

# Having Difficulty Getting Pregnant? Choices That Will Make You More Fertile

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<https://natural-fertility-prescription.com/having-difficulty-getting-pregnant/>

Nowadays couples wait until they are 30 years old and older before they decide to have children. Some of them may end up having difficulty getting pregnant. Below are 5 tips that will improve your fertility and help you conceive.

## Are You Having Difficulty Getting Pregnant?

### 1. Stop using microwave oven.

Microwave ovens work by emitting high frequency radiation. Around 2.45GHz of electromagnetic radiation is released. This penetrates your food and vibrates the water molecules in the food. Vibrating water molecules produce heat and so cook the food.

Molecules in your body and molecules in food have positive and negative polarities, same as that of magnets. Microwave radiation causes the poles in molecules to rotate millions of times. This super speed polarity reversal generates heat. It also damages the rotating molecules. The high speed reversal tears and breaks the molecules apart. Deformed molecules are generally useless and sometimes, dangerous when ingested.

Another disadvantage to microwave ovens is its inability to heat food uniformly. Some portions of the food may still be cool enough for bacteria to thrive in. Remember, bacteria rapidly multiply in the 4°C to 60°C temperature range.

### 2. Stop eating fast food with Trans Fats.

Trans fat is formed when liquid oil solidifies into fat. This process is called hydrogenation. Hydrogen is added to liquid oils (such as vegetable oil) to increase shelf life. It also enhances flavor. The result - trans fats.

Most of us may be aware that saturated fat and cholesterol are bad for our health. However, very few know trans fats and how they affect our health. Trans fats raise “bad” cholesterol (low-density lipoprotein) in the blood. They also reduce “good” (high-density lipoprotein) cholesterol levels. Increased levels of “bad” cholesterol in the body increases risks for coronary heart disease and infertility. It also increases the risk of couples having difficulty getting pregnant.

### 3. Filter your drinking water.

Water from our taps is rich in rock sediment content. This contributes to high occurrence of kidney

stones. Waterways bringing water to our homes may be polluted. Pollution could be from medical wastes, industrial byproducts, agricultural products and many more.

Heavy metal content in tap water is very high. Heavy metals such as lead and mercury are known to cause infertility. Jet fuel has a high concentration of heavy metals. They spread into the environment from the plane's exhaust residues. They are commonly deposited in seas.

Some old pipes may be lined with lead. This lead can leach into the water. Therefore, always filter your tap water. If you live in an old home, have your pipes checked. Find out what they are made of.

#### **4. Learn to time intercourse.**

“Timing is everything”. A woman is most likely to conceive during the most fertile window in her menstrual cycle - ovulation.

If a couple is having difficulty getting pregnant, they could time intercourse during ovulation. At this time one egg is released from the ovary. It then rolls down the fallopian tube. It then waits for sperm to fertilize it. If no fertilization occurs, the egg will be reabsorbed by the body. This will cause the uterine lining to shed - menstruation.

Every woman has a fertile window – the time she is likely to ovulate. This can be anywhere from Day 9 to Day 19 of the menstrual cycle. Sexual intercourse during this period increases the chances of conception.

#### **5. De-stress**

A stressful lifestyle can increase the risk of premature labor. Delayed and missed periods have also been attributed to stress. Irregular menstruation makes it hard for you to track ovulation. And if you can't track ovulation it will be difficult for you to time intercourse.

To manage your stress levels better start by practicing relaxation techniques. You may want to try yoga or meditation. Also, get adequate sleep as it helps relieve tension. If it's impossible to get 8 hours of sleep every night, make up by having short naps.

A couple having difficulty getting pregnant can overcome it by eating, living and sleeping well. You'd be surprised by how much you can improve your health by simply leading a healthy and balanced lifestyle.

#### ***Source:***

1. [American Pregnancy Association.2011.15 April 2011](#)
2. [FDA U.S. Food and Drug Administration. 2011. U.S. Department of Health & Human Services. 15 April 2011](#)