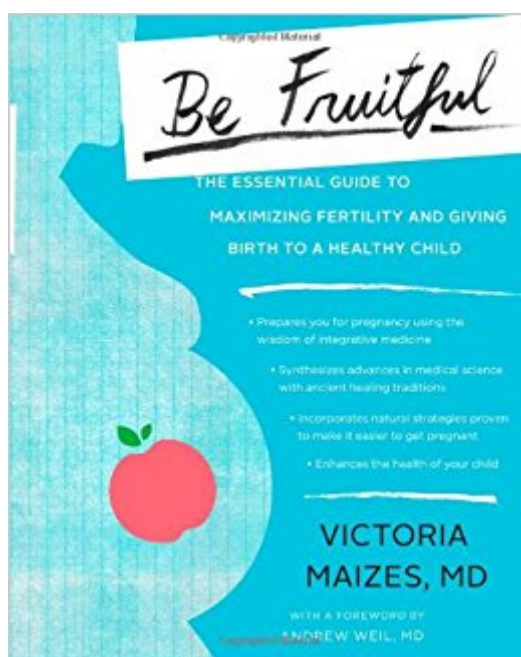


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# Be Fruitful: The Essential Guide To Maximizing Fertility And Giving Birth To A Healthy Child



## Synopsis

From an internationally recognized integrative physician, a thorough guide to fertility that encompasses all aspects of female well-being to help women prepare their bodies for easy conception, pregnancy, and the delivery of healthy babies. The increase in environmental toxins, processed foods, and stress, as well as the advancing ages at which couples seek to have children, have made it more difficult for women to conceive. In *Be Fruitful*, Dr. Victoria Maizes, an expert on women's health and the executive director of the Arizona Center for Integrative Medicine, delivers all the information women and their partners need in order to conceive with ease and confidence, and to bear healthy children. Warm, friendly, and hands-on, *Be Fruitful* offers a comprehensive self-assessment to help identify any potential physical, emotional, and practical roadblocks that may interfere with conception, as well as clear and easy-to-follow dietary, supplemental, and exercise recommendations proven to increase optimal fertility. Dr. Maizes details how nutrition, mind-body practices, elimination of environmental toxins, and traditional Chinese medicine can all contribute to a successful pregnancy. Unique in its integrative approach, *Be Fruitful* acknowledges that wellness comes from caring for the entire person—not just the physical body—a crucial factor for the countless women trying to conceive and committed to transforming their overall health.

## Book Information

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## Customer Reviews

Maizes, a medical doctor at Andrew Weil's influential Arizona Center for Integrative

Medicine, argues compellingly that women should try natural, easy, not-too-invasive steps to improve their health to increase the odds that they will deliver healthy babies. She tells the story of how another doctor, Julianne Garrison, conceived her daughter by combining conventional medications (progesterone and Clomid) with more holistic techniques such as self-hypnosis and acupuncture, which some research shows improves blood flow through uterine arteries. Maizes points out eating organic foods and drinking tea are linked to better fertility. More surprising, Maizes notes that the Nurses' Health Study found women who drank high-fat milk were less likely to be infertile than women who drank low-fat milk. Avoid high-mercury fish, such as shark and mackerel, and steer clear of domestic pesticides, such as weed killers and ant and roach sprays, which may contribute to low birth weight, birth defects, pregnancy loss, and infertility. Maizes also talks about Chinese medicine. Overall, this book will help any woman open to trying alternative medicine as a way to improve health and fertility. --Karen Springen

"It's clear from the very first chapter of this power-packed guide on maximizing fertility that a hands-on clinician, brainy scientist, holistic thinker and compassionate, thoughtful woman is offering up the very latest and best that integrative medicine has to offer. *Be Fruitful* is an eminently readable, warm, encouraging, practical book bursting with a wealth of consequential information, backed up by clinical research and epidemiology. It is destined to become a well-worn, gratefully used reference book for anyone interested in fertility, whether professionally or personally.

