so unspecific and short. What do you mean by Bible?

0 of 0 people found the following review helpful.

Review

By Yasmine

This book is not only informative, but also easy to read and understand. I was able to understand more clearly the common mistakes that people make when trying to conceive and how easy these can be to change. I thought the recipes were great, easy to follow and even tried some of the ones with more adventurous ingredients, which i thought were fabulous! I have also become a big fan of acupuncture, having never tried it before, and have been using it regularly throughout my pregnancy since reading this book. I have already recommended this book to several of my friends who have just embarked on the baby making process and would highly recommend it to anyone thinking of having a baby. It really is a book you cannot live without.

0 of 0 people found the following review helpful.

Well written and full of unique great info

By Lisa mac

I loved this book. Its so nicely organized I go back and re read the sections of where I am at in my cycle. The recipes are delish! All of her suggestions are great. I also go to acupuncture so this really helps me stay focused and calm. It's written in a very sweet calm way that is unalarming and is one of the few books thAt really gives you hope if you have been trying to conceive for some time.It has a ton of info about things you should do during your cycle and also about things you should eat or stay away from. I found a lot of really great information that I did not find in any other book or online. I highly recommend it.

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