



# Fabulously Fertile: Supercharge your fertility naturally

*Sarah Clark CPC*

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## **Fabulously Fertile: Supercharge your fertility naturally** Sarah Clark CPC

Supercharge Your Fertility Naturally. Fabulously Fertile is the book for you if you suffer from PCOS, endometriosis, unexplained infertility, hormonal imbalance, high or low FSH levels, low sperm motility and count, luteal phase defect, hypothyroidism, and are preparing for IVF. Fabulously Fertile will help couples clear out the junk and toxins from their diet to prepare for conception. 5 Reasons Why You Need To Read This Book Discover how gluten, dairy, sugar, caffeine, fat and animal protein adversely impact fertility Learn how Candida wreaks havoc with your fertility Find out which stress busting techniques will get your body ready for conception Discover which foods to avoid and add depending on your infertility diagnosis Includes a 10-day challenge with delicious recipes and meal plan to get you started on the road to building a family

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