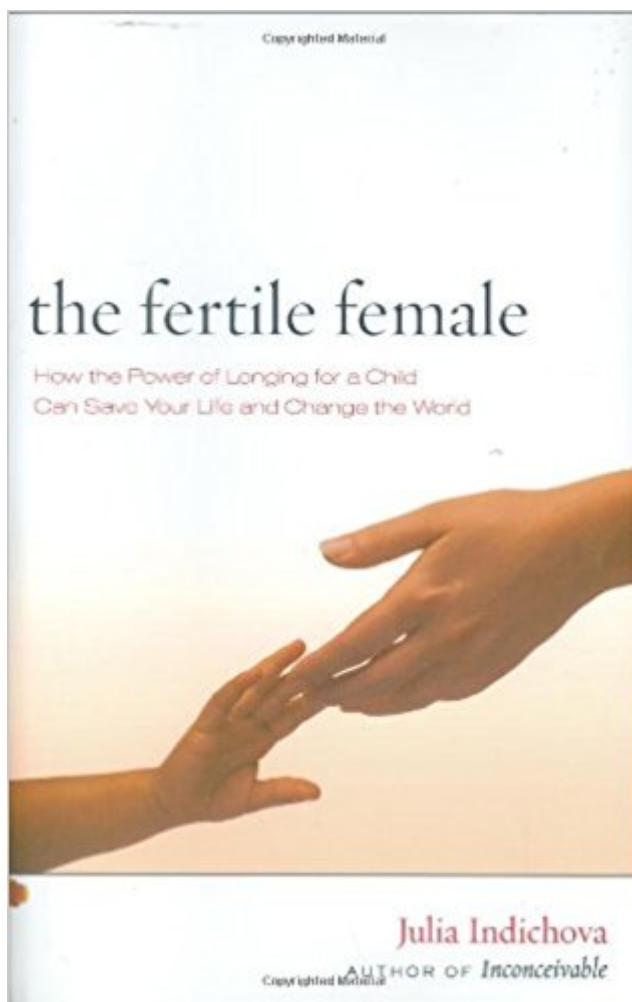


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# The Fertile Female: How The Power Of Longing For A Child Can Save Your Life And Change The World



## Synopsis

Written by an author whose expertise grew from an extensive counseling practice as well as personal experience. The Fertile Female offers a hope-filled view of reproductive difficulties, with a deeper understanding of the often-confusing messages of mind-body and alternative medicine. With an engaging mix of passion and humor the book initiates a public debate on the politics of infertility and its effect on our health care system. Includes practice exercises and a section on dietary recommendations, complete with recipes.

## Book Information

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## Customer Reviews

Julia Indichova's work and story have been featured on the Oprah Winfrey Show, Good Morning America, Oxygen, and in Health Magazine and the San Francisco Chronicle. She is the author of Inconceivable.

For anyone who is logic-based or science-based in their approach to life or specifically medical diagnoses, Julia Indichova's philosophy and approach can seem implausible and unnerving. Human nature wires most of us to react to differences with a closed mind and negative attitude; this is a time where you will help yourself by rising above that human instinct of yours to reject that which is different than what you have been exposed to previously. Because my doctors had no actual explanations for my infertility other than unproven theories - nothing empirical other than blood tests that vary each month - I remained open-minded and decided to learn from those who had suffered

before me. Julia Indichova's struggle, unfortunately, is not that unique. What is unique about her struggle is how she decided to ignore her doctors' negative assessments that she would never birth a second child, and to figure out, on her own, how to better improve her reproductive system. This book is especially relevant for those with a diagnosis of "unexplained infertility" or the euphemism diagnoses (since doctors do not like to admit they do not know the reason, so they pretend the quantity of your eggs has something to do with their quality) of "low ovarian reserve," "advanced maternal age," and "low AMH." Julia's first book, "Inconceivable" led me to her workshop and her second book, *The Fertile Female*, which I read in preparation for the workshop. It takes not only an open-minded person to accept the possibility that her doctors do not know the true causes of her infertility / inability to carry to term / conceive as well as a brave person to be willing to explore what if any psychological blocks / negative thoughts could be infiltrating her body in a way that harms her reproductive function. As a logic and science-based person, my policy would be to wait until a study is released proving the cause-effect between negative thinking / self-defeating thoughts and infertility; or I could be open-minded and take a chance and try something that has not only worked for Julia Indichova, but for many others who have followed in her footsteps. You will willy-nilly spend \$20,000 for another IVF round yet balk at the minimal economic cost to buy her book or CDs or workshop session? Is that logic-based? No. When your doctors aren't able to diagnose or "fix" your problem, and their only solution corresponds to the definition of madness (i.e., "keep doing the same thing but expect different results!"), you have a choice: (1) give up your dream and accept that you will never be a parent; (2) trust that your doctors somehow know what they evidently don't know and continue to pay them \$20,000 every 2 months; or (3) try something different that cannot harm or delay you or your plans - stop pretending for a moment that your mind is not connected to your body - that your mind is not affected by your body or by the negative thoughts you have, and data you have received regarding your condition for so many months/years. Choice #3 became obvious to me after some time. I found her book helpful in that it made me re-examine my doctors' conduct and prognoses, and re-inspired me to view the glass has half-full. Her workshop is like a fivefold dose of her book, and I will admit I attended the workshop with some doubts as to how can someone who has no medical doctorate diagnose and fix me? And the answer is, by giving you the tools to empower yourself to "fix" yourself in ways not even you can truly understand. The overarching philosophy is that your body affects your mind, and your mind affects your body in ways psychiatrists have yet to fully map and understand. So you can wait until you're 80 years old and childless until a definitive study is published linking desperate thoughts about your AMH level with infertility or you can give Julia and all her followers the benefit of the doubt and help yourself in the

