

Overcoming Infertility A Guide For Jewish Couples

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[It Starts with the Egg](#) Rebecca Fett 2019-02-28 A practical and evidence-backed approach for improving egg quality and fertility— fully revised and updated in 2019. The latest scientific

research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF

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cycles. Based on a vast array of scientific research, *It Starts with the Egg* provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges—including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, 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.

Lilith 2005

Infertility Counseling Sharon N. Covington 2006-10-16 *Infertility Counseling: A Comprehensive Handbook for Clinicians*, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive

book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

Black Boychik Sarge 2017

Textbook of Clinical Embryology Kevin Coward 2013-10-31 The success of Assisted Reproductive Technology is critically dependent

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upon the use of well optimized protocols, based upon sound scientific reasoning, empirical observations and evidence of clinical efficacy. Recently, the treatment of infertility has experienced a revolution, with the routine adoption of increasingly specialized molecular biological techniques and advanced methods for the manipulation of gametes and embryos. This textbook – inspired by the postgraduate degree program at the University of Oxford – guides students through the multidisciplinary syllabus essential to ART laboratory practice, from basic culture techniques and micromanipulation to laboratory management and quality assurance, and from endocrinology to molecular biology and research methods. Written for all levels of IVF practitioners, reproductive biologists and technologists involved in human reproductive science, it can be used as a reference manual for all IVF labs and as a textbook by undergraduates, advanced students, scientists and professionals involved in gamete, embryo or stem cell biology.

Overcoming Infertility Gerard Honoré 2010-08-30
Confronting a problem that affects one out of 10 American couples, this all-inclusive, question-and-answer guide offers insight and encouragement in the face of infertility. Addressing the deep disappointment and emotional distress that accompany a diagnosis, this resource emphasizes that there is still hope regarding this daunting condition. Penned by a reputable endocrinologist who has treated thousands of couples, this helpful reference provides a way to navigate through a confusing time, clearly illustrating the most suitable treatment options. Topics covered include the causes of both female and male infertility, how to cope emotionally with a diagnosis, and utilizing the new Assisted Reproductive Technologies (ART). From choosing a fertility specialist to taking advantage of the most recent developments, this exhaustive study provides practical guidance for couples facing this overwhelming syndrome.

Why Me God Lisa Aiken 1997 To find more information on Rowman & Littlefield titles, please visit us at www.rowmanlittlefield.com.

Modern Judaism Nicholas de Lange 2005-01-21 A comprehensive, multi-disciplinary, multi-authored guide to contemporary Jewish life and thought, focusing on social, cultural and historical aspects of Judaism alongside theological issues. This volume includes 38 newly-commissioned essays, including contributions from leading specialists in their fields. This book covers the major areas of thought in contemporary Jewish Studies, including considerations of religious differences, sociological, philosophical, and gender issues, geographical diversity, inter-faith relations, and the impact of the Shoah (the Holocaust) and the modern state of Israel.

Hakirah 2008

The Complete Directory for People with Chronic Illness, 1994 Leslie Mackenzie 1994 Provides access to resources for those suffering from chronic diseases

Guide for the Romantically Perplexed Lisa Aiken 2003 "Covers every aspect of Jewish dating, marriage, divorce, and remarriage. For singles, it is a step-by-step guide that helps you find a mate and keep that mate for life. For married, divorced, or remarried couples, this is a self-help manual that really works. - Includes case studies that highlight why people succeed or fail in their interpersonal relationships. - Well documented from both a Jewish and contemporary psychological viewpoint. - Pertinent for Jewish men and women from all levels of the Jewish religious spectrum"--

Once a Jew, Always a Jew? David Dvorkin 2015-09-16 Worldwide, the number of people who call themselves Jews is about 14 million. They may all call themselves Jews, but what they mean by that name varies widely. These self-described Jews range from the most Orthodox, who have submitted themselves entirely to the imagined dictates of an imaginary god, to those who practice various forms of

