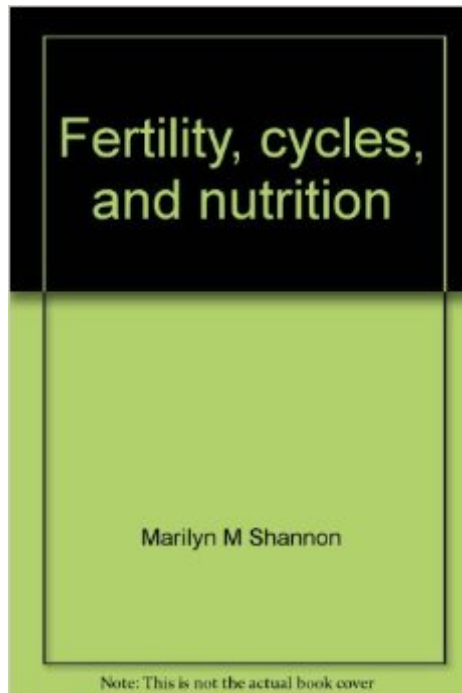


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# Fertility, Cycles, And Nutrition: Can What You Eat Affect Your Menstrual Cycles And Your Fertility?



## Book Information

Paperback: 164 pages

Publisher: Couple to Couple League International; No Edition Stated edition (1990)

Language: English

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #4,860,662 in Books (See Top 100 in Books) #26 inÂ Books > Health, Fitness & Dieting > Women's Health > Menstruation

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I love this book because it shows women how their cycles work and how to keep from (or how to get) getting pregnant. They should teach this to girls in schools so they can know their bodies and how they work.

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