

## **Tips On Trying To Conceive – Without Medical Intervention**

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<https://natural-fertility-prescription.com/tips-on-trying-to-conceive/>

Would you like some tips on trying to conceive without medical intervention?

One of the most important tips on trying to conceive is removing processed carbohydrates from the diet. How do these foods affect the reproductive system and what can be done about it?

### **How Does Sugar Affect Fertility?**

In 1939, Dr. Weston Price wrote in *Nutrition and Physical Degeneration* that he believed that one of the causes of declining fertility rates in European countries was processed grains. The nutrient-dense germ of the grains was removed in the refining process, leaving nutritionally void starches that rapidly broke down into simple sugars. When considering tips on trying to conceive, remember that elevating blood sugar affects both male and female fertility. Researchers evaluated the correlation between fertility and the carbohydrates in a woman's diet. *Women whose diets were higher in carbohydrates were 92% more likely to be anovulatory than women with low carbohydrate diets.* The number of carbohydrates eaten is not the only factor in determining how to conceive. Glycemic index, the way to measure how rapidly the blood glucose rises after eating, affects the odds of infertility. Insulin is a hormone used to control how quickly sugars and starches are converted into fuel or put into storage. Avoiding refined sugars help to prevent rapid rises in blood sugar, limiting the insulin in the bloodstream.

### **What Is PCOS?**

Healthy women have a small number of male hormones, but excess insulin leads to their overproduction, leading to weight gain. In women, it can prevent ovulation and cause male pattern hair growth. These symptoms are often referred to as polycystic ovarian syndrome (PCOS). *This disorder is one of the top three causes of infertility.* The male hormones are responsible for causing follicles that do not mature properly and mature eggs that are unable to be released from the ovaries and eventually become ovarian cysts.

### **What Else Does Sugar Do?**

It is important to recognize that PCOS is not the only way that sugar influences how to conceive a baby. Obesity, often a result of poor dietary choices, is directly responsible for poor quality semen. Excess body fat in women also inhibits the production of hormones required for conception. The production of another hormone, called sex hormone-binding globulin (SHBG) is prevented by excess insulin. SHBG helps determine which cells are affected by testosterone. This is a vicious cycle, where high insulin levels stimulate male hormones and exaggerate the consequences of these excess hormones, eventually leading

to the release of more insulin.

### How Does Diabetes Affect Fertility?

Over time, as the body is repeatedly exposed to excess insulin, it begins to develop a resistance to its effects. Insulin resistance is responsible for weight gain. If left to progress without dietary change, this often leads to adult-onset diabetes. *Sperm from diabetic men are more likely to have genetic damage.* Being aware of the effects of insulin resistance is important when studying tips on trying to conceive.

### Tips on Trying to Conceive

*1. The first step in stabilizing blood sugar and preventing insulin resistance is to eat a diet rich in whole foods, passing over refined carbohydrates in favor of unprocessed grains.* The additional protein and fiber found in unprocessed grains will give the food a more favorable glycemic index and help avoid unnecessary insulin spikes.*2. If going without sweeteners is prohibitively difficult, consider alternate sweeteners.* Stevia is a very sweet, calorie-free herb that is packaged as extracts or powder. Very small quantities of it are required to sweeten food. Luo han guo is a calorie-free sweetener made from green Chinese fruit. Sugar alcohols, such as xylitol, are not calorie-free but have a more favorable glycemic index than sugar.*3. Some studies are beginning to show that cinnamon can help reverse insulin resistance and regulate blood sugar.* Participants in these studies consumed as much as six grams of cinnamon per day. When you are learning tips on trying to conceive, making sure to evaluate your diet for excess refined sugar can make a big difference. For couples with no other risk factors, it may not matter, but if there are other risk factors making conception difficult, it may make all the difference. What are your thoughts on having a baby without medical intervention? Do you have any tips on trying to conceive? Would love to hear from you!

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