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In her books, The Garden of Fertility (2004) and Honoring Our Cycles (2006), Katie Singer introduces Fertility Awareness (also called Natural Family Planning).With these methods, a woman who charts her temperature and cervical mucus can know when she is fertile and infertile.

Male Reproductive Anatomy - The Garden of Fertility

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Fertility Charts - The Garden of Fertility

The Fertility Garden Vaginal steaming is a form of hydrotherapy. It softens and opens the porous and absorbent vaginal tissues and brings moisture, heat and increased circulation to the reproductive system. A vaginal steam works by applying gentle heat, as well as moisture that carries medicinal plant oils to the tissues of the womb.

Home | The Fertility Garden

In The Garden of Fertility, certified fertility educator Katie Singer explains how women can chart their fertility signals to determine whether they are ovulating, when intercourse can and can't lead to pregnancy, and whether they are prone to polycystic ovarian syndrome (PCOS), miscarriage, or thyroid problems. The Garden of Fertility provides: •. clear descriptions of reproductive anatomy, hormonal changes during the menstrual cycle, and how conception occurs.

THE BOOKS: - Garden of Fertility

The Garden of Fertility provides: Directions (and blank charts) for charting your fertility signals; Instructions for preventing pregnancy naturally - a method virtually as effective as the Pill, with none of its side effects. Guidelines for timing intercourse to enhance your chances of conceiving without drugs or hormones

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Singer offers practical information, illuminated with insightful

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In *The Garden of Fertility*, certified fertility educator Katie Singer explains how easy it is to chart your fertility signals to determine when you are fertile and when you are not Her Fertility Awareness method can be used to safely and effectively prevent or help achieve pregnancy, as well as monitor gynecological health Singer offers practical information, illuminated In *The Garden of ...*

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