



# Well & Good: Supercharge your health for fertility & wellness

*Nat Kringoudis*

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## **Well & Good: Supercharge your health for fertility & wellness** Nat Kringoudis

Well & Good will set you on the path of priming your body for a complete wellness overhaul, because fertility isn't just about babies or a thriving reproductive system, it's about taking control of your health on all levels.

With plenty of tips and recipes, Nat Kringoudis shows step-by-step how to take charge of your health and wellbeing. Her knowledge is not only for those who want to boost their fertility, but for anyone who wants to experience better daily health.

If you are ready for healthy hormones, Well & Good has all the information you need:

Top-ten foods for increased fertility

Ten steps to wellness

Your Fertile Pantry handy shopping list

Special tips for boosting men's reproductive health

Tips on revving up your fertility before conception

Tips for anyone who suffers from hormone imbalances and endometriosis

More than forty delicious and simple recipes to improve fertility and hormone health

How to look after your body when your baby arrives

Debunking ovulation myths.

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#### **Melissa Broussard:**

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