

# 15 TIPS FOR GETTING PREGNANT



## ConceiveEasy

Try taking ConceiveEasy fertility blend to give your fertility just the kick in the pants it needs.



## Frequent Sex

Have sex on a regular basis, every 2-3 days. Not everyday as that will deplete sperm count.



## Spice Up Sex Life



Keep it fun! Conception sex can become very routine. Get creative and spice it up!

## Position Matters



Yes it's true, missionary style is the best position for conceiving. Prop up your hips afterwards to ensure maximum sperm retention.

## Calendar Method

If you have a regular cycle, you can track ovulation using the calendar method to time sex accordingly.



## Fertility Charts

Track your BBT to find out when you ovulate. A slight spike in temp indicates ovulation has occurred.



## Ovulation Predictor Kits



Easiest way to track ovulation by using OPKs. Much like a pregnancy test, just pee on a stick. Two double dark lines mean it's time to get busy.

## Have Sex Before Ovulation



Sperm can live 3-5 days in the fallopian tubes. Maximize your chances by having intercourse 2-3 days before ovulation as well.

## No Smoking, Alcohol, Drugs

Smoking, drinking and drugs adversely affects your fertility. So time to abstain!



## Cut Back Caffeine

Women who drink more than 4 cups of coffee a day have a lesser chance of conceiving. So cut back to 1 cup per day - keep it in moderation.



## Ancient Techniques



Ancient Chinese techniques have been proven successful over 1000s of years. Look into these diet, herbs, and acupressure techniques.

## Boost Sperm Health



Wear boxers not briefs to allow more circulation to improve sperm count. Cut back on alcohol and tobacco. Exercise and eat well.

## Reduce Stress

Stress hinders fertility, and can cause ovulation problems. Try to relax with yoga, meditation, laughter, or aromatherapy.



## Acupuncture

A trained acupuncturist can treat you to help improve your fertility.



## Good Health

Make sure you are healthy. Get to a good weight. Check your blood sugar levels. Treat any infections.



# Guide To Getting Pregnant

**L Reisser**



## **Guide To Getting Pregnant:**

Fertility Handbook: A Guide To Getting Pregnant Rebecca Matthews PhD,2013-10 The Fertility Handbook A Guide to Getting Pregnant Whether you re just starting to think about growing your family or have been trying for weeks months or even years this book will give you a helping hand on your path to parenthood Conception is easy only when conditions are perfect Our bodies are complex systems and creating perfect conditions sometimes requires a little extra knowledge In these pages you ll find all you need to know to get pregnant in the shortest time possible including in depth information on Preconception Care Dietary Supplements for Optimal Reproductive Health How the Body Works and Reproductive Processes What Signs to Look For to Improve Your Chances Fertility Testing and Treatment What May be Keeping You From Getting Pregnant The Fertility Handbook A Guide to Getting Pregnant can improve your chances starting today **The Ultimate Guide to Getting Pregnant** MR. BIG WEALTH,2023-09-05 The Ultimate Guide to Getting Pregnant by Mr BIG WEALTH is your go to resource for all things related to starting a family With years of experience and expertise in the field Mr BIG WEALTH provides you with comprehensive and invaluable advice on fertility conception and preparing for parenthood This guide is designed to empower you with the knowledge and tools you need to increase your chances of getting pregnant and embark on this beautiful journey of creating a family **The Impatient Woman's Guide to Getting Pregnant** Jean M. Twenge,2012-04-17 A complete guide to the medical psychological social and sexual aspects of getting pregnant told in a funny compassionate way like talking to a good friend who s been through it all Cover p 4 Getting Pregnant Niels H. Lauersen,Colette Bouchez,2010-06-15 Whether you are young and fertile over 40 and having trouble conceiving or anywhere in between here is the best resource to help you get pregnant The only must have fertility book Getting Pregnant completely revised and updated not only addresses the needs of those who cannot conceive but serves as the ultimate guide for anyone planning to have a baby now or in the future Addressing the newest state of the art medical treatments for infertility Getting Pregnant gives you all the latest news on eight brand new fertility drugs donor eggs and donor sperm a new 15 minute in office surgery that can double conception odds breakthrough technologies for preventing chronic miscarriage how both sex and lifestyle factors affect fertility including the Nine to Five guide for protecting your reproductive health on the job Getting Pregnant also provides a wealth of practical information about the exercises foods and supplements that encourage a faster healthier conception as well as brand new all natural techniques that influence the gender of your child You ll also find a helpful six month personal pregnancy planner that addresses all of your pre conception health and medical needs Don t miss the new chapters that focus on protecting increasing and extending fertility while new frontiers in both the treatment of male fertility and the science of motherhood are explored The Unofficial Guide to Getting Pregnant Joan Liebmann-Smith,Jacqueline Nardi Egan,John J. Stangel, M.D.,2005-10-13 The inside scoop for when you want more than the official line Once you decide to start a family you may think pregnancy will occur quickly However it takes the average

