

# ***Get Pregnant***

## ***Cure Infertility Naturally***



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*Get Pregnant: Cure Infertility Naturally*

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# Disclaimer

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# Introduction

Far too many people struggle to fall pregnant and conceive a child naturally. This generally drives most people to visit a doctor or specialist to find out why they have so much trouble conceiving and giving birth to healthy, happy babies.

In most cases, they're given a diagnosis of infertility.

Unfortunately, there are many different reasons for infertility, so this doesn't always help. It's known that ovarian cysts, PCOS and endometriosis can affect your fertility rate, as can a low sperm count. Some people are affected by other hormonal issues or more complicated problems, such as blocked or obstructed fallopian tubes.

Even with all the advances made by medical science, there still remains a possibility that doctors simply can't find a cause for some peoples' infertility problems. Yet what most people forget is that traditional, natural remedies often have a far greater success rate than expensive, often painful medical treatments.

Despite a higher success rate, many people choose to ignore natural treatments and solutions that really could prepare your body to conceive naturally, even after being told that you're infertile by a medical specialist.

In fact, it's been proven that some fertility treatments prescribed by fertility specialists can increase the risk of contracting ovarian cancer, yet women every day still opt to take expensive medications rather than consider some of the more healthy options of trying a holistic approach.

What's more, many of the medical treatments, surgeries and pharmaceutical drugs for infertility don't actually treat the base cause of the problem. Instead, they treat the symptom and attempt to remove it that way. This can sometimes cause more problems than you started with.

This eBook will look at some reasons for infertility and how using a natural, holistic approach to reversing your infertility problems can greatly improve your chances of conceiving a child of your own without surgery and without drugs.

Are you ready to change your life and become a happy parent?

**" Who Else Wants To Get Pregnant Quickly and Naturally and Give Birth to Healthy Children Without Drugs or Surgical Procedures?  
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# Reasons for Infertility in Women

There are so many different reasons for infertility, in both men and women, that it's impossible to use a blanket term to cover everything. Instead, it's important to look at various things that could affect your chances of conceiving and consider what diagnosis suits your own personal situation.

## Ovarian Cysts

Ovarian cysts are small fluid-filled sacs that develop in the ovaries. In most cases, they're completely harmless, but they can rupture and cause tremendous pain. If a ruptured cyst is left untreated, it can form sepsis, which is quite toxic and potentially lethal.

Of course, the presence of ovarian cysts can also interfere with normal conception.

Most medical specialists will recommend that any cysts be removed surgically, which can be a painful and expensive procedure. What they don't tell you is that it's possible to reduce ovarian cysts naturally and painlessly.

## 'Lazy' Ovaries

Some specialists will diagnose 'lazy' ovaries as a cause of infertility. This simply means an egg isn't being released when it should, so they'll tend to prescribe infertility drugs, such as Clomid, to induce ovulation.

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Unfortunately, studies in Washington have proved that the number of women who had taken Clomid are three times more likely to develop ovarian cancer than those who don't.

Once again, these specialists forget to let you know there are ways to stimulate and induce ovulation using natural methods. Of course, when you consider that the infertility drug industry is now a billion dollar industry, why would they want you to know you could do it yourself?

## **PCOS (PolyCystic Ovarian Syndrome)**

Polycystic Ovarian Syndrome is the term given when many small cysts are apparent within the ovaries. PCOS is thought to be one of the leading causes of female infertility. In some cases, this can be linked to obesity, acne, increased insulin resistance, lack of ovulation and sometimes an excess of masculinizing hormones.

Of course, this doesn't mean every patient who has acne or who is obese will have PCOS. Similarly, patients who have ovarian cysts may not have PCOS.

Similarly, patients showing an excess of masculinizing hormones may show unwanted facial and body hair growth as well as developing acne, but they also may not have PCOS.

Correct diagnosis can sometimes be difficult, but treatment can be relatively easy with prescription of a dietary supplement known as DCI, which is a naturally occurring human metabolite that helps with insulin metabolism.

## Endometriosis

Endometriosis is the medical name given when the uterine lining that would normally shed as part of a regular monthly menstrual cycle grows on the outside of the uterus instead of inside. This is a major cause of infertility in women.

Endometriosis can cause very painful menstrual periods, as well as heavy bleeding and can be responsible for repeated miscarriages.

Infertility Specialists recommend laparoscopic surgery to remove the endometrial lining and any abnormal tissue, however, there are plenty of alternative natural therapies available to remedy this problem.

There are plenty of success stories from patients with endometriosis using traditional Chinese medicine, including traditional herbalism and acupuncture.

