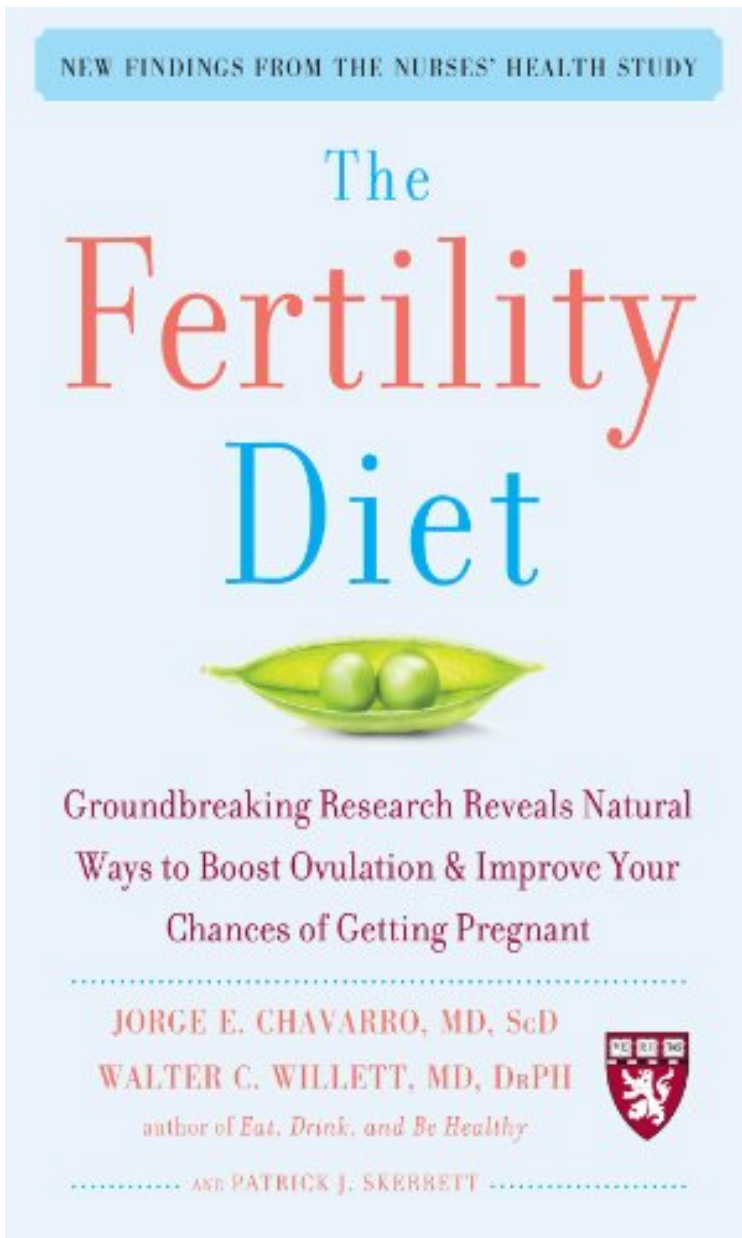


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# The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant



*Par Jorge Chavarro, Walter C. Willett  
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from the Nurses Health StudyMore than 6 million women in the United States alone experience infertility

problemsUser-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical Schools top voices in nutritionPrsentation de l'diteurThe first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses Health StudyMore than 6 million women in the United States alone experience infertility problemsUser-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical Schools top voices in nutritionBiographie de l'auteurJorge Chavarro, M.D. earned both Masters and Doctoral degrees in Epidemiology and Nutrition at the Harvard School of Public Health where he is currently a research fellow, studying the role of diet and lifestyle on reproductive function. He has won awards from the International Agency for Research in Cancer and the American Association for Cancer Research and has been featured in national print media including the New York Times. Walter C. Willett, M.D., Dr.P.H., is Professor of Epidemiology and Nutrition, Professor of Medicine at the Harvard Medical School, and Chairman of the Department of Nutrition at the Harvard School of Public Health. A world-renowned nutritional researcher, he is one of the leaders of the famous Nurses' Health Study (The Nurses' Health Study, established in 1976 by Dr. Frank Speizer and the Nurses' Health Study II, established in 1989 by Dr. Walter Willett, are among the largest prospective investigations into the risk factors for major chronic diseases in women) and Health Professionals Follow-up Study. Patrick J. Skerrett is co-author, with Walter Willett, of Eat, Drink, and Be Healthy. He has also written books on prostate disease and alternative energy, as well as articles on science, technology, and medicine for Science, Popular Science, Technology , and other magazines. Mr. Skerrett is the editor of the Harvard Heart Letter.