



Preconception Plain & Simple

Audrey Couto McClelland, Sharon K. Couto

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Preconception Plain & Simple - A Deliciously Smart and Sexy Guide in Preparing for Pregnancy came to be born from my (Audrey's) journey to have a baby! I wanted to nourish my body, mind, and soul with the proper steps to prepare myself, and my husband, to conceive a healthy child. I had seen too many women turn this wonderful time into a mechanical routine filled with stress and anxiety...I wanted to avoid that. I wanted to immerse myself in the magic and wonder of this time...to relax and have fun while letting nature take its course.

I asked my mother to share with me a few tidbits from her "time" – the mid-1970's – but the quarter-century that had elapsed had brought so much more information and technology that she was as comically "clueless" as I was! So we embarked upon an unexpected journey, searching bookstores, libraries, and websites... looking for information on everything one needs to know about preconception.

We began to discover ways to promote fertility beyond the medical information, and I began to incorporate them into every aspect of my life; from fertility enhancing foods, flowers, aromas, gemstones and amulets, to spells and rituals used by different cultures to promote fertility. Sure, I still followed the medical advice, but I surrounded myself with the knowledge of the ages to create a nurturing environment, which allowed me to relax, have fun, and let the magic happen!

We wanted to share what we had learned with women everywhere by creating a guide for inviting fertility into their lives, and thus **Preconception Plain & Simple** was born - a one-stop resource for everything a woman needs to know about preconception.

Preconception Plain & Simple - A Deliciously Smart and Sexy Guide in Preparing for Pregnancy brings to women, men, and couples passion, romance, and fun... a thorough medical review and assessment of both hopeful Mom and Dad... and marvelous fertility wisdom to a topic that is all-too-often consumed with infertility statistics, clinical discussions, and fears of infertility. **Preconception Plain & Simple** offers and celebrates a perfect combination of the medical, the miracle, and the magic of baby making without the fears... but certainly including the fun and "relaxing" part of it all!

Happy baby making!

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