## Fallopian Tube Blockages

Blocked or damaged fallopian tubes are thought to account for up to 40% of female infertility problems. Blocked tubes will prevent eggs reaching the uterus and prevent sperm from reaching the egg. In most cases, women have no idea their tubes might be blocked, as there are generally no obvious symptoms to look for. Blocked fallopian tubes are generally diagnosed by pelvic ultrasound, although a hysterosalpinogram may also be used, in which a dye is placed into the cervix before x-raying the pelvic region.

There are two types of blocked tubes – partial blockage and Hydrosalpinx.

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Tens of thousands of women in more than 127 countries have naturally conceived and are now proud mothers they never believed they could be. The best part is, they did it without drugs, over the counters and without risky surgery or any side effects...

How did they do it? to know more [click here](#)



A partial blockage may be a result of endometrial lining closing off a portion of the tube, which can result in a tubal pregnancy, or ectopic pregnancy. A hydrosalpinx is when the tube is completely blocked and begins to fill with fluid, which makes the tube dilate and swell as it fills. If both tubes are affected, the chances of conceiving are zero.

The predominant causes of blocked tubes are a history of Pelvic Inflammatory Disease, Chlamydia, ruptured appendix, endometriosis or other type of uterine infection.

Infertility specialists will advise that laparoscopic surgery is required to unblock the affected tubes, however this can cause further scarring in some cases. In the case of a hydrosalpinx, a specialist may advise that a hydrosalpingectomy is required, which is complete removal of the dilated fallopian tube. This destroys any chance of falling pregnant naturally in future and the patient becomes dependent on IVF treatments if further children are wanted.

Once again, there are plenty of non-surgical options available to help unblock damaged fallopian tubes. Alternative therapies that include manual physical therapy have also shown positive results.

# Reasons for Infertility in Men

Most people are simply unaware that around 35-40% of all infertility problems are because of the male. It's almost instantly assumed that the female must be having some kind of problems.

Yet male infertility is almost as high as female infertility. Some of the common causes of male infertility are widely recognized, such as low sperm count, but there are others that aren't quite so well-known.

## Low Sperm Count

Low sperm count or poor sperm mobility can cause infertility. There are many biological and environmental factors that can cause a low sperm count.

Age is a factor in sperm production, with a 60% fertilization rate evident in men younger than 39, but only a 30% fertilization rate for men older than 40.

However, factors such as stress, impotence and premature ejaculation can reduce sperm counts as well. In these cases, it could be wise to work on ways to reduce stress levels and work on the mental and emotion causes behind impotence and premature ejaculation before considering medical treatments.

Substance abuse and smoking are well known to both impair sperm count and reduce mobility drastically. It's also been proven that men who smoke have far lower sex drives, so have sex less frequently.

Men who have poor diets or who have specific deficiencies in vitamin C, selenium, zinc or folate are at far greater risk for low sperm count.

Overheating the testicles can cause temporary low sperm counts and this can be caused by things like saunas, hot tubs, high fever or even wearing underwear that causes the testicles to sit too close to the heat of the body. Combat this by wearing boxer shorts.

Surprisingly, one of the leading causes of impotence and infertility in men is bicycling. This is because pressure from the bike seat can damage sensitive blood vessels and nerves that cause erections and conduct blood flow to the perineum (the area between the scrotum and the anus). This can damage the testicles and scrotum, reducing sperm production.

Infertility specialists will happily prescribe drugs and medication to increase sperm count and boost sperm production. Incidentally, these are similar to those that stimulate ovulation. Side effects of drugs such as clomiphene and hMG can cause blurred vision, weight gain and even liver damage.

Yet there are many, many natural ways to increase sperm count without resorting to drugs or medications.

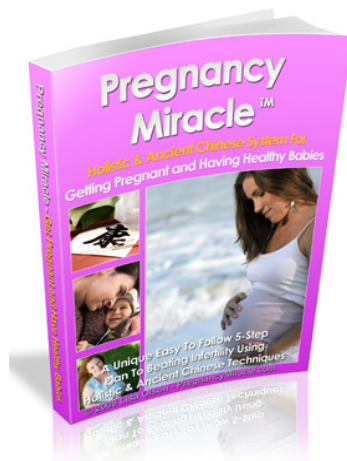
## **Male Tube Blockages**

Infertility in men can sometimes be caused by tubal blockages in the vas deferens or epididymis (these are the tubes that transport sperm).

The most common cause of male tube blockage is varicose veins within the testicles. However, some sexually transmitted diseases, such as Chlamydia or gonorrhea can also cause blockage problems.

Doctors will recommend surgery to repair the varicoceles, but it should be noted that it can take between 6 and 9 months before a male will be able to impregnate a woman after the surgery.

Once again, there are plenty of natural treatments that can help to rectify these problems, yet far too many people don't even consider them.



