

My Go-To Fertility Resources

Books

'The Fertility Bible' by Stacey Roberts

Most Commonly Overlooked Areas and How To Address Them. A refreshing focus on what is possible regarding your fertility. BONUS INFO: What your doctor may not have told you about male and female fertility

[The Fertility Bible](#)

'Brighton Baby' by Dr. Dittman

A Revolutionary Organic Approach to Having an Extraordinary Child - The Complete Guide to Preconception & Conception is about helping couples achieve optimal health - mentally, physically, emotionally, and spiritually - before you conceive your future child.

[Brighton Baby](#)

'It Starts With An Egg' by Rebecca Fett

Based on a comprehensive investigation of a vast array of scientific research, this book reveals a groundbreaking new approach for improving egg quality and fertility.

[It Starts With An Egg](#)

'Your Healthy Pregnancy with Thyroid Disease' by Dana Trentini and Mary Shomon

At minimum, 27 million Americans have thyroid disease. Despite being the majority of thyroid sufferers, women rarely know that thyroid problems increase their risk of pregnancy complications, including infertility, preeclampsia, miscarriage, premature delivery, and low birth weight. This awareness gap affects patients and doctors, who know little about the ramifications of an undiagnosed or under-treated thyroid condition on a mother and her unborn baby.

[Your Healthy Pregnancy with Thyroid Disease](#)

'Two Week Wait' by Sarah Rayner

A memorable and moving page-turner about two very different women, each yearning to create a family of her own

What if the thing you most longed for was resting on a two week wait? From the author of the international bestselling *One Moment, One Morning*, comes a moving portrait about what it truly means to be a family.

[Two Week Wait](#)

'An Abundant Life' by Dr. Ezzie Spencer

The book is a step-by-step guide to flourishing with the cycles of the moon. You'll discover how to craft intentions, and work with natural ebbs and flows, to cultivate peace, stability, and purpose in your personal and professional life.

[An Abundant Life](#)

'Nourishing Traditions' by Sally Fallon

This well-researched, thought-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels. Sally Fallon dispels the myths of the current low-fat fad in this practical, entertaining guide to a can-do diet that is both nutritious and delicious.

Topics include the health benefits of traditional fats and oils (including butter and coconut oil); dangers of vegetarianism; problems with modern soy foods; health benefits of sauces and gravies; proper preparation of whole grain products; pros and cons of milk consumption; easy-to-prepare enzyme enriched condiments and beverages; and appropriate diets for babies and children.

[The Nourishing Traditions](#)

'The Happy Cookbook' by Lola Berry

Australia's favorite nutritionist Lola Berry is here to help you discover other key pillars of happiness and wellness, including exercise, mindfulness, sleep and mental health, while offering professional advice and tales from personal experience. Based on nutritious whole foods, these recipes are gluten-free with minimal dairy and no refined sugar.

[The Happy Cookbook](#)

Websites/blogs

The following websites are my personal go to for healthy fertility-friendly recipes, blog posts, natural personal care & cleaning products and latest research.

<https://circlebloom.com/>

<http://www.fertilemindset.com/>

<http://www.greenmedinfo.com/>

<https://chriskresser.com/>

<http://www.gapsdiet.com/pregnancy-and-baby.html>

<http://empoweredsustenance.com/>

<http://www.culturesforhealth.com/>

<https://www.westonaprice.org/>

<https://mindd.org/preconception-care-enhancing-your-fertility-and-babys-health/>

<https://www.nourishedlife.com.au/>

<https://www.annmariegianni.com/>

<http://www.thenaturalskincarecompany.co.uk/>

<http://www.ewg.org/skindeep/>

Podcasts

[Lunar Abundance](#)

Practical strategies (and interesting info!) about how to create more joy, ease and abundance in sync with the moon cycle.

[The Fertility Podcast](#)

The Fertility Podcast focuses on all the different ways infertility affects you starting a family from the male and female perspective.

How to get Healthy and get Pregnant

This fertility podcast helps you to cut through the noise and zone in on what really matters to help you get healthy and get pregnant. It integrates the best of Western medicine with Chinese medicine, and provides a fresh perspective on the topic.

Creating a Family

Talk about Adoption and Infertility. Since 2007, we interview leading experts on infertility and adoption each week to bring you unbiased accurate information on all aspects of adoption and infertility. In adoption we cover how to adopt a baby, open adoption, foster care adoption, international adoption, attachment parenting, transracial adoption, special need adoptions and more. In infertility we cover latest advances in in vitro fertilization, artificial insemination, infertility medications, emotional aspects, egg donation, surrogacy, how to choose an fertility clinic and much more.

Apps

My Moontime

My Moontime App tracks your female creative potential - for babies, business, or better relationships. My Moontime helps you create with greater ease.

Fertility Friend

Fertility Friend is the most trusted and accurate fertility tracker. This app is an advanced ovulation calculator, menstrual calendar, fertility chart and period tracker.

EWG's Healthy Living

From food to shampoo – we are exposed to chemicals every second, yet we know very little about them. To navigate this complicated world and make safer choices, EWG combined two of our most popular resources to form our Healthy Living App. Now, the product health and safety ratings for over 200,000 food and cosmetics products are simply one click away.



Erika Morvay is a Naturopath, holistic Nutritionist and a Fertility Coach.

She has over a decade of work experience within the natural therapies industry with a real passion for women's health, preconception care and fertility. She has recently completed the [BioCeuticals](#) 'Baby Maker' mentoring course with a fertility specialist Stacey Roberts, so she can support more couples to become conscious parents of healthy children.

Erika strongly believes that every woman possesses the deep 'knowing'- the inner wisdom and power to create the life of her dreams, on her own terms.

She feels honoured to be supporting, educating and empowering women on their fertility journey; one of the most transformational journeys in life.