



Getting Pregnant: The Natural Approach

Revealing the Secrets to Increase Your Fertility

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Introduction

For many women, conceiving and giving birth is the most natural thing in the world. And it should be. It is the ultimate fulfillment of womanhood. It is, in fact, a part of our biological nature as humans.

Unfortunately, not all women believe that this is true at all. There is no ignoring the fact that many women around the world are facing problems with fertility. Not being able to conceive children is perhaps the most depressing and challenging problem a woman could ever face in her life. Therefore, she needs all the support and help she can get from friends, family, health providers, and most importantly, her partner.

A lot of women facing infertility issues have turned to expensive methods with the belief that, the more money you invest in a treatment, the higher chances are of a cure. Some hopeful mothers have been led to false information and been told wrong diagnoses. As a result, many feel as if they are still groping in the dark while facing this issue.

If you are one of these women facing troubles with infertility, chin up. There is still hope for you. Something can still be done to resolve your problem so you can still live to see your children, and even your grandchildren.

The following chapters of this ebook will tell you everything you need to know about infertility and how you can get pregnant naturally. No painful procedure and expensive medications. Just natural methods that are safe and affordable.

Part I: Understanding Fertility and Infertility

To achieve your goal to get pregnant fast and naturally, you need to have a deeper understanding of what fertility and infertility are all about. Only when you are able to recognize what your body is telling you, will you be able to address the problem and choose the perfect solution.

The following chapters will discuss about the definitions of fertility and infertility as well as their signs and causes.

Chapter 1

What is Fertility?

Fertility is the ability to conceive and bear children. In other words, it is a woman's ability to become pregnant as a result of a normal sexual activity with a man.

Women generally start to become fertile between the ages of 10 and 16 when they start to go through puberty and begin menstruating. Naturally, once a woman starts her menstrual cycle, she can now become pregnant if she engages in an unprotected sexual activity. Cycles can be irregular for the first couple of years and many girls do not ovulate every month.

A woman's fertility will hit its peak at the age of 27 and slowly declines at the age of 30 and every year after that. That is why many older women have trouble getting pregnant. During the peak of fertility, a woman is only fertile for three to four days every cycle. This is because an unfertilized egg can only survive for 24 hours.

Signs of Fertility

You can find out for yourself if you are fertile and can conceive a baby. Here are the basic signs that should tell you your own fertility status:

Basal Body Temperature

BBT is your body's temperature before doing any activity for the day. This is taken in the morning before you get out of bed. Your BBT when you are fertile is slightly higher than your normal temperature before your cycle. It will usually rise between 0.4 and 0.8 F on the day of ovulation.

Cervical Fluid

Your cervical mucus or vaginal discharge varies throughout the month and the mucus is an indicator of fertility. When you check your mucus, note the color changes. You are at "high fertile

stage" when your mucus is thin and transparent. It has stretchy properties and this type of mucus is also called "egg white cervical mucus".

Cervical Position

During your cycle, your cervix changes position. During the beginning of your cycle and after ovulation, your cervix is in a low position. It rises to a higher position just before and during the ovulation period.

Chapter 2

What is Infertility?

Contradictory to fertility, infertility is the inability to conceive and bear children. Many people, both men and women, may be infertile during their reproductive years. They may not be aware of the condition at the time because they were not yet seeking to have any children.

Causes of Infertility

Approximately 6.1 million women in the United States are having fertility problems. That makes 10 percent of the total population of women in the world.

A woman might feel or have a hunch that she could be infertile when has not gotten pregnant after six months to a year of unprotected sex. Even a miscarriage can be an indicator of infertility. A miscarriage is a failed pregnancy experienced by women whose growing fetus was not able to complete its nine-month development stages in the womb and eventually dies. If a woman had an episode of a miscarriage, she is a likely suspect of infertility.

There are several major causes of infertility in women and knowing these causes will give you an edge in terms of deciding the right methods of treatment should you decide to get any.

Here is a list of some of the major causes of infertility in women that you know about:

Polycystic Ovarian Syndrome (PCOS)

PCOS is one of the main causes of infertility for women. In the United States alone, 1 in every 40 women suffers from it. This disease occurs when cysts develop in the woman's ovaries making it unable to function. When a woman has PCOS, she will experience irregular menstrual cycle and therefore increase the probability of becoming infertile. This condition is even more depressing to bear due to the fact that there is no known cure for it because doctors could not identify its causes.

Uterine fibroids

Upon reaching the age of 30 and above, you are at a greater risk of the development of fibroid tumors in the uterine. While these tumors are mostly benign, they can block your fallopian tubes and consequently make you infertile.

Ovulation disorders

One of the most recognized culprit of infertility for women is a disorder in the process of ovulation. Ovulation takes place when the ovary releases an egg down to the fallopian tube where it will become fertilized when it meets a sperm. But, there are a few cases where a certain part of the brain responsible for ovulation is disrupted and decreasing the levels of important hormones in the process. These hormones aid ovulation. This small yet caustic abnormality prevents the ovary from releasing the egg.

Endometriosis

A problem in the lining of the uterus can also be a cause of infertility for women. This condition cuts down your chances of getting pregnant as uterine tissue grows outside of the uterus and oftentimes affecting the ovaries, uterus and fallopian tubes. This

growth is also known as endometrial cyst which is common in the ovary and can either be benign or malignant.

Age

A woman's rich reproductive age is in her early and mid-twenties and starts to decline in her late twenties and every year after reaching the age of thirty. Fertility declines rapidly as we age, especially in women, because our general health also declines.

Part II: Natural Methods to Increase Fertility

If you are wondering if there are any methods to help you get pregnant naturally, the answer is yes. Are they obtainable, simple, affordable, and most importantly, effective? The answer to all of the above questions is a big YES.

If you have been fed up with all the expensive tests and medications that you have been taking that do not work, try solving the problem using natural methods. This section will discuss about some of the natural alternative methods that women suffering from infertility can give a try to start the process of increasing their chances of getting pregnant.

Are you ready?

Chapter 3

Traditional Chinese Medicine: Acupuncture

Traditional Chinese medicine (TCM) dates back to three thousand years ago and is believed to cure many illnesses known to man. It includes:

- Acupuncture
- Moxibustion
- Herbal medicine
- Tui-na bodywork and
- Diet therapy

TCM is ancient science, yet its theories and treatments are still relevant to modern health and medicine.

Acupuncture

Acupuncture, combined with herbal medicine has been used for centuries to treat some causes of infertility and also relieve symptoms of pregnancy such as nausea and vomiting.

How is it done?

Acupuncture involves the use of needles but nothing the same as how they are used in surgeries. Its intention is to promote health and alleviate physical pain and suffering. Our body is believed to have energy points and the perspective of an acupuncturist is to tap into these points using needles to release the flow of blocked energy into the body thus promoting health and

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