



Well & Good: Supercharge Your Health for Fertility & Wellness

Natalie Kringoudis

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Well & Good: Supercharge Your Health for Fertility & Wellness Natalie Kringoudis

A guide to priming the body for a wellness overhaul with tips and tricks for hormone health, *Well & Good* will set you on the right path, because fertility isn't just about babies or a thriving reproductive system; it's about taking control of your health on all levels. If you are ready for healthy hormones, *Well & Good* has all the information you need: top-10 foods for increased fertility, 10 steps to wellness, "Your Fertile Pantry" handy shopping list, special tips for boosting men's reproductive health, tips on revving up your fertility before conception, and tips for anyone who suffers from hormone imbalances and endometriosis, more than 40 delicious and simple recipes to improve fertility and hormone health, how to care for your body when your baby arrives, and debunking ovulation myths. Nat Kringoudis shows step-by-step how to take charge of your health and well-being. Her knowledge is for those who want to boost their fertility as well as for anyone who wants to experience better daily health.

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William Black:

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