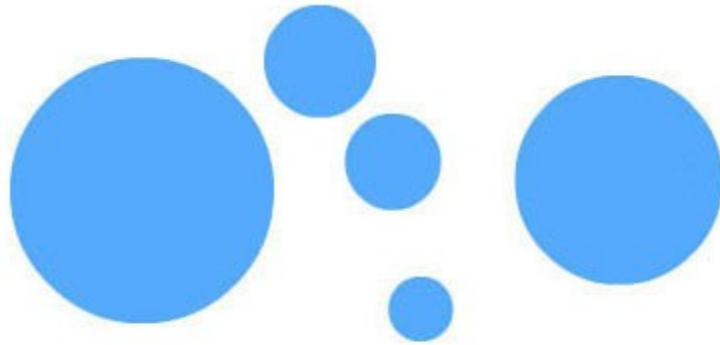


**DEBUNKING MISCONCEPTIONS ON  
GETTING  
PREGNANT**

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<http://pregnancymiracle.com>

#### Coping With Fertility

## Introduction:

“Do You And Your Partner  
Ever Wonder Why You Still Cannot Conceive  
Even Though Medical Professionals Say Everything Is Normal?”

Lisa Olson is a Nutrition Specialist, Health Consultant, Chinese Medicine Researcher and an Author of <http://www.pregnancymiracle.com/>. Like many couples, she and her husband have wanted to have a baby for almost 5 years. She has been doing all the research by literally reading hundreds of books from cover to cover to know exactly what is wrong with her and her husband.

They went to a medical professional to do tests to check their fertility status, which came out normal. She followed all the possible solutions just to find out that it was no success at all. They have done all the pre-conception care like proper exercise, eating organic foods and taking those expensive fertility pills, but to no success at all.

A simple misconception always happens to all couples, just like Lisa and her husband that getting pregnant is just a simple task. Realistically, how long you and your partner should wait before you get pregnant? When can you say that it is time to visit a "fertility expert"?

Some couples are just content waiting for the stork to come along their way carrying their baby while to some, they seriously find themselves trying to conceive every month repeating the cycle of expectation and disappointment over and over again.

Obviously, every couple would like to have a baby of their own to share their love and affection as a family. You and your partner are draining out your systems just to do everything you could so you get pregnant. You have always imagined yourself to finally see that positive pregnancy test and imagining the perfect scenario to surprise your partner.

Most General Practitioners will not let a couple undergo "fertility investigations" until you have tried conceiving for 12 months. This is for the main reason that not all body functions are the same for all humans, which means that what may work for others, may not totally work for other couples.

In case you are one of the couples that is having a hard time conceiving, do not stress yourself out. Infertility, according to medical professionals are common problems to couples, as a matter of fact, 10% of the women in America alone, which is about 6.1 million between 16-44 years of age, is having difficulty in staying or even getting pregnant.

Now after you were both tested and everything turned out to be normal, the normal success rate of a fertile couple per month is only 15 to 20%. This means that it is really not unusually to reach months before a normal fertile couple conceive. To clearly visualize it, 70% will conceive within 6 months, only 85% within 12 months or a year before they conceive and 95% will successfully be pregnant after trying it for almost 2 years or more.

However, men must not relax too much for infertility is not just a woman's thing. Remember, it takes two to tango, right? However, what could really be the real causes of infertility? Read on with your partner so that you can analyze the situation and decide on the next step in making you pregnant.

### What Could Be The Causes Of Infertility?

According to studies, one out of six couples are having a hard time conceiving. If you and your partner have been having unprotected sex and have not taken any birth controls for the past 12 months, then it is the best time to consult your OB Gynaecologist or a fertility specialist to seek medical help.

For successful conception to happen, enough healthy sperm count must enter the cervix and swim their way up to the uterus and to the fallopian tubes. While the sperm is swimming their way to those fallopian tubes, the egg cell must be released from the ovary so that it can go to the fallopian tubes to meet the sperm cells.

In order for them to combine successfully, the timing must be perfect. The meeting of egg cell and sperm cell is called fertilization, which produces the embryo. ANY hindrances can delay or totally stop the process, which may cause some problems in getting pregnant.

The list below will help you determine which of the following causes those hindrances that delay your pregnancy.

- Obesity

Does being obese make you infertile? The answer is simply YES. According to medical studies, a woman's body weight can greatly affect her fertility for the reason that a person with a high Body Mass Index or BMI can possibly cancel the menstrual cycle, which may effect in not getting pregnant or failing to carry the pregnancy in full term.

Here Are Some Infertility Issues That May Be Caused By Obesity:

- Irregular Menstrual Cycles
- Failing To Carry The Pregnancy In Full Term Or Miscarriage - Infertility Treatments May Not Fully Succeed
- High Risk Of Infertility

- Estrogen

Estrogen has a big role in a woman's reproductive system. So what is Estrogen? This can be found in the adrenal gland and in the ovary. Both the adrenal gland and the ovaries have functions that affect the reproduction



such as the adrenal glands create 'androstenedione' while the ovary produces estrogen during menstrual cycle.

If both are produced excessively in the body, this may cause disruptions to the menstrual and ovulation cycle that causes the infertility.

