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Online Powered by the
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**Home - Taking
Charge of your
Fertility**

Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the

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Your Fertility
empowering Fertility
Awareness Method
(FAM), which in only a
couple of minutes a
day allows you to:

Birth Control
**Taking Charge of
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Natural Birth Control,
Pregnancy
Achievement, and
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...

She recently helped
develop cycle-tracking
software as an adjunct

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Birth Control
Pregnancy
Advice About And
Reproductive
Health

to her book, Taking Charge of Your Fertility. The Ovusoft Fertil Toni Weschler is a nationally respected women's health educator and speaker with a master's degree in Public Health.

Taking Charge of Your Fertility: The Definitive Guide to

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Taking charge of your fertility In order to understand your body

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hundreds of thousands
of women achieve

pregnancy, avoid
pregnancy naturally, or
simply gain better

control of their health
and their lives.

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Health

Take Charge

Campaign. Our goal is
to create awareness
around Oncofertility,
help start

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conversations about
fertility and support
fertility preservation
for cancer patients.

Together we aim to
provide reproductive
health education for all
and to empower
people to Take Charge
of their fertility.

Take Charge

Taking Charge of Your
Fertility has helped
literally hundreds of
thousands of women
avoid pregnancy

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Your Fertility
naturally, maximize
their chances of
getting pregnant, or
simply gain better
control of their
gynecological and
sexual health. Toni
Weschler thoroughly
explains the
empowering Fertility
Awareness Method
(FAM), which in only a
couple of minutes a
day allows you to:

**Taking Charge of
Your Fertility: The**

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Taking Charge Of
Your Fertility
Definitive Guide to
... Revised Edition

Fertility Info For more than 30 years, Toni Weschler has devoted herself to empowering women to take charge of their reproductive health and fertility. During this time, she has received thousands of inquiries from women as they learn to incorporate her teachings on the Fertility Awareness Method into their daily

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lives. Below is a

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Of Your Fertility
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Taking Charge of Your
Fertility is a fantastic
book, loaded with

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Your Fertility

practical and
beautifully presented
information that will
transform and
empower every
woman's relationship
with her fertility. I
recommend it to
women of all ages.
Christiane Northrup

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...

Taking Charge of Your
Fertility is a textbook

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on the fertility awareness method, a way of charting your cycles and becoming aware of your body's signs in order to better understand the times in your cycles when you are fertile. It is possibly the single most important book you can buy to help you with fertility struggles.

**Book review of
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The Definitive

Guide To Natural

Birth Control

Pregnancy

And

Reproductive

Health

Awareness Method,

which in only a couple

of minutes a day allows

you to:

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Your Fertility

**Your Fertility: The
Definitive Guide to**

...
The Definitive
Guide To Natural
Birth Control
Pregnancy
Achievement And
Reproductive
Health

One of the best ways to take charge of your fertility is to do something every day for your fertility.

Whether that means drinking a fertility smoothie, doing a fertility cleanse, applying Self Fertility Massage or using herbs, take a step every day towards supporting your

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Taking Charge Of

Your Fertility

reproductive system.

Revised Edition

**Take Charge of Your
Fertility | Improve
Fertility Naturally**

"Taking Charge of Your
Fertility" is a guide to

Natural Birth Control,

Pregnancy

Achievement and

Reproductive Health. It

follows the guideline of

the Fertility Awareness

Method (FAM), an

approach that "is

based on the

observation and

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charting of
scientifically proven
fertility signs that
determine whether or
not a woman is fertile
on any given day".

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