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Book review: fertility cycles and nutrition

As I've mentioned before, I used to be (and still am in a lot of respects) a nutrition geek. I got my degree in nutrition and spent a lot of time doing different

Fertility, cycles & nutrition. revised 4th -

Fertility Cycles and Nutrition explains how nutritional supplements and basic dieting practices can help with health concerns such as regulating menstrual cycles

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scientific research on the connection between nutrition and fertility confirms what Marilyn Shannon has been saying in Fertility, Cycles & Nutrition since 1990.

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