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Taking Charge Of Your Fertility

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OvaGraph is designed to help you take charge of your fertility naturally.

Home - Taking Charge of your Fertility

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 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:

Taking Charge of Your Fertility, 20th Anniversary Edition

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She recently helped develop cycle-tracking software as an adjunct to her book, Taking Charge of Your Fertility. The Ovusoft Fertilit Toni Weschler is a nationally respected women's health educator and speaker with a master's degree in Public Health.

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Taking charge of your fertility In order to understand your body better and the science of conceiving, it is important that you understand the meaning of being fertile. Being fertile is the ability to get pregnant and give birth to children through the act of sexual intercourse.

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Taking Charge of Your Fertility has helped hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, or simply gain better control of their health and their lives.

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For more than 30 years, Toni Weschler has devoted herself to

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empowering women to take charge of their reproductive health and fertility. During this time, she has received thousands of inquiries from women as they learn to incorporate her teachings on the Fertility Awareness Method into their daily lives.

Fertility Info - Taking Charge of your Fertility

Taking Charge of Your Fertility is a fantastic book, loaded with practical and beautifully presented information that will transform and empower every woman's relationship with her fertility. I recommend it to women of all ages. Christiane Northrup

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Take Charge Campaign. Our goal is to create awareness around Oncofertility, help start conversations about fertility and support fertility preservation for cancer patients. Together we aim to

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provide reproductive health education for all and to empower people to Take Charge of their fertility.

Take Charge

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Powered by the latest scientific research and utilizing Toni Weschler's three decades in the field, OvaGraph is designed to

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help you take charge of your fertility naturally. With your FREE OvaGraph account you can: CHART all of your fertility indicators. Color-coded fertility charts display all your menstrual data - basal body temperature (BBT), cervical fluid and position, OvaCue readings, and much more.

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One of the best ways to take charge of your fertility is to do something every day for your fertility. Whether that means drinking a fertility smoothie, doing a fertility cleanse, applying Self Fertility Massage or using herbs, take a step every day towards supporting your reproductive system.

Take Charge of Your Fertility | Improve Fertility Naturally

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies Are you unhappy with your current method of birth control? Or d

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