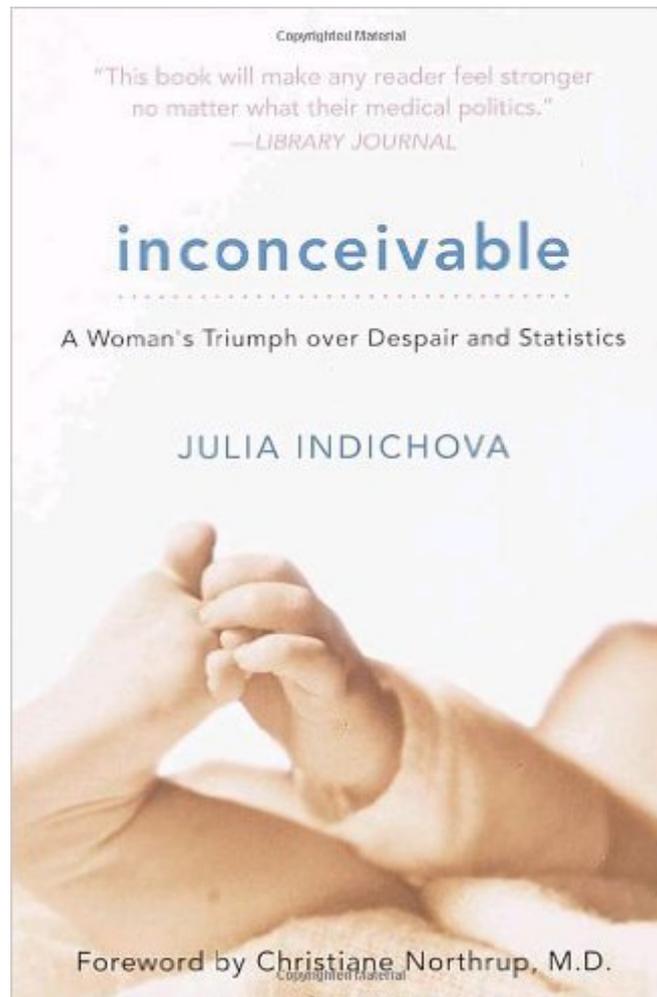


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# Inconceivable: A Woman's Triumph Over Despair And Statistics



## Synopsis

A memoir of hope for the thousands of women struggling with infertility, from one who beat the odds by simply tuning in to her body and tapping her well of sheer determination. At a time when more and more women are trying to get pregnant at increasingly advanced ages, fertility specialists and homeopathic researchers boast endless treatment options. But when Julia Indichova made the rounds of medical doctors and nontraditional healers, she was still unable to conceive a child. It was only when she forsook their financially and emotionally draining advice, turning inward instead, that she finally met with reproductive success. *Inconceivable* recounts this journey from hopeless diagnoses to elated motherhood. Anyone who has faced infertility will relate to Julia's desperate measures: acupuncture, unidentifiable black-and-white pellets, herb soup, foul-smelling fruit, even making love on red sheets. Five reproductive endocrinologists told her that there was no documented case of anyone in her hormonal condition getting pregnant, forcing her to finally embark on her own intuitive regimen. After eight caffeine-free, nutrient-rich, yoga-laden months, complemented by visualization exercises, Julia received amazing news; incredibly, she was pregnant. Nine months later she gave birth to a healthy girl. Unlike the many infertility books that take a clinical approach, *Inconceivable* simply professes the wisdom of giving expert status back to the patient. Julia's self-discovery, and her ability to see her body as an ally once again, yield a beautiful message about the importance of honoring the body's innate powers, and the power of life itself.

## Book Information

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## Customer Reviews

Far from adopting the attitude that "all infertility doctors are jerks and out to take their patients' money" as one reviewer asserts, Indichova sought alternatives when her doctors gave her no hope of conceiving with her own eggs. In conjunction with adopting a myriad of lifestyle, dietary and other changes, Indichova continued to periodically assess her medical condition with conventional Western doctors. In fact, if this reviewer had really read the book carefully, he/she would have remembered that Indichova had an appointment with yet another RE to discuss the viability of an ART procedure based her decreasing FSH levels on the day that she learned she had beat the odds and conceived her much-wanted second child! Some of the reviewers seem to have a negative attitude about anything that doesn't fall within the strictures of conventional Western medicine and thereby assign the corollary attitude (incorrectly!) to Indichova (that she is into "hocus pocus" and "wacko" stuff and disparages Western medicine (she does not). I will agree with the reviewers who've noted that this may be a tough book to swallow for those infertility patients who are struggling with primary infertility \*and\* have never conceived any children. Indichova suffered secondary infertility, and until I emotionally reached the point where I desperately want a 2nd child (my first miracle baby was IVF 3 years ago), I too would have had little sympathy for someone in Indichova's position. My perspective now is definitely different, but women who've never conceived any children should be forewarned of Indichova's situation. I've been diagnosed with diminished ovarian reserve, and though my FSH numbers aren't high, I've been largely written off as a lost cause by Western medicine.

I was diagnosed with endometriosis about two years ago and had laproscopic surgery six months later. I tried to get pregnant for about two years, before and after the surgery, to no avail. I did two IUI's, which didn't work and finally decided on my 37th birthday to move on to IVF. My husband and I went to see a high-flying fertility doctor in Manhattan and he gave us a pep talk about IVF, saying that I was an ideal candidate. He did some routine hormone tests and I resigned myself to doing the procedure, though my heart wasn't in it. I did a day 3 FSH test on a Sunday and got a call later that day from a nurse who reported back to me that my hormones looked fine except for my FSH, which was worryingly high. I didn't even know what FSH was and she said that all she could tell me is that I may have "premature ovarian failure". I just about dropped the phone. What? I asked her to please give me more information because I was very disturbed to hear this out of the blue. She said she couldn't tell me anything else and my doctor was not available until midday Monday. I asked her what made her think it was ok to phone someone on a Sunday and give them half-baked information

without being able to explain exactly what she is reporting. She replied curtly, "What did you want me to say, that everything was just fine?" She told me my FSH was 17.8 and that the "cut-off" for IVF was 12 or 14. I looked this up on the web after talking to her, desperate for information, and read numerous reports confirming this. What I read turned my blood cold. "You're as good as your highest FSH, even if the number comes down later." "No live births above an FSH of 17." "Premature menopause." I went into shock.

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