

Increase Chances of Getting Pregnant? Here's How

by Iva Keene MRMed. ND. - Natural Fertility Specialist - Monday, August 01, 2011

<https://natural-fertility-prescription.com/increase-chances-of-getting-pregnant/>

Have you and your partner decided that you want to get pregnant? It's an exciting decision, but not always simple to achieve. If you and your partner have been having unprotected sex without conceiving a baby, it is possible that you will need some help to increase your chances of getting pregnant. For young couples, the American Association of Reproductive Medicine advises seeking professional help after one year. For couples over 35 years old, having a thorough checkup after three months is prudent.

Where Should I Go For Help to Increase Chances of Getting Pregnant?

There are many options when choosing which health care provider will best suit your needs. Most couples start with their gynecologist or obstetrician. These doctors are experts in handling female reproductive problems with the latest drugs and medical procedures. A common mistake is assuming that the woman is responsible for infertility. On the contrary, low sperm count, poor motility & inability to fertilize the egg will drastically decrease the chances of getting pregnant. *If you want to get pregnant, relying on a gynecologist will not be enough.*

What Other Options Are There to Increase Chances of Getting Pregnant?

The extremely focused field of study that gynecologists received in school can be a double-edged blade, making it difficult for them to see infertility as part of the whole. Many times, conditions making it difficult to conceive or stay pregnant are symptoms of larger problems. Naturopathy is another option that you may wish to consider if you want to get pregnant. Naturopaths are equivalent to medical doctors with a four-year post-graduate degree. They are legal everywhere in the United States and some states have begun to issue licensing. A naturopath can evaluate your family's needs, determine whether the infertility is part of a larger problem, and help you to resolve any health concerns that may be hindering the process.

3 Tips to Help You Increase Chances of Getting Pregnant

When you want to increase the chances of getting pregnant, there are many things you can do before scheduling the appointments to get help. Here are a few tips for ways that you can increase your chances of getting pregnant quickly. 1. Most couples are able to get pregnant without any knowledge of the

Increase Chances of Getting Pregnant? Here's How - 08-01-2011

by Iva Keene MRMed. ND. - Natural Fertility Specialist - Natural Fertility Prescription - <https://natural-fertility-prescription.com>

reproductive system. Once infertility complicates matters, though, even having a basic understanding of how pregnancy occurs will help. Eggs and sperm have limited viability, so timing intercourse properly is helpful. Learn to watch for signs of fertile cervical fluid and charting basal body temperature (BBT). *If you need to get help, bringing the charts along will help your health care provider to properly diagnose the problem.* The best book currently available is called Taking Charge Of Your Fertility. The author, Toni Wechsler, also has an inexpensive online service that will store and interpret the data for you, telling you the optimal days for trying to conceive.² Fertility in both men and women is affected by being physically fit. *It isn't necessary to be the perfect size when you want to get pregnant, but weight does matter.* Being underweight can cause ovulation to cease and obesity can cause problems with the embryo's implantation. Even the man's weight matters. Obese and underweight men have lower sperm counts than men in a healthy weight range.³ *Stress matters when you want to increase the chances of getting pregnant.* Stress has been shown to repress ovulation and alter the length of the menstrual cycle. There are some studies suggesting that stress can cause malformed sperm production or low sperm count. Cortisol, the hormone released in stressful situations, will affect the production of other hormones. It may be difficult to sustain pregnancy past the first trimester during extreme stress. When you want to increase the chances of getting pregnant, there are lots of things you can do to make it happen faster. Take the time to work on getting fit, eating a well-balanced diet, and exercising. Losing or gaining a few pounds might help, but not at the expense of eating nutritious food. Chart your temperatures and if you end up needing to see a health care provider, this information will prove invaluable. Before you know it, you will be holding a baby of your own.

Related Articles

- [Stress Does Impact Your Fertility... But How?](#)
- [Ovulation Chart – How to Use it](#)
- [Things that Cause Miscarriage – 7 Things That Can Harm Your Fetus](#)
- [\[Story\] Rossi Gave Birth at 46, After Trying Almost Everything!](#)