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Judaism that are so watered down that they scarcely qualify as a religion, to those who observe no part of Judaism at all other than the celebration of a festival that they may call Hanukkah but that is in reality merely a Judaized version of Christmas. In this short book, I focus on the United States, which until recently had the largest Jewish population in the world—just under six million self-identified Jews. Although it was recently surpassed by Israel, America arguably still has the most politically, socially, and theologically influential Jewish population in the world. According to a survey conducted in 2013 by the respected Pew Research Center, of those almost six million American Jews, 22% "describe themselves as atheist, agnostic or having no particular religion[.]" In the case of the youngest adult American Jews, the so-called Millennial generation, "32% describe themselves as having no religion and identify as Jewish on the basis of ancestry, ethnicity or culture." This large group of Jews, which is a growing

percentage of American Jewry, as the above Millennial number shows, is commonly referred to "secular Jews," although some of them prefer the label "atheist Jews." These are the people I want to discuss in this book. I contend that they are not Jews in any meaningful sense of the word. They may wish to call themselves Jews for a number of emotional reasons, but I call upon them to be intellectually honest and accept that they have ceased to be Jews. They are ex-Jews. The contrary argument is based on the idea encapsulated in the phrase "once a Jew, always a Jew." For the anti-Semite, this phrase is used as a slur. It refers to negative character traits supposedly possessed by all Jews. To Jews who think that there can be such a thing as a secular Jew, the phrase refers to some innate quality, entirely apart from religion, that distinguishes Jews from their non-Jewish neighbors. What is that innate quality? That's the crux of the issue. Let's go hunting for it.

Torah for the Nations Daniel M. Dickens 2017-06

If you have any of these crucial life altering questions, you will continually face palm yourself saying, "If only had I known this!" What is the Torah, and how do we know it is valid? Am I Jewish? What does the Torah teach us about the non-Jew? Where does the Oral Torah come from, and why is it necessary? How has Jewish understanding and authorship developed over time? What does the G-d of Abraham, Isaac, and Jacob desire from me? What does the Torah teach about the Mashiach/Messiah. What do ancient Orthodox Jewish texts tell us about the Noahide laws in more detail? What does the Torah teach about idolatry? Where do I begin? What do I tell my family? All of this and more is answered in a simple and fun read. Each chapter includes a riveting true story from the great leaders of Judaism that compliments the fundamental Orthodox Jewish concepts presented. This book is not intended as an apologetic work for Judaism, and is not constructed as such. Out of great necessity, and

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for the sake of simplicity and brevity, this book is composed to lay the groundwork for the soul seeking the G-d of Israel. You will gain a clearer understanding to many difficult ideas, especially if you are coming from a Christian background filled with Western/Greek presuppositions. Also, you will learn how to discern kosher sources of learning, including direction to trusted foundational texts and free online learning tools geared specifically for you. You are not alone! Let's do this journey together. Shalom!

The Trying Game Amy Klein 2020-04-07 From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so

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many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: • whether to freeze your eggs • finding (and affording) a clinic • what to expect

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during your first IVF cycle • baby envy—aka it's okay to skip your friend's shower • whether the alternative route—acupuncture, herbs, supplements—is for you • helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

The Fertility Doctor's Guide to Overcoming Infertility Mark P. Trolice 2020-01-07

Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, alongwith the warmth and wisdom he has acquired from getting to know

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prospective parents from all kind of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This is that book. The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and

prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the

future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey.

Bread and Fire Rivkah Slonim 2008 Bread and Fire is about the everyday lives of Jewish women and the struggles and aspirations, failings and triumphs of their spiritual endeavors. The women whose writings appear in this book span a wide range of ages, backgrounds, perspectives and professions. In her own way, each one reveals God as an anchoring force in her life. Readers will find themselves laughing, crying and gaining reassurance and strength as they come face-to-face with these women just like them who are moving forward in the ancient quest to find God in the everyday.

