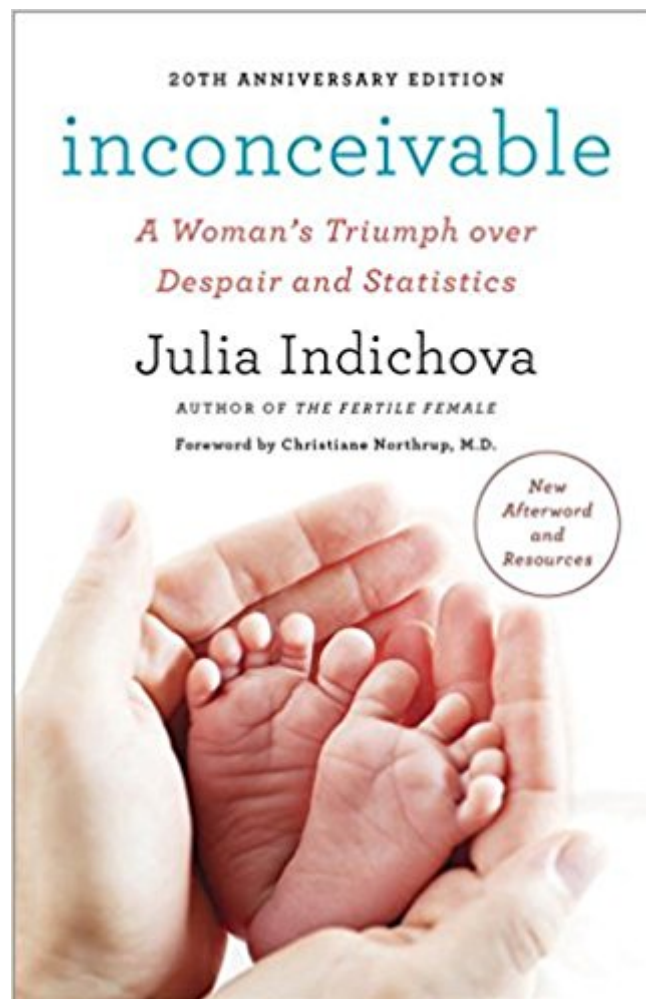


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# Inconceivable: A Woman's Triumph Over Despair And Statistics



## 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 "how-to" 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.

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## Customer Reviews

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 "how to" 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.

JULIA INDICHOVA is the founder of FertileHeart.com, one of the few independent fertility related advocacy groups with a global community of patients and healthcare providers. The website offers a wide range of support services such as studies, Guest Teacher Teleconferences, and ongoing fertility -support-circles for US residents as well as European and international participants.

Indichova's work and story have been featured on the The Oprah Winfrey Show, Good Morning America, Oxygen, and NPR's 51%, as well as in Natural Health, San Francisco Chronicle, People magazine, Health magazine, USA Weekend, and other outlets. Her second book The Fertile Female: How the Power of Longing for a Child Can Save Your Life and Change the World documents her original mind-body program The Fertile Heart, the Ovum Practice developed through a decade of and a half of counseling and research.

I found this book when my RE told me my fsh was 10.5. End of the world. The book is a cute story of her journey but she won't tell you exactly what helped her. She tried a whole bunch of alternative

remedies to lower her FSH which eventually went down from 42 to 21, but the month she conceived it was 30 if I am not wrong. This I believe is to prove that you can get pregnant with a high fsh. When she got pregnant finally, in the book I just started crying, not from happiness but from despair because that is not me. I am glad it worked for her and I wish it was as "simple" as that and I wish everyone had a happy ending like she did. She got pregnant in the 90s. If she was trying today she would have tried reiki and bodytlak as well. I know of another woman, one mom in my child's class, who had a similar story. failed IUI then failed IVF. Doctors told her her FSH is too high and her husband's sperm is useless. she tried and tried and tried during her fertile window She gave up. She already had 2 kids, she wanted a 3rd one. She got pregnant randomly, without trying during her fertile time, then she got pregnant again a few years later (was a oopsie) totally unexpected at the age of 46. There is hope.

