

# Discover the Science-Backed Guide to Fertility for Women Over 35: Rebecca Fett's "It Starts with the Egg"



In her groundbreaking book "It Starts with the Egg," renowned fertility expert Rebecca Fett unveils a science-backed approach to fertility for

women over 35. This comprehensive guide empowers women with the knowledge and tools they need to optimize their egg quality, boost their reproductive health, and increase their chances of getting pregnant naturally.

## Understanding Egg Quality

As women age, their egg quality naturally declines. This is due to a complex interplay of factors, including genetics, lifestyle choices, and environmental exposures. Fett emphasizes that understanding and improving egg quality is crucial for fertility success.



### Summary of Rebecca Fett's It Starts With The Egg

by Michele Filgate

★★★★☆ 4.5 out of 5

Language : English

File size : 1422 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 39 pages



She discusses various factors that affect egg health, including:

- \* **Age:** After age 35, women experience a significant decline in egg quality and quantity.
- \* **Genetics:** Some women are genetically predisposed to low egg quality.
- \* **Lifestyle:** Poor diet, lack of exercise, and excessive stress can all harm egg quality.
- \* **Environmental factors:** Exposure to pollutants, toxins, and radiation can impact egg health.

## Optimizing Egg Quality

Fett provides practical strategies to improve egg quality, including:

- \* **Eating a nutrient-rich diet:** Emphasizing fruits, vegetables, lean protein, and whole grains.
- \* **Maintaining a healthy weight:** Being underweight or overweight can affect hormonal balance and egg quality.
- \* **Exercising regularly:** Moderate exercise can boost blood flow to the ovaries and improve egg health.
- \* **Managing stress:** Techniques such as yoga, meditation, and deep breathing can reduce stress levels.
- \* **Avoiding smoking and excessive alcohol:** These substances can damage egg DNA.

## Addressing Common Fertility Challenges

"It Starts with the Egg" also delves into specific fertility challenges that women over 35 may face:

- \* **Polycystic Ovary Syndrome (PCOS):** A hormonal disorder that can affect egg quality and ovulation.
- \* **Diminished Ovarian Reserve (DOR):** A condition characterized by a reduced number of eggs.
- \* **Premature Ovarian Failure (POF):** A condition where the ovaries stop functioning prematurely.

Fett offers evidence-based advice for managing these challenges, including medications, lifestyle modifications, and alternative treatments.

## Improving Overall Health

Beyond its focus on fertility, "It Starts with the Egg" emphasizes the importance of overall health. Fett explains how improving egg quality can also benefit a woman's general well-being.

She discusses the link between egg health and conditions such as:

\* **Cardiovascular disease:** Poor egg quality has been associated with an increased risk of heart disease. \* **Osteoporosis:** Estrogen produced by healthy eggs helps protect bone health. \* **Mood disorders:** Egg quality can influence hormonal balance and affect mood.

## **Empowering Women on Their Fertility Journey**

"It Starts with the Egg" is not merely a scientific text but also a source of encouragement and empowerment for women over 35. Fett acknowledges the emotional and social challenges that accompany this life stage, including societal pressures and feelings of isolation.

She encourages women to:

\* **Educate themselves:** The knowledge empowers women to make informed decisions about their fertility. \* **Seek support:** Connecting with other women, fertility specialists, and support groups can provide emotional and practical assistance. \* **Be an advocate:** Women need to advocate for their fertility needs with healthcare providers and in society.

Rebecca Fett's "It Starts with the Egg" is a groundbreaking resource for women over 35 who are navigating the often-complex journey towards motherhood. By providing evidence-based guidance on egg quality, common fertility challenges, and overall health, this book empowers women to optimize their chances of getting pregnant naturally and living healthier, more fulfilling lives.

Whether you are actively trying to conceive or simply want to understand your reproductive health better, "It Starts with the Egg" is a must-read for women over 35 who want to take control of their fertility and embrace their future with confidence and hope.



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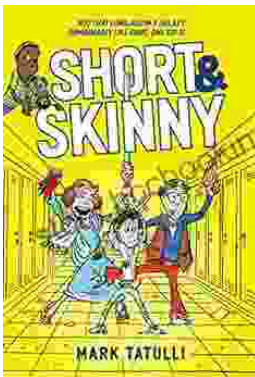
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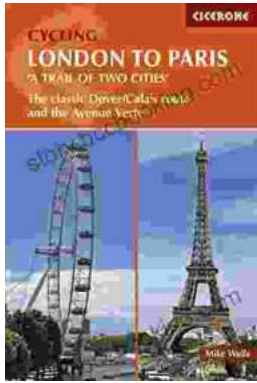
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