--Belleruth Naparstek, LISW, BCD, author of *Invisible Heroes: Survivors of Trauma and How They Heal*; and creator of the *Health Journeys Guided Imagery* series.

"Who knew that low fat milk might lower your fertility, while hypnosis could boost it? I found Dr. Maizes' well researched book to be a treasure trove of this kind of valuable, but rarely discussed, advice. *Be Fruitful* is the perfect read for anyone seeking a happy pregnancy and a healthy baby." (Daphne Miller, MD, author of *The Jungle Effect and Farmacology*)

"For some of us, the road to motherhood is strewn with seemingly insurmountable obstacles. In *Be Fruitful*, Dr. Victoria Maizes has given us a superb, well researched guide to help transform our obstacles into health and life-affirming opportunities." (Julia Indichova, author of *The Fertile Female: How the Power of Longing for a Child Can Save Your Life and Change the World*)

"Women interested in protecting and maximizing their fertility will find this book filled with up- to-date facts that are easy to put into practice. I will recommend this book to my women patients in their late teens and early twenties to help them maximize wellness and fertility years before they start trying to have children. This is a must have book in my integrative medicine medical reference library." (Roberta Lee, MD, author of *The Super Stress Solution and Vice*

Chair, Department of Integrative Medicine Continuum for Health and Healing Beth Israel Medical Center)

“Be Fruitful is a must read for any woman currently attempting or planning for a pregnancy. Dr. Maizes is a leading advocate for Women’s Integrative and Preventative Healthcare and her book provides practical, proven strategies for improving the chances of becoming pregnant and as well as enjoying a successful pregnancy. The importance of pre-pregnancy planning cannot be overstated. As a Reproductive Endocrinologist, I see daily how the positive influence an integrative approach to healthcare can benefit patients. This is a book I will ask all of my patients to read.” (Carmelo Sgarlata, MD, Reproductive Science Center of San Francisco and former President of the Bay Area Reproductive Endocrinologist Society)

“A well-rounded approach to ensuring a successful pregnancy. Maizes provides a wealth of practical advice and a comprehensive self-assessment test covering contraception, nutrition, diet and exercise, environmental factors and spirituality. Solid and wide-ranging prenatal advice for women of all ages.” (Kirkus Reviews)

Clear, comprehensive, and compassionate, this is one of the most important books in maternal health to appear in recent years.” (Larry Dossey, MD author of Reinventing Medicine and The Power of Premonitions)

“I cannot think of a more compassionate yet knowledgeable companion to accompany couples on their journey toward parenthood than Victoria Maizes. Her warm, friendly manner and her thoroughly integrative approach to fertility will give women and men the confidence and the practical advice they need to conceive with ease.” (Linda Sparrowe editor-in-chief, Yoga International Magazine and author of The Woman’s Book of Yoga & Health)

“A hopeful and encouraging map mothers-to-be can follow to increase the likelihood of achieving optimum health before conception and beyond. This straightforward resource clearly explains the fertility benefits of combining the best of conventional and alternative methods.” (Publishers Weekly)

“Whether you’re at the stage of dreaming about starting a family in the future or frantically weighing your hormone treatment options, you need to read Be Fruitful. This friendly but concise guide can steer you toward your own personal well-being sweet spot. [A] thorough and inspiring book [that] manages to be comprehensive without being overwhelming.” (Yoga Journal)

“Many women dream of becoming pregnant, but few ever stop to think about the possibility of having trouble with it. While there are no guarantees, it makes sense to do everything possible to boost the chances of baby-making. Victoria Maizes’s Be Fruitful is just the guidebook to prepare you physically, emotionally, and spiritually. Maizes is that all-too-rare medical professional, a family physician trained in Western medicine who values the power of alternative medicine.” (Alive Magazine)

