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the empowering
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Awareness Method

(FAM), an approach

that "is based on the

observation and

charting of

scientifically proven

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determine whether or

not a woman is fertile

on any given day".

The book is more

than just a manual

about ...

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Taking Charge of
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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

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from women as they learn to incorporate her teachings on the Fertility Awareness Method into their daily lives. Below is a

Fertility Info - Taking Charge of your Fertility

Since the publication of Taking Charge of your Fertility two decades ago, Toni

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Weschler has taught a whole new generation of women how to become pregnant, avoid pregnancy naturally and gain better control of their gynecological and sexual health by taking just a couple minutes a day using the proven Fertility Awareness Method.

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has been thoroughly
revised and ...

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Pregnancy

Achievement and

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Author) ON...

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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

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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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Control, Pregnancy

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Toni Weschler. 4.8

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Oncofertility is a subfield that bridges oncology and reproductive research to explore and expand options for the reproductive future of cancer survivors. The Oncofertility Consortium® is an international, interdisciplinary initiative designed to

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address the complex
health care and
quality of life issues
that concern young
cancer patients ...

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why the return of
fertility varies so
widely between
breastfeeding women:
the reason why some

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nursing women do get pregnant and others don't comes down to how they breastfeed, or more specifically, how intensively and how frequently. every time a baby suckles at the breast, the mother releases prolactin and oxytocin, which in turn inhibits various ...

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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

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Awareness Method,
which in only a couple
of minutes a day

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chances of
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our time. Alternately
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transform and
empower every
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women of all ages.□

(Christiane Northrup,
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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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