healthy young couple six months to a year to conceive This guide helps you get in the best possible shape for conceiving discussing conception and misconceptions in depth If pregnancy doesn't happen automatically you're not alone one in six couples have fertility problems The Unofficial Guide to Getting Pregnant provides clear unbiased guidance on the many confusing medical emotional and financial issues related to getting pregnant This book objectively reviews state of the art infertility treatments and procedures including fertility drugs corrective surgery IVF and the other assisted reproductive technologies It also covers third party procedures such as sperm and egg donation and surrogacy Vital Information few resources reveal information that can help you zero in on the most effective economical approach for you Insider Secrets about choosing a specialist potential legal issues with third party procedures and alternative treatments that might work Money Saving Information to help you compare the cost of different treatments decipher state laws on insurance coverage and more Time Saving Tips to avoid delays in diagnosing and treating problems while your biological clock is ticking The Scoop on the newest fertility drugs microsurgical techniques and assisted reproductive technologies

**The Impatient Woman's Guide to Getting Pregnant** Jean M. Twenge, 2012-04-17 Comforting and intimate this girlfriend guide to getting pregnant gets to the heart of all the emotional issues around having children biological pressure in law pressures greater social pressures to support women who are considering getting pregnant Trying to get pregnant is enough to make any woman impatient The Impatient Woman's Guide to Getting Pregnant is a complete guide to the medical psychological social and sexual aspects of getting pregnant told in a funny compassionate way like talking to a good friend who's been through it all And in fact Dr Jean Twenge has been through it all the mother of three young children she started researching fertility when trying to conceive for the first time A renowned sociologist and professor at San Diego State University Dr Twenge brought her research background to the huge amount of information sometimes contradictory frequently alarmist and often discouraging that she encountered online from family and friends and in books and decided to go into the latest studies to find out the real story The good news is There is a lot less to worry about than you've been led to believe Dr Twenge gets to the heart of the emotional issues around getting pregnant including how to prepare mentally and physically when thinking about conceiving how to talk about it with family friends and your partner and how to handle the great sadness of a miscarriage Also covered is how to know when you're ovulating when to have sex timing your pregnancy maximizing your chances of getting pregnant how to tilt the odds toward having a boy or a girl and the best prenatal diet Trying to conceive often involves an enormous amount of emotion from anxiety and disappointment to hope and joy With comfort humor and straightforward advice The Impatient Woman's Guide to Getting Pregnant is the bedside companion to help you through it

*The Clinical Guide to Fertility, Motherhood, and Eating Disorders* Kate B. Daigle, 2019-07-04 This book is a comprehensive guide to addressing working with and healing from emotional struggles related to fertility and eating disorders Covering the emotional psychological and physical impact of anorexia nervosa bulimia and binge eating disorder

this book explores the lived experience of numerous women and men who have lived with eating disorders fertility and parenthood It delves into research on medical complications that can affect fertility attachment the experience of shame adjustment to the postpartum period and offers clinical tools for therapists to use to support clients from a weight and body neutral perspective Those who read this book will come away with a renewed sense of hope for recovery and healing from serious mental illnesses and the notion that the value of having a family may be stronger than the eating disorder itself The only book of its kind **The Clinical Guide to Fertility Motherhood and Eating Disorders** will be useful to practitioners therapists and scholars alike

**The Complete Fertility Organizer** Manya DeLeon Miller,2008-05-02 A handy resource for creating your own conception plan If you are one of the millions of women facing the challenges of infertility you know that gathering and keeping track of all of the information involved can be difficult This book the first of its kind helps you establish a solid organizational framework for working through the entire infertility evaluation and treatment process It provides you with a comprehensive record keeping resource while you are seeking safe and effective pregnancy With its easy to customize personal conception plan **The Complete Fertility Organizer** lets you organize and maintain control of all of the information involved You will be able to easily track essential vital data such as fertility charts procedures medication records test results insurance and physician information If you become pregnant you will be able to record information related to the prevention of miscarriage and premature labor and use the tracking tools to help promote a healthy pregnancy Whether you are just suspecting that you may have an obstacle to becoming pregnant or you re already undergoing extensive infertility treatments **The Complete Fertility Organizer** delivers indispensable support and guidance