The Jewish Family Ethics Textbook Neal S. Scheindlin 2021-10 The Jewish Family Ethics Textbook guides teachers and students of all ages and backgrounds in mining classical and modern Jewish texts to inform decision making on hard choices.

Why Me God Lisa Aiken 1997-02-01 Why Me, God? is the first English-language book that melds traditional Jewish perspectives about suffering with practical suggestions for coping. Chapter by chapter, this book provides real strategies to deal with all manner of suffering from loneliness, to suicide, to terminal illness, and everything in between, each chapter is full of useful information including listings of further reading and resource guides. It is an essential volume for those dealing with tragedy in their lives.

Reader's Guide to Judaism Michael Terry 2013-12-02 The Reader's Guide to Judaism is a survey of English-language translations of the most important primary texts in the Jewish tradition. The field is assessed in some 470 essays discussing individuals (Martin Buber, Gluckel of Hameln), literature (Genesis, Ladino Literature), thought and beliefs (Holiness, Bioethics), practice (Dietary Laws, Passover), history (Venice, Baghdadi Jews of India), and arts

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and material culture (Synagogue Architecture, Costume). The emphasis is on Judaism, rather than on Jewish studies more broadly.

[Making Babies](#) Sami S. David 2009-08-12 Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

The Jewish Quarterly 2005

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The Trying Game Amy Klein 2020-04-07 From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."--Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for

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The Everything Fertility Book Nicole Galan
2010-12-18 Infertility can be a frustrating and heartbreaking disorder compounded by

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complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a fertility expert Birth rates associated with various treatments Coping methods for dealing with loss With this authoritative and friendly guide, getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start your family, today.

Planning Your Family Alan Frank Guttmacher
1969

Social Change and Halakhic Evolution in American Orthodoxy Chaim I. Waxman
2017-08-01 Chaim Waxman, a prominent sociologist of contemporary Orthodoxy, is one of

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the keenest observers of American Jewish society. In illustration of how Orthodoxy is adapting to modernity, he presents a detailed discussion of halakhic developments, particularly regarding women's greater participation in ritual practices and other areas of communal life. He shows that the direction of change is not uniform: there is both greater stringency and greater leniency, and he discusses the many reasons for this, both in the Jewish community and in the wider society. Relations between the various sectors of American Orthodoxy over the past several decades are also considered.

Tradition 2007

Jewish Bioethics Yechiel Michael Barilan 2013-12-30 Presents the discourse in Jewish law and rabbinic literature on bioethical issues, highlighting practical problems in their socio-historical contexts.

From IVF to Immortality Ruth Deech 2007 This text provides a clear, simple account of techniques involved in assisted reproduction and

embryo research. It explores controversies raised by developments in reproductive technology since the first IVF baby in 1978, such as 'saviour siblings', designer babies, reproductive cloning and embryo research.

American Book Publishing Record 2006

Fertility and Jewish Law Ronit Irshai 2012 A comprehensive comparative study of Jewish law on contemporary reproductive issues from a gender perspective

Jewish Guide to Practical Medical Decision-Making Jason Weiner 2021-03-01

Due to the rapid advances in the medical field, existing books on Jewish medical ethics are quickly becoming outdated and irrelevant. Jewish Guide to Practical Medical Decision-Making seeks to remedy that by presenting the most contemporary medical information and rabbinic rulings in an accessible, user-friendly manner. Rabbi Weiner addresses a broad range of medical circumstances such as surrogacy and egg donation, assisted suicide, and end of life

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decision making. Based on his extensive training and practical familiarity inside a major hospital, Rabbi Weiner provides clear and concise guidance to facilitate complex decision-making for the most common medical dilemmas that arise in contemporary society.

Index to Jewish Periodicals 2005 An author and subject index to selected and American Anglo-Jewish journals of general and scholarly interests.