Before I read this book I felt a bit lost in all the diverse and sometimes conflicting information available on this topic. While I'm more than willing to draw on conventional medical approaches if that's what it takes eventually to conceive, I want to go in knowing that I have already tried everything possible through diet, supplements, stress management, and elimination of toxins to maximize fertility, to maximize the effectiveness of conventional medical treatments, and to ensure a healthy pregnancy and baby. Dr. Maizes puts all this information in one place, providing clear explanations, tons of practical advice, and many links to other helpful resources along the way. She writes with compassion, enthusiasm, and, most importantly, expert authority. She analyzes the available scientific research critically and draws on vast clinical experience, both her own and that of her community of practitioners. While the focus is very much on approaches to health that are usually ignored in conventional medicine, she also does a great job of explaining what the conventional approaches to infertility are and how to go about deciding when and how to use them. I really enjoyed the chapter on Traditional Chinese Medicine; it's a topic I knew little about and had kind of dismissed until now. The ones on Ayurveda and spirituality were a bit beyond my personal comfort zone, but I think it was good for me to be challenged in this respect. I think every woman (and man -- yes, there's a lot of stuff in here for the gentlemen as well) should buy this book if you're planning a pregnancy, whether or not you've experienced difficulty conceiving. Many of the recommendations go well beyond fertility and are also helpful for women who are already pregnant or really anybody who wants to improve their health. No health care provider has the time to give you the depth of information contained in this book. Thank you to Dr. Maizes for writing it and to my nutritionist for recommending it to me.

This is the clearest and most thorough information I've seen on fertility, self-care and preparing to have the healthiest pregnancy possible. Dr. Maizes is an extraordinarily trustworthy, meticulous and knowledgeable guide who provides the most up-to-the-minute information on the science, the clinical research and the practical implications we need to know. Anyone wanting to get pregnant owes it to herself to read this book, and keep it on her shelf, within handy reach. I kid you not, this is a tour de force of user-friendly, easy to digest, but highly sophisticated information. Belleruth Naparstek, LISW, BCD

This book is a must-read for any woman considering pregnancy. Easy to read and understand, Dr. Maizes' fully well-informed and gentle guidance for preparing physically, mentally, emotionally, and spiritually for pregnancy is invaluable for any woman desiring a healthy, whole pregnancy. This

book provides a comprehensive review of nutrition, supplements, environmental exposures, mind-body medicine, traditional chinese medicine (especially acupuncture), Ayurveda, and spirituality in the journey to getting pregnant and maintaining a healthy pregnancy. Her book is one the resources to which I most often refer my patients when considering getting pregnant. We love this book!

Jessica T. Wei, MD  
Obstetrician/Gynecologist

This was one of the books that helped reinforce my understanding of peak fertility health. Recommended. And says I need more words to make a review.

This is an incredible and comprehensive book which is written with both expertise and compassion. I highly suggest that every woman who is preparing to conceive a child and/or who struggles with infertility purchase this book. I had been struggling with secondary infertility for three years when I stumbled upon this book. Through a combination of acupuncture, assisted reproductive technology (medicine, not IVF), and strategies that I learned from this book, I finally became pregnant! While each individual case of infertility can vary, I truly believe that this book can be an invaluable resource to every couple dealing with the heartache of infertility. Thank you Dr. Maizes for writing this book!

Comprehensive guide for those planning a pregnancy. Good for those already pregnant as well. Lots of things to think about and Dr. Maizes covers them all. Highly recommend.

Not pregnant yet but planning we get married in August 2016. So now that I am taking baby and me 2 which contains 18mg of iron this book helped me to see that 27 mg of iron along with other supplements is needed before and during pregnancy. I now take baby and me 2, prenatal probiotic, prenatal omega 3 and a natural vitamin E pill from (purchased natural vita E from naturalcuresstore.com).

I give this book as a gift to my clients and young brides as a proactive approach to a healthy pregnancy and a healthy baby! Dr. Maizes is an expert in women's health and has a non-judgmental way of inspiring women to take action around their own health and the health of their baby. A must read!

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