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### **Taking Charge Of Your Fertility**

Chart Your Fertility Online Powered by the latest scientific research and utilizing Toni Weschler's three decades in the field, OvaGraph is designed to help you take charge of your fertility naturally.

### **Home - Taking Charge of your Fertility**

Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to:

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Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health [Weschler, Toni] on Amazon.com. \*FREE\* shipping on qualifying offers. Taking Charge of Your Fertility, 10th Anniversary Edition: The Definitive Guide to Natural Birth Control

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She recently helped develop cycle-tracking software as an adjunct to her book, Taking Charge of Your Fertility. The Ovusoft Fertilit Toni Weschler is a nationally respected women's health educator and speaker with a master's degree in Public Health.

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Taking charge of your fertility In order to understand your body better and the science of conceiving, it is important that you understand the meaning of being fertile. Being fertile is the ability to get pregnant and give birth to children through the act of sexual intercourse.

## **Taking charge of your fertility | Babyns**

Taking Charge of Your Fertility has helped hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, or simply gain better control of their health and their lives.

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provide reproductive health education for all and to empower people to Take Charge of their fertility.

## **Take Charge**

Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to:

## **Taking Charge of Your Fertility: The Definitive Guide to ...**

Fertility Info For more than 30 years, Toni Weschler has devoted herself to empowering women to take charge of their reproductive health and fertility. During this time, she has received thousands of inquiries from women as they learn to incorporate her teachings on the Fertility Awareness Method into

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their daily lives. Below is a

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Taking Charge of Your Fertility is a fantastic book, loaded with practical and beautifully presented information that will transform and empower every woman's relationship with her fertility. I recommend it to women of all ages. Christiane Northrup

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Taking Charge of Your Fertility is a textbook on the fertility awareness method, a way of charting your cycles and becoming

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aware of your body's signs in order to better understand the times in your cycles when you are fertile. It is possibly the single most important book you can buy to help you with fertility struggles.

## **Book review of Taking Charge of Your Fertility by Toni ...**

Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health (Revised Edition)

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## **Amazon.com: Customer reviews: Taking Charge of Your ...**

Taking Charge of Your Fertility has helped hundreds of thousands of women to get pregnant, avoid pregnancy naturally, or simply gain better control of their health and their lives. This book thoroughly explains the empowering Fertility Awareness Method, which in only a couple of minutes a day allows you to:

## **Taking Charge Of Your Fertility: The Definitive Guide to ...**

One of the best ways to take charge of your fertility is to do something every day for your fertility. Whether that means drinking a fertility smoothie, doing a fertility cleanse, applying Self Fertility Massage or using herbs, take a step every day towards supporting your reproductive system.

## **Take Charge of Your Fertility | Improve Fertility Naturally**

"Taking Charge of Your Fertility" is a guide to Natural Birth Control, Pregnancy Achievement and Reproductive Health. It

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follows the guideline of the Fertility Awareness Method (FAM), an approach that "is based on the observation and charting of scientifically proven fertility signs that determine whether or not a woman is fertile on any given day".

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