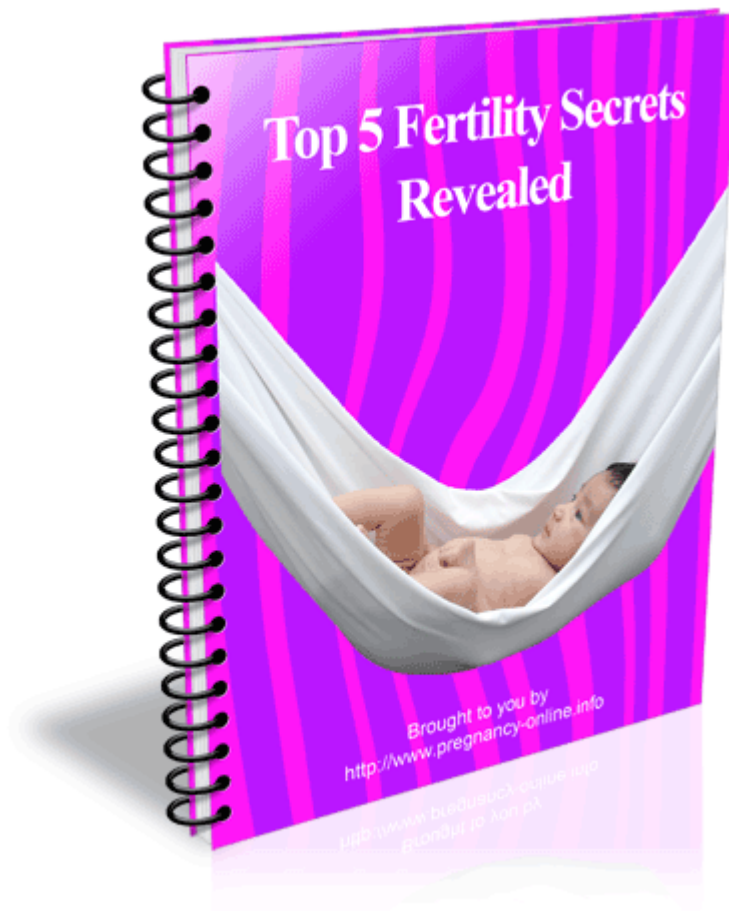


Top 5 Fertility Secrets Revealed

by Melinda Stevens



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Hi,

thanks for downloading my free report. Let me introduce myself first:

My name is **Melinda Stevens** and I'm a happy mother of a 2-year-old boy. I always thought I might be infertile, until I discovered an E-Book called "[Fertility Secrets Handbook](#)", written by a Swedish woman called Helene Kvist, who first became pregnant at the age of 41 and now has 3 children. Her book is all about **secrets** to increase a woman's fertility.

Only 4 months after I started using the methods described in Helene's book, **I got pregnant** at an age of 37. This book really **changed my life**, and therefore I decided to share some of the secrets with fellow women who are trying to get pregnant.

Before coming to the actual tips, I would like to explain what happens during a **menstrual cycle** and how it affects your chances to get pregnant.

A Menstrual Cycle

With every menstrual cycle, your body **prepares** for a pregnancy. An average cycle takes 28 days to complete, and can be divided into three phases: the follicular phase, the ovulatory phase (ovulation), and the luteal phase.

The **follicular phase** is the first phase of your period. It starts on the first day of your monthly cycle:

- Your brain releases the **hormones** FSH (follicle stimulating hormone) and LH (luteinizing hormone). They travel through your blood to the ovaries.
- The ovaries contain follicles that house **immature eggs**. The hormones FSH and LH then stimulate the growth of these eggs.

- Usually, only one of these eggs will **mature**. The dominant follicle suppresses all other follicles. These other follicles will stop growing and die.

About 14 days before your next menstruation starts, the **ovulatory phase** (ovulation) begins:

- The mature egg breaks out of its follicle. The ovary then releases this egg. This process is called **ovulation**.
- Your **fallopian tubes** grab hold of the egg, using finger-like projections.
- During this ovulatory phase, your **cervical mucus** increases in volume and changes its texture. (The cervical mucus is necessary for conception. It helps keeping the sperm alive while the sperm travels to your egg.)

Right after ovulation, the **luteal phase** begins:

- If sperm reaches the egg and **fertilizes** it, the fertilized egg will travel through your fallopian tube into your uterus. It will implant itself into your uterus. You are pregnant.
- If not fertilized, the egg **dries up** and leaves your body about 2 weeks later through the uterus. The lining of your uterus breaks down and sheds. Your next menstrual period begins.

The Top 5 Fertility Secrets

1. Finding your most fertile days

Your highest chance to get pregnant is around your **ovulation**. Your

most fertile period starts about 4 days before ovulation, and ends about 24-48 hours after your ovulation.

You have several **options** to find out your personal ovulation date:

1. The **basal body temperature** method:

During the first half of your monthly cycle (the follicular phase), the **hormone** Estrogen helps your ovaries to produce the egg. After your ovulation, the hormone Progesterone dominates.

The higher levels of **Progesterone** after ovulation increase your basal body temperature. Given this fact, an increase in body temperature indicates that your ovulation has started.

For this method to work, you need to take your **body temperature** every day and chart the patterns of the temperature change.

After ovulation, you should notice a rise in your body temperature (normally about 0.4 to 1.5 degrees). When **charting** your temperature over some months, you should start seeing a pattern. You can then estimate the date your ovulation starts.

2. **Counting** the days:

Counting the days is an easy, but **less secure**, method.

Ovulation starts approximately 14 days before your next period begins. To find out when your ovulation starts, you just have to count the days **backwards**. E.g. if you are on a 28-day monthly cycle, your ovulation should start on the 14th day of your period. If you are on a 30-day cycle, your ovulation should start on the 16th day.

3. Checking your **cervical mucus**:

During ovulation, your cervical mucus **increases** in volume and **changes** its texture. The mucus becomes slippery and clear, a little bit like raw egg white.

To check your mucus, **insert** a finger in your vagina and collect some mucus. Remember to wash your hands before inserting a finger to **avoid** transmitting bacteria.

2. **Body weight**

I'm sure you have heard of the overall **negative** effects of being overweight. This is also true when it comes to women's fertility.

An index called the **Body Mass Index** (BMI) is used to categorize the overweight a person has.

You can calculate your BMI by using this formula:

$$\text{BMI} = 703 \cdot \frac{\text{weight (lb)}}{\text{height}^2 (\text{in}^2)}$$

A BMI of 19-25 is considered normal and healthy, while a BMI of 26-29 indicates **overweight**. Women with a BMI over 30 are called **obese**. A BMI of 40+ indicates extreme obese.

Studies have shown that women with a BMI higher than 32 have **lower** conception rates.

Fertility doctors often **advise** women who are obese, to consider losing some weight before undergoing fertility treatments.

Underweight, on the other side, can cause infertility, too.

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