This book was very helpful to me when I first tried to conceive my first child when I was 37, after trying for 4 years. This book is not a recipe or a miracle pill. What it did for me, was to open the possibility that there was hope beyond statistics and numbers. It helped me have the mindset that I could be empowered in my journey to become a mother, despite the challenges. I ended up becoming pregnant right as I was about to start IVF. Maybe it is a coincidence. Fertility involves many factors. I do believe that feeling empowered in my journey - a tough journey full of challenges - has been key for me. As I now face secondary infertility at 44, trying to have another child, re-reading the book (as well as Julia Indichova's other book *The Fertile Female*) has been a good reminder as I continue the journey to be empowered and find my own way. I would recommend checking out for yourself Julia's website *Fertile Heart* as it provided you with a community and additional resources. I wished that I had done it sooner. I don't have a guarantee for outcome. Yet, I know I feel more empowered, more hopeful, less alone.

This book was a turning point in my life. My pilgrimage towards my future child truly began after I read the *Inconceivable* for the first time. But I wanted to know more and I followed up with purchasing and reading the *Fertile Female* soon after. I finally found the *Fertile Heart* practice and have stuck with it for more than a year and a half. This time interval included me visiting *Fertile Heart Studio* in the beautiful Woodstock, NY, not one but two times. It will take me a while to list all the blessing that this book and this journey has brought me. But to the crux is the gift of shifting my thinking from a victim's point of view to someone who has a choice at every step of the way, and a choice of the way at every level. The deeper I go, the more I heal - sometime knowingly and often

unknowingly. When I read *Inconceivable*, little did I know that it would lead me to this practice, and that this practice would help me in my work life too. But I am grateful that I found this book - somehow while I was desperate looking for someone or something to cure me whatever did or didn't ail me at the time. Thank you Julia for sharing this gem with the world. I don't want to be in the world where there isn't at least one person like you who is courageous and so compassionate.

Great book, any woman interested in conceiving or trying to should read this book!!! I wish Doctors would read it. They seem to think that Clomid or IVF is the only option - they could not be MORE wrong!! I bought a copy for my friend after I read this so she could enjoy it as well. Spread the word - there are so many more options than what most Doctors will tell you. This book is unique in the health and fertility space in that it reads like a novel. Well written.

I am a 34 year old woman who has been diagnosed with very low MIS/AMH and normal FSH. We had been trying to conceive for over a year when I had gone to see a FS. Although I am in the medical field myself I refused to believe that my chances of conceiving were low. I scoured the internet and medical journals for information which was not very positive. I came across Julia Indochiva's website ([Fertileheart.com](http://Fertileheart.com)) and book. Although *Inconceivable* is about secondary infertility I still felt her struggles resonated with the core of how I was feeling: Some despair, sadness, frustration about feeling out of control, and responsible for not giving my husband what he had hoped for. Both my husband and I read *Inconceivable* and felt like the book helped us take the necessary steps in taking control over our situation. Even though there was no guarantee that we would be successful, for the first time in this process we felt like we were doing everything we could in our power before reverting to western medicine to achieve our dream of having a child. I am happy to say that we are now 26 weeks pregnant! This book may have not been an exact duplicate to our situation but it gave us the tools that we needed to renew hope. I highly recommend this book!

Much of the book is anecdotal, meaning the author gives you LOTS of day-to-day details about her routine living habits and the thoughts crossing her mind. I got impatient and bored with this. All I really wanted was the END of the story (the baby) and the things she did to get there. The whole book could have been summed up in less than 10 pages. I enjoyed her collection of shorts from other women, who did just that: They shared their conception stories in just a few paragraphs. Overall, the book was encouraging and gives any woman trying to conceive a little extra hope. But it will try your patience, which is something that women trying to conceive are already short on!!

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