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well as through complex treatments such
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The Fertility Handbook presents a comprehensive, holistic approach to fertility and establishes the facts clearly – particularly for older couple who are trying to conceive. Professor Wingfield has helped hundreds of people to conceive over the last 30 years and in this pragmatic, comprehensive and accessible book she offers hope for anyone who wants to maximize their chances of pregnancy.

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Emma Roberts has revealed she froze her eggs before falling pregnant with her partner, fellow actor Garrett Hedlund, earlier this year. The 29-year-old actor told *Cosmopolitan*: "A few years ago, I learned that I've had undiagnosed endometriosis since I was a teenager. I always had debilitating cramps and periods, so bad that I would miss school and, later, have to cancel meetings."

Emma Roberts: What you need to know about freezing your eggs
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What treatment you're offered will depend on why exactly you're struggling to conceive and what's available from your

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local clinical commissioning group (CCG), according to NHS.uk. We asked Dr Marie Wren, fertility specialist and Deputy Medical Director at The Lister Fertility Clinic, to break down exactly what your options are.

Fertility Treatment: Medication, Surgery, Assisted ...

The Fertility Handbook presents a comprehensive, holistic approach to fertility and establishes the facts clearly – particularly for older couple who are trying to conceive. Professor Wingfield has helped hundreds of people to conceive over the last 30 years and in this pragmatic, comprehensive and accessible book she offers hope for anyone who wants to maximize their chances of pregnancy.

Prof Mary Wingfield launches new book -

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Merrion Fertility You Need To

According to Kristin Hayward, Fertility & Birth Expert at Zoe Clews & Associates, "We're humans and it's a natural desire to reproduce and create a family. When this doesn't happen naturally and easily it feels like a failure, unfair, wrong — people feel like a failure when they don't "fit" into what society, even in modern times, still expects as the natural progression.

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