

Book Review by Helen Newton, of

**'Fully Fertile – A holistic 12-week plan for optimal fertility'.
By Tamara Quinn, Elisabeth Heller & Jeanie Lee Bussell**

Findhorn Press is offering all AFN members free postage and packing (a saving of £3) when they order copies of Fully Fertile.

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This is an excellent book that you can lend, or recommend, to your fertility patients. It has a wonderful 12 week plan which patients can work through to help them achieve optimal fertility. What I like most about it is that you can select where you want to start and where you want to stop. I have found it helps to focus patients' minds on the fact that optimal fertility takes time and the book shows them how they can take an active part in that process.

The book explores the benefits yoga has on the physical body, the mental mind and spirituality. Some of these benefits will not be to every ones liking and the book is structured in such a way, that if the reader don't wish to explore the spirituality of Yoga they can focus on the exercises that help you mentally and physically. One of the most informative aspects of this book is the descriptions of the different poses and how they affect areas of the body, mind and emotions.

For many patients being treated by a traditional acupuncturist certain lifestyle, diet and sleep issues have been discussed so these chapters can be scanned and your patient can concentrate on learning how to perform, and practicing the yoga. That isn't to say that these chapters don't have something to offer, their messages will help support what you've already told your patients.

The authors own stories and how they took up yoga is really supportive and they give an honest appraisal of the changes they had to make to achieve their goals. The acupuncture content is minimal, but its brief overview and philosophy will help your patients have a deeper understanding of oriental medicine and how it can work in conjunction with yoga. This latter aspect is what has sparked my own personal interest in starting yoga; I only wish there had been a DVD with the book.

Week 1: Yoga Program for Fertility

Week 2: Oriental Medicine & the Philosophy of Fertility

Week 3: Fully Fertile Diet

Week 4: In the bedroom

Week 5: Strengthening the Letting-go muscle

Week 6: Identifying & eliminating your stressors

Week 7: Letting go of attachment & disappointment

Week 8: Letting go of your negative attitudes and thoughts

Week 9: The Koshas

Week 10: Learning the value of the Breath

Week 11: Seeing the forest from the trees

Week 12: Prayer

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