

Natural Fertility Treatments For Less Than A Pair of Shoes

by Iva Keene MRMed. ND. - Friday, July 08, 2011

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Inexpensive Natural Fertility Treatments

Fertility treatments are not necessarily expensive, especially if they are natural fertility treatments. Here are 4 inexpensive fertility tips you can try to improve your chances of getting pregnant.

1. Increase your intake of fruit and vegetables

Because fruit and vegetables are full of essential nutrients and fiber, they should be part of your daily diet, and they make great inexpensive natural fertility treatments. The journey to becoming a parent can be physically and emotional demanding and you will need all the nutrients and energy you can get. It takes 3 months for dietary changes to take effect so you should start eating a healthier diet as soon as you know you want to try to become pregnant. As well as helping your fertility levels, this will ensure that by the time you get pregnant, you can provide your baby with adequate nutrients while keeping yourself healthy as well.

Fruits and vegetables are rich in beta carotene, a nutrient needed in the development of your baby's cells and tissues, immune system and vision. These food groups also have vitamin C which is a key factor in the formation of healthy teeth and bones and also helps strengthen collagen and ligaments in the body. They also contain Potassium, which helps regulate blood pressure and Folic acid, which promotes healthy weight and protects your baby from neural defects.

Fiber found in fruits and vegetables can help regulate bowel movement and prevent hemorrhoid formation, which are common health problems during pregnancy.

2. Take a good quality multivitamin

Prenatal vitamin supplements are especially formulated for pregnancy. Many of the contents will be the same as normal supplements, but the levels are different. Regular multivitamins won't hurt you, but they won't help you as much as those that are specifically formulated for pregnancy. Contrary to what others may believe, prenats are NOT the same thing with a different label.

3. Eat good quality plant proteins from seeds, nuts and beans

Natural fertility treatments can come in the form of beans, which are a great source of protein, as are lean meat, poultry, fish and eggs, milk, cheese, tofu, and yogurt. While animal products contain complete proteins (all eight essential amino acids) and other plant sources generally don't, eating a variety of foods throughout the course of the day will help ensure that you get all of the amino acids you need.

Eat three or four servings of protein daily and you'll be well on your way to eating right for a healthy

pregnancy and baby. (Your prenatal daily requirement of 70 grams is the equivalent of two glasses of milk, a 5-ounce chicken breast, and two cups of yogurt, for example.)

You don't have to get the recommended amount of protein every day. Instead, aim for that amount as an average over the course of a few days or a week.

Most women in the United States regularly eat more protein in a day than they need, so you probably won't have any trouble meeting your body's needs during pregnancy. If you don't eat meat, you can meet your protein requirements through other sources, including dairy products, beans, or soy products.

4. Meditate and use visualizations.

Women who suffer from depression are twice as likely to have problems with fertility as women who don't and are in need of natural fertility treatments, according to Alice Domar, director of the Domar Center for Mind/Body Health at Boston IVF. As she points out, "If someone is clinically depressed, she can barely take care of herself, much less a baby. From an evolutionary point of view, it makes sense that it's hard to get pregnant when you're depressed."

You also may want to try stress management techniques, such as yoga and meditation, two natural fertility treatments which research suggests can help depressed women conceive.