process. From my personal experience of fear and doubt, anger and despair, after many cycles and several miscarriages, a diagnosis of "unexplained infertility" and doctors who said to continue doing the same thing yet expect different results, I am happy to share that a few weeks after attending Julia's workshop and regulating everything in the next cycle and ignoring my doctor's self-serving advice (skip this cycle so you can do IVF next cycle and pay me another \$20,000 because somehow this time it will work), I conceived my child in a natural cycle, a child whom I expect to carry to term. I can't state with certainty that reading Julia's books or attending her workshop is 100% responsible for my wonderful news; but attending the workshop was the major difference between the cycle I conceived versus all the prior unsuccessful ones. This is strong circumstantial evidence, and even if it is only 25% responsible for my desired outcome, that 25% matters to me! You can't get to your 100% result if a critical 25% is missing. You have virtually nothing to lose by reading her books and opening your mind, yet you have so much to gain by doing so. Best of luck on your journey to parenthood.

This and Julia's other book, *Inconceivable*, truly changed my life. I was so caught up in despair about my diagnosis of infertility that I initially found it hard to glean positive lessons and advocate for myself in a way that was productive, physically or emotionally. Reading Julia's books, attending her workshop in Woodstock, and participating in her telephone circles moved me to take charge of my fertility and channel my energy toward positive imagery and positive change in my life, which eventually led me to become pregnant with my son, against all odds. Despite requiring medical intervention, I am absolutely sure that if I didn't have Julia or the lessons I learned from her on my side, we wouldn't have our beautiful, healthy baby boy now. He is almost 11 months old, and even though that journey seems like a lifetime ago, I still use Julia's lessons daily- her ideas transcend the struggle to have a child. But, Julia's work is especially a godsend to those with fertility challenges. I cannot recommend her books, and her work, highly enough.

This time last year I was feeling so low at another year passing with no child in my life and this year, I am spending Christmas with my family and my gorgeous son! I first read this book about two years ago when my efforts to have a child were not bearing any fruit and I was losing hope. I will never forget what an impact "The Fertile Female" had on me when I first read it! I can remember sitting on the underground in London coming home from work and the first few pages brought tears to my eyes and the light flooded in and made the whole world seem fresh and sparkly! A world where anything is possible. It was pure joy to read how my

longing could be celebrated and that I could dare to reach out and meet my child half way. I read the book and re-read it several times. It became my everyday companion, so many notes scribbled and underlines. I cut out beautiful baby pictures and filled the book with images and other quotes I found, a celebration of what was to come! This book really changed my whole life!

I found Julia Indichova when I got news from my OB that my AMH (the newer, fancier marker that replaces FSH) was 0.2 when it should be at least 1.0 for women my age. Basically, it meant that I had a low reserve of viable eggs (which lowers fertility). Of course, this really freaked me out, since I'd been trying to get pregnant for a while with no success. I turned to this book and her other book, "Inconceivable". They are both pretty easy reads. I decided to follow the diet and lifestyle advice in the books, and most importantly to follow my intuition (which Julia highlights in the books). There were things that were for me (juicing, a fairly strict healthy diet, yoga, acupuncture), and things that were definitely not (colonics). I found out I was pregnant within 2 months of reading these books and implementing the changes to my life. Yeah, it works. Most importantly, I dealt with potential emotional issues with pregnancy and motherhood and I know that this will make me a great mom. Oh, I'm currently 23 weeks and all the pregnancy screenings and ultrasounds have come back great!!

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