

The Fastest Way to Get Pregnant with Unexplained Infertility

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<https://natural-fertility-prescription.com/get-pregnant-unexplained-infertility/>

I'm often asked what is the fastest way to get pregnant? And how can I get pregnant right away? Unexplained infertility is a growing cause of infertility affecting more and more couples. The good news about unexplained infertility is that the doctors could find nothing wrong with you and your partner's reproductive systems. The bad news is that you can't get pregnant and you don't know how to address it as you haven't been given the clue of what could be contributing to your condition.

Give me the magic pill

Many couples who stumble on our website are looking for the next tip, the next vitamin, mysterious herb, superfood or ancient Chinese trick that would help them get pregnant. So I'd like to clear up this confusion right away:

"There Is No Magic Pill for Pregnancy"

Although there's no magic pill there's a proven, researched, doctor endorsed and client recommended step by step blueprint for getting your body into the best possible shape and state of health for conceiving naturally. But this takes time (at least four months) and it takes some effort, patience and willingness to change certain things in your day-to-day.

Why?

Because you are creating, shaping and maturing your eggs and sperm from scratch. And this process simply takes four months. Ask Mother Nature why she designed it this way, but it's just the way it is and there are no shortcuts if you really want to get to the bottom of it.

5 Steps to Get Pregnant Fast if you Have Unexplained Infertility

1. **'Unexplained Infertility'** just means that the *true cause* has not yet been identified and you need to do further tests to get to the bottom of the issue. And I'm not just talking about further hormone tests but also other tests which may not seem related to your reproductive system, such as your digestive system or your liver or your thyroid gland. They all are connected and all play a crucial role in getting pregnant.
2. **Address and treat the cause** once you've identified the problem. This could be a nutritional deficiency, poor thyroid function, a food intolerance and allergy or a toxin found in your day-to-day products that you are not aware of.
3. **Create optimal growing environment** for your new batch of eggs and sperm. This is an environment that is free of xenoestrogens, specific food additives, and rich in key fertility nutrients at the right amounts.

4. **Shift your focus** from your current mental and emotional attitudes to the new set of beliefs which are positive, abundant and empowering. Infertility can cause serious depression which is not going to help you get pregnant. It's human nature to get depressed and to feel sorry for oneself, but you need to pull out of that vicious cycle of emotions because they will not help you conceive.
5. **Be prepared to go the full length.** One of the major causes of failure be it in business, studying for an exam, cooking a meal from a recipe, losing weight or getting pregnant is skipping steps, cutting corners and trying to speed up the process. If there is a proven method to achieving something, then follow it and be thorough. This is the fastest way of achieving any goal including getting pregnant, be it with unexplained infertility or any of the other common causes of infertility.

What are your thoughts? Are you following a proven step-by-step method or are you trying this and that to see if it works? I'd love to hear from you!