**Fertility & Conception** Zita West,2003 Every woman wants to have a healthy pregnancy In **Fertility Conception** leading midwife and fertility expert Zita West guides all couples through everything they need to know whether they have recently decided to try for a baby or have experienced difficulties in conceiving Taking a unique approach to fertility Zita looks at every aspect of getting pregnant from how to ensure healthy ovulation and sperm development to recognising and correcting hormonal imbalances A four week Countdown to Conception section guides you through the do s and don ts of each week of your cycle as you try for a baby The result is a comprehensive programme that gives your body the best chance at conception For everyone planning to have a baby **Fertility Conception**

**An Essential Guide for Scoliosis and a Healthy Pregnancy** Dr. Kevin Lau,2014-11-01 Complete easy to follow guide for managing your scoliosis during pregnancy **An Essential Guide for Scoliosis and a Healthy Pregnancy** is a month by month guide on covering everything you need to know about taking care of your spine and your baby The book supports your feelings and empathizes with you throughout your amazing journey towards delivering a healthy baby By reading you gain In depth and up to date information on scoliosis and how it can affect your pregnancy Week by week information on what to expect during your pregnancy Information that is suitable for all types of post operative scoliosis cases and those that to date have not yet been operated on Clear compassionate and comprehensive answers to the

common questions about scoliosis and pregnancy Crucial decision making tools decisions for important issues including epidurals birthing procedures changes to the spine due to hormones and more to protect your baby Tips to help you minimize unnecessary weight gain and keep your nutrient intake high The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices Expert advice on staying fit and eating right during each trimester of pregnancy Self care tips for side effects including nausea and back pain Fun fast and safe scoliosis exercises during the month of pregnancy and postpartum Tips for strengthening your pelvic floor easing back pain and losing belly fat postpartum Relaxation tips to reduce pain and increase your comfort This book provides answers and expert advice for pregnant women suffering from scoliosis Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis From conception to birth and beyond this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby

**Mayo Clinic Guide to Fertility and Conception** Jani R. Jensen, Elizabeth A. Stewart, 2018-06-24 A helpful medical reference on conceiving and maintaining pregnancy from the Mayo Clinic 1 on US News World Report s 2020 2021 Best Hospitals Honor Roll Deciding to start or build a family is a life changing decision Once the decision is made there s a whole new set of unknowns including whether the journey will be easy or difficult How can you increase your chances of becoming pregnant What health and lifestyle changes should you make to have a healthy pregnancy And if you re struggling to become pregnant what medical treatments are available Where can you get emotional support if you can t get pregnant or if you ve had a miscarriage And when is enough The fertility experts at Mayo Clinic offer answers to these questions and more Through the pages of this book they ll guide you through the process of trying for and achieving a successful pregnancy You ll also hear throughout the book from couples and individuals who have struggled to have a family For a variety of reasons health conditions unexplained infertility or life circumstances getting pregnant or deciding to have a family was difficult for them These personal stories are to let you know that you re not alone in your journey and to give you hope that with time and patience pregnancy is often possible From lifestyle and dietary recommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility this book is a comprehensive source of answers from one of the most reliable respected health resources that Americans have Publishers Weekly

**What to Expect Before You're Expecting** Heidi Murkoff, 2017-10-03 It s a cover to cover revision of America s bestselling guide to getting pregnant with updated information about genetic screening ovulation tracking fertility treatments and risks like Zika What to Expect Before You re Expecting has everything that eager to be moms and dads need to know about getting pregnant from getting their bodies ready to make a healthy baby to getting that healthy baby on board faster You ll find baby friendly foods to order up say yes to yams fertility busters to avoid see you later saturated fat how to pinpoint ovulation time baby making sex keep on demand sex sexy and separate conception fact it takes the average couple up to 12 months to make a baby from myth position matters With the latest on health insurance coverage preconception travel and the Zika virus sex

