

Fertility Resource List

Books on Natural Fertility

- [Taking Charge of Your Fertility](#) by Toni Weschler
- [Honoring Our Cycles: A Natural Family Planning Workbook](#) by Katie Singer
- [The Garden of Fertility](#) by Katie Singer
- [Period Repair Manual: Natural Treatment for Better Hormones and Better Periods](#) by Lara Briden ND
- [How to Conceive Naturally: And Have a Healthy Pregnancy after 30](#) by Christa Orecchio and Willow Buckley
- [Sweetening the Pill: or How We Got Hooked on Hormonal Birth Control](#) by Holly Grigg-Spall

Books on Fertility Diets

- [Nourishing Traditions](#) by Sally Fallon and Mary G. Enig
- [Beautiful Babies: Nutrition for Fertility, Pregnancy, Breast-feeding, and Baby's First Foods](#) by Kristen Michaelis

Online Resources

- [Fertility Diet: Nourishing the Body for Pregnancy](#) – Boholistic Mom
- [Natural Fertility Info](#)
- [Aviva Romm on Infertility](#) - Aviva Romm, M.D., Midwife, and Herbalist
- [Get Pregnant Naturally](#) - Wellness Mama
- [Creighton Method of Fertility Care](#) (teaches cycle tracking, but not completely natural)

*YOU are in charge of your body
YOU have options
YOU have resources and information
YOU can rock this*

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