



# It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF

By *Rebecca Fett*

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Whether you are trying to conceive naturally or through IVF, the quality of your eggs will have a powerful impact on how long it takes you to get pregnant and whether you face an increased risk of miscarriage. Poor egg quality is emerging as the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. It is also a major contributor to infertility in PCOS.

Based on a comprehensive investigation of a vast array of scientific research, *It Starts with the Egg* reveals a groundbreaking new approach for improving egg quality and fertility. With a concrete strategy that includes minimizing exposure to toxins such as BPA and phthalates, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

"This timely synthesis of scientific literature is essential reading for both women and men wanting practical, evidence-based recommendations to enhance their fertility."

- Dr. Loretta McKinnon, Epidemiologist, Princess Alexandra Hospital.

"Rebecca Fett did a stellar job of researching and summarizing the current understanding of the impact of egg quality on IVF pregnancy chances."

- Dr. Norbert Gleicher, Reproductive Endocrinologist at The Center For Human Reproduction, New York.

"A thoroughly-researched and eye-opening account of how small, simple lifestyle changes can have powerful, positive effects on your health and fertility. A must-read for women wanting the best chance of conceiving a healthy baby."

- Beth Greer, bestselling author of Super Natural Home

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### **Editorial Review**

#### **Review**

"With detailed, up to date research Rebecca Fett provides a clear, cool-headed guide to both the science that determines IVF success, and the practical changes that patients can make to drastically increase their chances of IVF success." - Dr. Lindsay Wu, Laboratory for Ageing Research, University of New South Wales Medical Center, Australia.

"Rebecca Fett's stellar constellation of perspective, experience, knowledge, and scientific background may well revolutionize our current global conversation, understanding and practices related to fertility... It is hard to overestimate the impact that this book may have on the lives of many." - Dr. Claudia Welch, author of Balance Your Hormones, Balance Your Life.

"It Starts with the Egg presents a reasoned and balanced review of the latest science linking environmental chemicals to reduced fertility and other health problems. Readers will find sound advice for how to avoid chemicals of concern, providing a useful guide for couples that want to improve their chances of a healthy pregnancy." - Dr. Laura Vandenberg, University of Massachusetts, Amherst, School of Public Health.

"With 'It Starts with the Egg,' Rebecca Fett delivers a much needed overview on the available scientific evidence regarding the influence of nutrition on fertility and fertility treatment, providing a valuable resource for couples trying to conceive." - Dr. John Twigt, Department of Obstetrics and Gynecology, Erasmus Medical Center, Netherlands.

"This is a very useful resource: well-researched, accessibly written and with easy-to-follow take-home messages and action plans. I would recommend this to any woman who is trying to conceive." - Dr. Claire Deakin, University College London.

"Rebecca has done a great service for all women, children, and future generations by starting at the beginning of a human life and examining which toxic chemicals cause harm to the egg... This book is a wonderful addition to the growing library of information on toxic exposures." - Debra Lynn Dadd, Author of Toxic Free: How to Protect Your Health and Home from the Chemicals That Are Making You Sick

"Rebecca Fett's 'It Starts with the Egg' is a complete guide to everything a woman can do to improve her egg quality before trying to conceive... "It Starts with the Egg" also breaks information down in easy-to-digest bullet points that show exactly what to do to get to where you want to be: the parent of a happy, healthy, gorgeous baby." - Cheryl Alkon, author of Balancing Pregnancy With Pre-Existing Diabetes: Healthy Mom, Healthy Baby.

#### **From the Author**

#### **Additional Editorial Reviews:**

"It Starts With The Egg uses the latest fertility research to show that women can take a proactive stand in assuring egg health and production, complimenting physician efforts to support fertility and health. Thus the specific strategies offered here are solidly backed by the latest medical research, not idealism; and they provide women with step-by-step options that are easily followed and clearly outlined... The text is lively, easily grasped, and blends solid science with all the background readers need to thoroughly comprehend the

subject, from the history of fertility efforts to modern approaches...it doesn't get any clearer, more contemporary, or any easier than *It Starts With The Egg*. Any aspiring parent *needs* to add this self-help primer to their fertility program!"

- Diane Donovan, *Midwest Book Review*

"For couples or individuals thinking of conceiving, and for those who have endured miscarriages, or been labeled with low fertility, this practical rendering of how to improve one's chances for pregnancy should be required reading."

- *San Francisco Book Review*

"I wish this book had of been available when I first commenced IVF and before I miscarried four babies; it would have prevented me from some of the blind alley's and false turns I have pursued. In my view, this is a must read for those who want to get pregnant naturally and are having some difficulties, for those undertaking IVF, and for those who have experienced multiple miscarriages. I could not put this book down, riveted as I was to the simple explanations of complex science. I now find myself informed and empowered regarding the reasons and possible solutions for my infertility. It all makes much more sense now."

- Carolyn Martinez, *The Compulsive Reader*

#### About the Author

Rebecca Fett has a degree in molecular biotechnology and biochemistry, and experience performing laboratory research in the field of genetics. She is currently a patent litigation attorney at a large law firm in New York, where she specializes in analyzing scientific and clinical evidence for biotechnology companies.

### Users Review

#### From reader reviews:

##### **Jessica Lantigua:**

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##### **Susan Williams:**

Reading can called brain hangout, why? Because when you find yourself reading a book mainly book entitled *It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF* your brain will drift away trough every dimension, wandering in every single aspect that maybe unknown for but surely can become your mind friends. Imaging every word written in a guide then become one contact form conclusion and explanation that maybe you never get previous to. The *It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF* giving you another experience more than blown away the mind but also giving you useful details for your better life within this era. So now let us show you the relaxing pattern at this point is your body and mind will likely be pleased when you are finished reading it, like winning a sport. Do you want to try this extraordinary paying spare time activity?

**Emil Townsend:**

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