selection techniques antidepressants and information on family building options for single women and same sex couples Plus for the 1 in 8 couples who experience infertility the latest on both low tech and cutting edge fertility treatments from medications to IVF and surrogacy It s everything you need to know for that baby making adventure Unofficial Guide to Getting Pregnant Joan Liebmann-Smith,2011-02 Once you decide to start a family you may think pregnancy will occur quickly However it takes the average young couple six months to a year to conceive This in depth guide helps you get in the best possible shape for conceiving discussing conception and misconceptions If pregnancy doesn t happen automatically you re not alone one in six couples have fertility problems This book provides unbiased guidance on the confusing medical emotional and financial issues related to getting pregnant It reviews infertility treatments and procedures including fertility drugs corrective surgery IVF and the other assisted reproductive technologies It also covers third party procedures such as sperm and egg donation and surrogacy Illustrations The Baby Maker's Guide to Getting Pregnant Stacey Roberts,2017-08 A straight forward easy to follow program to improve your fertility and get pregnant as soon as possible Also includes all the overlooked areas that could be the reason your aren t becoming pregnant and a bonus section of what your doctor didn t tell you about your fertility **The Fertility Journal: A Day-By-Day Guide to Getting Pregnant** Kim Hahn,Conceive Magazine,2008-04 Written by experts this primer of fertility basics helps women track their monthly reproductive cycle predict ovulation get pregnant faster and record their thoughts and feelings along the way **The Unofficial Guide to Overcoming Infertility** Joan Liebmann-Smith,Jacqueline Nardi Egan,John J. Stangel, M.D.,1999-05-06 The inside scoop for when you want more than the official line Having a baby is a joyous event that most couples look forward to But sometimes nature just doesn t cooperate If you and your partner are having difficulty conceiving how can you increase your chances of pregnancy You want to know what causes infertility how much your lifestyle may be contributing to the problem and what you can look for in medical and non traditional therapies aimed at overcoming infertility You want the inside scoop The Unofficial Guide to Overcoming Infertility is designed to give savvy consumers like you a foolproof appraisal of what works and what doesn t the good treatments and the bad ones with unbiased recommendations that are not influenced by any company product or organization This book like every Unofficial Guide is intensively inspected by the Unofficial Panel of Experts a team of highly respected health care professionals They ensure that you are armed with the most up to date insider information on infertility treatments and are told exactly what the Official establishment doesn t want you to know Vital Information that other sources can t or won t reveal including an unbiased guide to the many infertility treatments available Insider Secrets from health care professionals and clinical researchers and once infertile couples who are now experiencing the joy of parenthood Money Saving Techniques that will help you find the resources to pay for your medical tests and expenses Time Saving Tips that enable you to take an active role in overcoming infertility while keeping your day to day life on track The Latest Trends in infertility treatments including medical and nonmedical procedures and holistic approaches

Handy Checklists and Charts that will help you plan your eventual pregnancy and keep the process stress free **Your Pregnancy: Every Woman's Guide** Glade B. Curtis, Judith Schuler, 1999-06-21 The only reference most expecting mothers will need all the facts in an easy to find format The Medico-pharmaceutical Critic and Guide, 1914 Making Babies R. Fisher, Mary Birdsall, 2009-03-01 *Conception Secrets* Shelly Weber-Tompkin, 2024-06-15 Just because you haven't gotten pregnant yet doesn't mean you can't. If your heart breaks a little every time a friend says she's expecting a baby or you sense your biological clock ticking louder each year or you can't bear the thought of going through another miscarriage. You are not alone. Countless women have trouble conceiving or carrying their pregnancies to term but many don't realize that it's not their fault. In *CONCEPTION SECRETS: A Couple's Guide to Getting Pregnant After Struggling with Infertility or Miscarriage* Shelly Weber-Tompkins, L.Ac., CFMP shares her 35 years of combined experience as a licensed acupuncturist and certified functional medicine practitioner helping couples become parents. With gentleness and compassion, Shelly combines ancient Eastern wisdom with modern Western science. In this book, you'll learn how women who have a history of infertility can get pregnant often faster than they expected. The real reasons for miscarriages. Which tests to ask for to rule out the possibility of male infertility. What foods to eat and supplements to take and which ones to avoid to increase your chances of conceiving naturally. How to reduce the toxic load on your reproductive system and boost your fertility. The problems endometriosis and PCOS cause and what to do about it. Which myths and misconceptions might be getting in the way of a successful pregnancy and birth. You don't have to struggle alone. With this book as your guide, hope is within reach. You'll read about other couples who feel as though they have tried everything but their journey leads them to a desire fulfilled: becoming parents to a beautiful, healthy baby.

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