



# Yes, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s

By Aimee Raupp MS LAc

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## Yes, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s By Aimee Raupp MS LAc

The complete guide to getting pregnant and improving fertility naturally – even if you’ve been told your chances of conception are low

Worried about your ability to have children in the next five years? Have you been trying to get pregnant for a while now and it’s just not happening? Does it seem like every woman you know is having a hard time getting pregnant and you don’t want that to be you when you’re ready? Do you want natural, non-invasive options to conceive?

If you answered *yes* to any one of these questions, *Yes, You Can Get Pregnant* is for you. A nationally renowned women’s health and fertility expert, Aimee Raupp has helped hundreds of women optimize their fertility and get pregnant, even after age 40. Here, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches and the latest nutritional advice. Her remedies help you how to get in tune with your body, eat the best fertility-enhancing foods, and avoid environmental toxins to achieve a healthy and stress-free pregnancy.

In a friendly, understanding, and inspirational manner, *Yes, You Can Get Pregnant* provides hope, scientifically-backed knowledge, and emotional support to help you become the mother you want to be.

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*By Aimee Raupp MS LAc*

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#### **Manda Perez:**

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