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**Amy Ogle**

**Before Your Pregnancy: A 90-Day Guide for Couples on How to Prepare for a Healthy Conception**

*Before Your  
Pregnancy*

A 90-Day Guide for Couples on How to Prepare for a Healthy Conception



Enhance your reproductive well-being.  
Predict your peak fertility with practical guidance.  
Decrease your risk of complications during pregnancy.

**Amy Ogle, M.S., R.D., and Lisa Mazzullo, M.D.**

Foreword by Mary D'Alton, M.D., Chief, Department of OB/GYN, Columbia University College of Physicians and Surgeons

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## Description

**Now completely revised and updated, the classic guide that helps mothers- and fathers-to-be conceive more easily and boost the odds of a healthy pregnancy**

Covering preconception and interconception (between-pregnancy) well-being for women and men, Amy Ogle and Lisa Mazzullo draw on new research from their complementary fields of expertise and reveal how good preconception health can lower the risk of pregnancy complications and improve lifelong health. Why a ninety-day guide? It takes that long for sperm to mature, and at least that much time for the prospective mother to ensure that her body becomes pregnancy-ready. In a warm, intelligent style, the authors address up-to-date topics such as age, heredity, vaccinations, supplements, and weight. In easily accessible chapters, this guide covers such topics as

- **Nutrition**meal makeovers plus new facts (and fiction) about fish, omega-3s, vitamins, and herbs
- **Personal readiness**how to assess emotional, financial, and physical readiness, including a preconception-friendly exercise program, plus advice for avid athletes
- **Becoming an informed patient**choosing a doctor, insurance coverage, baby-friendly medications, and the latest genetic screening guidelines
- **Women's health**expanded coverage of gynecologic and medical conditions affecting fertility and pregnancy (including bariatric surgery and physical disabilities), and steps to create a welcoming womb by optimizing immune health
- **Environment**a roundup of environmental exposures and travel tips
- **Men's health**practical lifestyle advice for men to help maximize the number and health of sperm
- **Conception**clear signs that predict when to "start trying," and the truth behind common myths
- **Infertility**reassuring options for reproductive assistance
- **Interconception health**the best plan for pregnancy recovery, before trying for another
- **Resources**:questionnaires for your preconception medical visit, and charts to track fertility signs

## Insightful reviews

Mia McInnis: A lot of information that is very well laid out and explained. Complete with charts, food guides, checklists and more I would highly recommend this to anyone planning parenthood.

Pam Reeder: Got pregnant five days after reading. Purely coincidental.

Jennifer: Picked this up in my library free-kindle-book binge, and because I figured it couldn't hurt to read it.

Skimmed much of the content- much of it is so general that frankly it isn't that helpful. Yes, diet and exercise are important... but not just for pre-pregnancy women... and there are some details

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on vitamins, etcetc. But in the attempt to cover every topic, it doesn't really give you much more information that isn't patently obvious.

If you are trying to get pregnant, don't smoke or do drugs. Stop drinking so much, and ideally cut out all alcohol two weeks BEFORE trying to conceive. Follow the food pyramid (wonder if they'll update to the new plate). If your BMI is in the overweight or obese category, it might be easier to get pregnant (and you might have a lower risk pregnancy) if you lose some weight before you conceive. Is this all really rocket science?

We're not trying to conceive, but if we were, I think I'd check out something a lot more concrete and give this one a miss. The only positive, really, is that the charts on what things to avoid (herbs, meds, whatever) are a little less scare-tactic-y than what you'd find in Google searching!

Erica: arms down the easiest being pregnant ebook i have learn to date: and it truly makes a speciality of the "pre pregnancy" period. The tone and pacing have been perfect, the content material deep, medical and engaging. I want Mazzullo might write a being pregnant book, after which might be a post-pregnancy book: even though the marketplace is glutted with those kind of books, Mazzullo's could upward thrust to the head simply because she does not speak all the way down to her readers, and comprises all suitable info in a balanced fashion. Fantastic.

Darcey: So. Useful. If there's one booklet to learn whereas you're contemplating attempting to conceive, make it this one. Ogle takes time to examine a number of elements which could effect pregnancy, and risks. There are not any scare strategies the following -- no longer it all should be friendly reading, yet nor is it choked with terrible issues that might ensue in case you don't do the instructed things. figuring out the impression a prepregnancy physique could have on a being pregnant is important, and understanding the adjustments to make on the way to have the absolute best being pregnant is important.

Laura: this can be a nice publication to only offer you a common heads-up of what to anticipate while beginning a family. It has dietary information, a basic over-view of belief and infertility, it additionally provides nice perception to way of life offerings while beginning a family. a number of the information did not practice to me and it had those little anecdotes that have been cheesy. yet i feel this publication is an efficient foundation for getting to know kinfolk planning.

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