

Infertility Solution That Delivers Healthy Babies

by Iva Keene MRMed. ND. - Wednesday, July 06, 2011

<https://natural-fertility-prescription.com/natural-solutions-to-infertility/>

An infertility solution can be natural or medically assisted. The Natural Fertility Prescription (NFP) program offers natural solutions to infertility. It is a program that is geared towards lifestyle and dietary change. It encourages you to take vitamin and mineral supplements, have adequate sleep and exercise regularly. It also teaches you that your emotional state and your environment play a huge role in your fertility. The Natural Fertility Prescription program may have success with as many as 80 % of all infertility cases.

In Vitro Fertilization, Artificial Insemination and Embryo transfer are medically assisted solutions. Although these medical procedures promise great results, they are not 100 % effective and are also very expensive. There are a lot of natural options for boosting fertility that you should try before embarking on medical procedures. The natural options are affordable, need less time, have no side effects, are good for your general health, and are much less invasive.

Natural Solutions to Infertility

Below are examples of the natural solutions to infertility which you can find in the Natural Fertility Program.

Hints on Intercourse for conception

How intimate you are with your partner affects your fertility. Certain positions and behaviors have been said to improve your chances of getting pregnant. Remember not to use lubricants during intercourse when you are trying to get pregnant. Some lubricant brands contain spermicides while some, though with no spermicidal content, are so viscous that sperm will find it very hard to swim through to the egg. After intercourse, stay in bed for about 20 minutes to give time for the sperm to swim through to the uterus and finally to the egg.

Yoga

It is well-known that yoga is a good form of exercise that not only tones your body but relaxes your mind as well. But did you know that there is one form of Yoga that boosts fertility too? Regular Yoga is combined with specific positions which are intended to aid fertility. You not only enjoy the health benefits of this ancient art, you get to bond with your partner as well.

Hydrotherapy

Hydrotherapy is another one of the natural solutions to infertility which works by improving blood circulation. Inadequate circulation in the reproductive tract leads to faster ovarian aging and dehydrated fallopian tubes. Hydrotherapy also reduces stress. When a couple has been trying to get pregnant for far

too long, tensions can build up in the relationship, damaging the intimacy between them and so lessening their chances of having a baby. Hydrotherapy can help remove tensions in the body, making both partners more relaxed, an important pre-condition for conception.

Acupuncture

Acupuncture may also help increase your chances of success. This ancient Chinese art works by relaxing your muscles and so increasing your fertility. Needles are placed at specific acupuncture points. In 2004, a study in Colorado showed that 51 % of women who had acupuncture in conjunction with In Vitro Fertilization were able to conceive whereas only 31 % of women who had In Vitro Fertilization alone were able to conceive.

There are a lot of natural solutions to infertility out there which target stress, depression, relationships and overall health. Many couples who were unable to conceive even after months of trying were able to get pregnant after following the Natural Fertility Prescription program. It is not a surprise that so many medical specialists and doctors recommend this program. Everything needed for increasing your fertility is detailed in the program - from what you need to eat to how you should live. On top of that, NFP also offers you a money-back guarantee! Since there are so many natural solutions to infertility out there, it is wise to try them before any medical procedure. If you plan to follow a natural fertility program, inform your doctor first and ask him if the program you are interested in is suitable for you.