Nine Wonderful Months Baruch Finkelstein 2001 The Jewish Woman's Clinical & Halachic Guide to Pregnancy and Childbirth! A complete guidebook including up-to-date clinical information; diagrams, illustrations and full-color photos of fetal development; prenatal care and laws of prenatal testing; nutrition, exercises, and Lamaze techniques; laws pertaining to childbirth and and bris; inspiring Torah thoughts and commentary. Approved by leading Rabbinic and medical authorities.

Conquering Infertility Alice D. Domar

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2004-02-24 Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—whom *Vogue* calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

Ben Porat Yosef Michael Avioz 2019-10-15

The Unofficial Guide to Overcoming Infertility

Joan Liebmann-Smith 1999-05-06 The inside scoop... for when you want more than the official line! Having a baby is a joyous event that most couples look forward to. But sometimes nature

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just doesn't cooperate. If you and your partner are having difficulty conceiving, how can you increase your chances of pregnancy? You want to know what causes infertility, how much your lifestyle may be contributing to the problem, and what you can look for in medical and non-traditional therapies aimed at overcoming infertility. You want the inside scoop. The Unofficial Guide™ to Overcoming Infertility is designed to give savvy consumers like you a foolproof appraisal of what works and what doesn't—the good treatments and the bad ones—with unbiased recommendations that are not influenced by any company, product, or organization. This book, like every Unofficial Guide,™ is intensively inspected by the Unofficial Panel of Experts, a team of highly respected health-care professionals. They ensure that you are armed with the most up-to-date insider information on infertility treatments and are told exactly what the Official establishment doesn't want you to know. Vital Information that other

sources can't or won't reveal—including an unbiased guide to the many infertility treatments available. Insider Secrets from health-care professionals and clinical researchers—and once-infertile couples who are now experiencing the joy of parenthood. Money-Saving Techniques that will help you find the resources to pay for your medical tests and expenses. Time-Saving Tips that enable you to take an active role in overcoming infertility while keeping your day-to-day life on track. The Latest Trends in infertility treatments—including medical and nonmedical procedures and holistic approaches. Handy Checklists and Charts that will help you plan your eventual pregnancy and keep the process stress free.

Beating the Adoption Odds Cynthia D. Martin
1998 A comprehensive analysis of the controversial issues surrounding adoption reveals different ways people can acquire babies, from medical repair to the black market, including advisory resources and step-by-step adoption

processes

Overcoming Infertility Tommaso Falcone 2006
This Cleveland Clinic Guide gives couples facing fertility issues substantive information from a source trusted all over the world--a pioneer in such treatment as in vitro fertilization.

The Third Key Baruch Finkelstein 2005 The pain of infertility is heartbreaking, frightening, and a real test of faith. In this ground-breaking volume, couples can access the information, Torah outlook, and answers they need in a clear, practical manner. Questions raised include: How do we know if there is a problem? How can the Torah be a source of support? What can we expect at the fertility clinic? Where are the side effects of fertility medication? Can one live a fulfilling life without children? This book takes couples down the obstacle-strewn path toward fertility, discussing all factors that encompass difficulty conceiving. Topics discussed include: male fertility testing, IVF, adoption, niddah issues, faith, prayer, dealing with society, when

to stop, choosing the right aregiver, producedures on Shabbos, being positive, and much more. This step-by-step, comprehensive guide is an indispensable tool for couples seeking fertility, but it will also be of great interest and benefit to relatives and friends of childless couples, as well as rabbis, therapists, and social workers.

Overcoming Infertility Richard V. Grazi 2005
At a time when medical advances in fertility treatment are being made with unprecedented speed, Jewish couples are finding themselves psychologically and ethically challenged. Overcoming Infertility is an indispensable reference book for couples, rabbis and counselors trying to understand and resolve the complex issues of fertility therapy. This thorough and sensitive work examines contemporary technologies as they relate to halakha, the particular psychological and social issues faced by Jewish couples grappling with infertility, and the intersection of the physical and spiritual

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aspects of overcoming infertility to give couples

the guidance and hope they need to fulfill the profound human desire to have children.