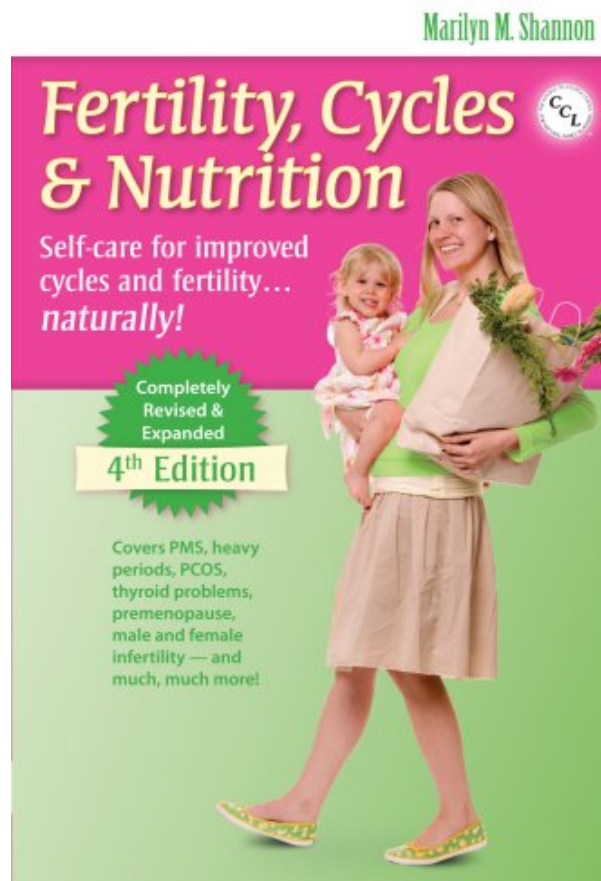


# FERTILITY, CYCLES & NUTRITION 4TH EDITION BY MARILYN M. SHANNON



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Marilyn M. Shannon

# Fertility, Cycles & Nutrition



Self-care for improved  
cycles and fertility...  
*naturally!*

Completely  
Revised &  
Expanded

4<sup>th</sup> Edition

Covers PMS, heavy  
periods, PCOS,  
thyroid problems,  
premenopause,  
male and female  
infertility — and  
much, much more!



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"I was amazed when I did the literature search," Shannon says. "I knew there had been an increase in research on nutrition for fertility, but my search results far exceeded my expectations." Shannon began her research by whittling down over 900 journal article citations specifically related to her topics, to 500 abstracts, and then to 300 full articles, many of which are cited in the reference pages of the new book.

The result is a completely revised and expanded 4th edition of Fertility, Cycles & Nutrition: Self-care for improved cycles and fertility...naturally!. Based on her experience both as an instructor of human anatomy and physiology at Indiana University Purdue University at Fort Wayne, Indiana, and over 25 years as a Natural Family Planning (NFP) teacher, Shannon is convinced that in most cases, self-care for better fertility is the best place to start.

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Fertility, Cycles & Nutrition is unique in that it covers the gamut of nutrition to improve the cycle for women who are not seeking pregnancy, for women who are using Natural Family Planning, as well as for women -- and couples -- who are trying to overcome infertility. --The Couple to Couple League

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The explosion of scientific research on the connection between nutrition and fertility confirms what Marilyn Shannon has been saying in Fertility, Cycles & Nutrition since 1990. That is, in many cases cycle irregularities can be either eliminated or alleviated simply through better nutrition or body balance. Originally written to help make the practice of Natural Family Planning easier for couples experiencing irregular cycles, this book has proven to be invaluable for anyone looking for improved fertility.

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#### Most helpful customer reviews

28 of 38 people found the following review helpful.

#### Highly Recommended

By mamamia

I think this is one of the best books on women's health and fertility-related issues out there. Every midwife should read this. But why only four stars? The author promotes the consumption of canola oil, which is not a "healthy" oil. Also the recommended level for vitamin D (400-1000 IU) fall way below what it should be for

most people. I was also a bit leery about the author's recommendations for flax seed oil. Although this oil undoubtedly has many benefits, there are also many downfalls as well. For instance, those following a WAP diet may be interested to know that flax seed contains a large amount of phytic acid, which inhibits the absorption of minerals. Although written from a more vitamin and basic nutrition standpoint, I hope any future additions would contain more research on how herbs can help many women's problems (for instance, many issues can be helped simply by working on liver health with herbs such as stinging nettle) and also more research on/references to the soaking of whole grains to reduce phytic acid.

3 of 3 people found the following review helpful.

Bad advice on supplements

By Gal Anonim

First of all, the book is poorly organized which makes it hard to extract information that applies to specific health issues. Nutrition advice for various health conditions is sprinkled throughout the book in various chapters. She is dedicating very little of this book to the issue of endometriosis (she doesn't seem to have an in-depth knowledge of that subject), so if that's the condition you have, buy a different nutrition book that focuses primarily on that issue.

Finally, as other reviewers mentioned, she is strongly advocating using OptiVite (not a very high quality nutritional supplement). In her defense, she seems to genuinely believe that it can help. She cites scientific evidence behind it (sort of), and how various vitamins and minerals in that supplement affect the fertility cycle. She sounds very convincing, and she mentions examples of women whom this supplement helped to get pregnant. She is defending the fact that this supplement contains HUGE doses of certain vitamins and minerals (often significantly exceeding the recommended daily dose, and often at the maximum level that is considered "safe") by listing the standards of the upper daily limits as if it were perfectly healthy to try to overload your body with a ton of vitamins and minerals all at once at their maximum allowable limit, that are not even food based for better absorption. The problem is, individual people have different needs/deficiencies. For instance, if your selenium level is fine, then taking it at 143% of daily dose for an extended period of time, can cause selenium poisoning especially if you are also getting it from your regular diet. She says that you can decrease the dose (or start with a smaller dose and build your way up) if you experience unpleasant side effects. The problem is, it might take you time to figure out why your hair started to fall out, why you suddenly feel exhausted, and why your experience tingling in your hands. Why should you experiment that way on yourself? And once you do figure out that the recommended daily dose of this supplement is too high for you, how will you know what is the "safe" dose for you?

Basically, I was looking for a book about nutrition, not about food supplementation. I didn't find this book to be easy to navigate or accessible.

3 of 3 people found the following review helpful.

Was hoping for more.

By Brooke K.

I guess I had higher expectations. I was hoping to get a little more guidance on which supplements balance you depending on which end of the spectrum your hormones lay. Instead it tells you how to have a balanced diet and pushing a propriety blend supplement.

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