**New E-book Reveals Unique Holistic and Ancient Chinese Strategies to get pregnant. Discover How To Get Pregnant Naturally...Even If Everything Else You Tried had Failed...Without Drugs, Without Surgery, and Without Nasty Side Effects – Guaranteed!**  
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# Non-Specific Infertility

Of course, there are a percentage of couples who are diagnosed with ‘non-specific infertility’. These are the couples where nothing specific can be located to explain why conception isn’t happening.

Despite months of trying to conceive and subsequent months of tests, trials and specialist’s appointments, many couples still don’t have a logical explanation for why they can’t fall pregnant.

When OB-GYNs and infertility specialists run a battery of tests, they’re medically based. They look for hormonal imbalances. They look for the obvious signs of blocked tubes, cysts, sperm quality and quantity and other usual signs that something might be wrong that they can fix with medications or surgery.

Unfortunately, when they can’t find anything logical, it’s categorized as ‘non-specific infertility’ and they tend to resort to putting the couple onto fertility drugs like Clomid to see if that will help.

What they forget is the enormous range of other factors that can affect fertility that have nothing to do with the obvious symptoms the majority of people tend to display.

Our bodies are designed to send out warning signals when something is wrong. These signals are usually displayed as pain or symptoms or other issues that need to be addressed in order to fix the cause.

Unfortunately, the multi-billion dollar pharmaceutical industry would much rather treat the symptoms rather than work on ways to fix the cause of the problem in the first place.

By taking pain relief medication, you're actually masking the real warning sign your body is trying to give you. By taking infertility drugs, you're denying that your body is sending out a message that something is wrong with your reproductive system that needs to be addressed first, before you conceive your child.

This can sometimes lead to making the original problem even worse in the long run.

**Lisa Olson- certified nutritionist and former infertility sufferer teaches you her step by step pregnancy success system jam-packed with a valuable information on how to naturally and permanently eliminate all infertility issues from the ROOT and give birth to healthy children.  
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# Understanding Your Body

The human body is an amazingly complex thing. Biologically, we're designed to run efficiently by ingesting nutritious foods that give us the energy to exert ourselves physically, but also to fuel the neurons that fire within our brains.

Our brains are hundreds of times more complex than the most advanced computers on the planet. A brain is capable of keeping your body running on unconscious actions, such as breathing, or keeping your heart pumping, but it's also capable of releasing various hormones that help us to cope with everything we face during the day.

Your own body will release certain hormones to let you know its tired, different hormones when it's time to wake up, more hormones when you're feeling happy and different ones again when you're stressed or upset.

That's not even counting the myriad of hormones, enzymes and other goodies your brain releases to tell your body it's the optimum time to release an egg from one of your ovaries at the right time for your body to conceive.

So what happens when those hormones aren't released at the right time or in the right amounts?

In most cases, people tend to visit their doctor and come home with a prescription for drugs to help regulate those hormones. What they don't know is those chemical cocktails can sometimes cause other issues with the smooth functioning of your body, even while they might be addressing the initial problem you sought to fix.

## Well-Oiled Machine

Think for a moment about how your body might be a little like a car. If you put the wrong type of gasoline into your car's tank, it's not likely to run very well. If you put cooking oil instead of motor oil into the engine, it's very likely to break down completely.

Now think about what you put into your own tank each and every day to keep your motor running.

You might think you're eating enough food to sustain you on a daily basis, but really think about what nutritional value you're adding into those meals.

Once again, to use the car analogy, if you were to fill your car's gas tank with water, it would be full – but it won't be full of what it needs to run properly.

The same is true with your body.

In order to really function properly and really respond to any kind of infertility treatments, you need to overhaul your current nutritional plan.

Look at some ways you can cut out the processed foods and replace it with healthier options. Are there any ways you could increase the nutrients you consume by replacing a few simple things?

Of course, it's also worth looking at what else you're putting into your body's tank. Things like caffeine, nicotine, alcohol and drugs can also reduce your chances of conceiving naturally, as they affect the normal functions of your body.



There are plenty of ways to add more nutritional value to your diet each day, but it's still important to realize why you're doing it.

## **Fighting the Blues**

Did you know that researchers have found a link between high stress levels in women and infertility? When women suffer from stress, they release testosterone into their systems.

This can make them seem more aggressive, more upset, more moody and definitely less able to cope with the pressures of life without reaching breaking point.

To counteract these stress hormones, women need to release oxytocin, which reduces stress levels and brings about a sense of being in a loving, nurturing life.

Learning to combat stress effectively can play an important role in reversing infertility, as too much testosterone in your system can reduce the chances of you releasing the right pregnancy hormones you need to fall pregnant.

## **Reducing and Eliminating Toxins**

Think about the enormous number of chemicals, toxins and other poisons we're exposed to each and every day of our lives. Even the products we use to clean the environments in which we live are nothing more than harsh, harmful chemicals.

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