

# How to Get Pregnant Faster Without Invasive Treatments

by Iva Keene MRMed. ND. - Wednesday, August 03, 2011

<https://natural-fertility-prescription.com/how-to-get-pregnant-faster/>

If you're researching how to get pregnant faster, you've probably come across the connection between poor diet and infertility. In the United States, the standard American diet is full of processed food, trans fatty acids, high fructose corn syrup and unpronounceable items that were created in laboratories. These food substitutes are in nearly every packaged item in the supermarket, making it difficult to eat well without preparing everything from scratch. These non-foods don't just taste bad, though. They rob you of your health and vitality. Here's non-vegetarian fare for those of you who prefer animal products. Veggos, please refer to our other articles on how to get pregnant faster which cover vegetarian and vegan options.

## How To Get Pregnant Faster?

Trying to get pregnant seems like it would not require advance preparation, but this is far from true. The diets that we eat are lacking in most of the nutrients required for conception and early pregnancy. *This leaves our bodies depleted and reduces the chances of conception.* When learning how to get pregnant faster, you see that it is critical that the odds be in your favor each month. Even though it's hard to imagine that taking six months or a year to prepare would save time, eating a nutritionally sound pre-conception diet will prepare your body for conception and pregnancy. Here are some tips to help you learn how to get pregnant faster.

### Great Foods For Preconception Nutrition

1. Shellfish, especially oysters, are an excellent place to begin your pre-conception diet. Nine oysters provide an entire day's requirement for vitamin D, critical for helping to regulate glucose. Vitamin D is also important for uterine toning.

*Shellfish is loaded with zinc and copper. Both of these minerals are required for men's reproductive health and fertility.* Zinc is also necessary for reducing women's stress, directly related to fertility. If you are looking for information on how to get pregnant faster, it's clear that shellfish is a winner. But beware that shellfish is also contaminated with mercury and is highly allergenic. If you have asthma or other allergies go easy on shellfish.

2. Organic liver from grass fed animals may not seem appealing at first glance, but it is a nutritional powerhouse. It can be ground and mixed with hamburger to disguise the flavor or can be served as pate until your palate adjusts to the stronger flavor. *Learning to tolerate or even like liver is how to get pregnant faster.* Liver is high in both vitamin A and D, as well as the K2 required by the body to use it properly. It also contains folate in large amounts. These vitamins are critical in preventing neural tube defects.

Women with polycystic ovarian syndrome often have folate deficiencies. A regular source of folate in the diet, such as liver, can help these women conceive. Many doctors suggest spinach as a folate source

before conception even though an equivalent amount of pan fried chicken livers contain three times as much.

3. Caviar, or fish roe, is very high in omega-3 fatty acids, D, B12, DHA and EPA. *Omega-3 deficiency will lead to reduced fertility in both men and women and is linked with depression.* If you have trouble getting used to the texture of the larger salmon roe, many people find the smaller flying fish eggs more palatable. Bottarga, or dried tuna or mullet roe, can be shaved over pasta or seafood in small amounts. Taramosalata, or Greek spread made from carp roe and mashed potato with olive oil, lemon and vinegar, is creamy and delicious as a dip with raw vegetables.

4. *Even though eggs are one of the most inexpensive animal products, they are full of nutrition.* One chicken egg has 7 grams of high quality protein and are rich in vitamin K2. Pastured eggs are not only less likely to have salmonella, but have more vitamin A, E, D, beta carotene and omega-3 fatty acids than factory farmed eggs.

Contrary to common belief, if your eggs are fresh and from a farm that raises their flock on plenty of pasture, there is no harm to eating the eggs runny or even raw (not while trying to conceive though due to salmonella poisoning risk) . For a real treat, try devilled eggs made with homemade mayonnaise and topped with a small spoonful of salmon roe. When reading about nutrition and how to get pregnant faster, you're likely to see many delicious recipes like this. Food may be your medicine while trying to conceive, but there's no reason you can't enjoy it at the same time.

5. Full fat grass fed organic dairy products, such as whole milk and butter, are excellent sources of vitamin K2 and A. Not only are the vitamins important, but these fat soluble vitamins require dietary fat to be absorbed properly. *Eating lowfat dairy in lieu of these full fat products has been shown to directly lead to decreased fertility.* However dairy is full of cows hormones which can disrupt your own hormones so if you have PCOS, endometriosis or can't get pregnant, only eat dairy in moderation or avoid it completely.

Make sure to spend time reading about nutrition when learning how to get pregnant faster. In some cases, taking the time to prepare your body for conception can make medical intervention unnecessary.