- Age & Egg Quality

Life begins at 40, indeed, but not in fertility! As a woman ages, her egg quality becomes poor. This happens because millions of eggs were produced and matured right after she was born. And by the time of her puberty stage, the number of eggs decreases into 300,000 up to 400,000. And every menstrual period, only 2 out of 20 eggs are good enough to be fertilised, which is usually called the "good eggs". Obviously, the number of eggs every time she gets her menstrual period decreases as she gets older. This may cause the delay of pregnancy or the total infertility of a woman.

One of the following reasons may be the cause of a woman's poor egg quality:

- As the woman continues to age, her eggs also lose its good quality, which increases the risk abnormal chromosomes. Babies born with these chromosomes usually suffer "Down Syndrome" and other related medical conditions.

- Eggs with poor quality do not implant itself securely to the wall of the uterus after fertilization causing miscarriages.

- Eggs may be fertilized but with poor quality because of insufficient energy.

- Premature Ovarian Failure

Unlike menopausal ovarian failure, premature ovarian failure or POF can be reversed and remedied. One obvious symptom of POF is irregular menstrual period or totally missing periods for a couple of months at an early age, specifically before the age of 40. Possible causes of POF are yet to be known and still in the process of being analyzed by professionals. However, there are some obvious factors that may have caused it like:

- Viral infection
- Surgical removal of ovaries
- Exposure to radiation such as patients undergoing chemotherapy
- Absence of X chromosome, which is necessary for the proper growth of body parts, may affect the production of follicles that aid in the process of conceiving
- Enzyme deficiency
  - like thalassemia,
  - hemochromatosis
  - and galactosemia
- Not enough FSH and LH secretion
- Other generic problems such as Swyer syndrome, Turner syndrome and androgen insensitivity syndrome.

A woman trying to conceive in her later years must not confuse from menopause and POF for they are two different situations and have different symptoms.

Menopause is the condition wherein a woman cannot produce any eggs, which totally stops her menstrual cycle and this usually happens to women with age 40 and above.

Hence, a woman suffering from POF is usually in her early years before she reaches 40 and she still has some follicles to produce. However, it is already incapable of regulating her cycle, which causes the dysfunction of her reproduction system.

Other symptoms that may help you determine if you are having POF are:

- Night sweats
  - Painful sex
  - Sleeping disorders
  - Vaginal dryness
  - Irritability
  - Mood swings
  - Bladder control problems
  - Decrease in sexual activities and interests
- 
- APA or Antiphospholipid Antibodies

If you have experienced repeated miscarriage and no exact explanation can be given by your OB gynaecologist to your fertility problems, you will then be advised to undergo APA testings. By doing these tests, your doctor might easily pinpoint your problem so that it can be resolved immediately.

APA is a protein naturally produced by your body; unfortunately, it mistakes good cells as invaders. With their natural instinct, it attacks the cell

membranes and binds it, which makes it so sticky. This will cause blood clotting and may further cause health disorders in your body.

- Pelvic Pain

The pain can be considered as chronic pelvic pain when it lasts for 6 months or more. The pain can be felt between the hips and below your bellybutton. The pain can be a symptom or indication of another illness or it can be a condition to be treated on its own.

Here are some signs and symptoms that may indicate that you are suffering from chronic pelvic pain:

- Intermittent sudden sharp or cramping pain -  
Or constant and extreme pain
- Pain during intercourse
- Pain during bowel movements
- Feeling of pressure or heaviness inside your pelvis -  
A dull ache

There are many possible causes of your chronic pelvic pain; however, no tests can 100% guarantee its physical cause but it will not hurt further if you study these given possible causes of your pain:

- Irritable Bowel Syndrome
- Fibroids (non-cancerous growths inside your uterus wall) -  
Spasms of your muscles in the pelvic floor

- Interstitial Cysts (a chronic bladder disorder, which indicates that it is swollen)
- Endometriosis (it is a disorder that causes the tissue linings of uterus to grow in the ovaries, inside the pelvis and in your bladder)
- Chronic Pelvic Inflammatory Disease (the effect of an infected reproductive organ that came from STDs)
- If you have been a victim of any sexual abuse or if you are under a great stress and depression, you are highly susceptible to chronic pelvic pain.

- Smoking

Studies show that nicotine decreases the chances of women getting pregnant. Nicotine lessens the ovulation rate and the maturation rate of good eggs. Chromosomes are at risk of being abnormal when exposed to nicotine.

Many studies have proven that women who are an average smoker have an additional of two months or more before they conceive compared to women who do not smoke at all.

They have also discovered that both passive smoke and active smoking causes more than 5000 cases of miscarriage every year.

Moreover, this may cause also impotence to men between ages 30 to 50 years old. Smoking and nicotine exposure may also affect your infertility treatments.

There will be a decrease in rates of fertilization and miscarriages that can possibly happen when you are undergoing IVF.

- Fibroids

Fibroids are non-cancerous tumors that develop in the pelvic area. It usually develops in women aged between 30 to 40. Most women with fibroids opt to remove their fibroids by surgery and hysterectomy. However, in hysterectomy, the uterus will be removed making it impossible to get pregnant.

Women who are at risk of fibroids are those who regularly eat red meat. Teenagers between 13 to 16 who regularly take birth control pills are also at risk. No medical explanation can be provided why African-American groups have a higher risk of developing fibroids.

The tumour that grows in the pelvic area might be in the position wherein it pushes the fallopian tubes, which causes blockage to the sperm to reach the ripen egg. If this happens, it would greatly affect the chances of getting pregnant.

### [The Best Natural Steps To Fertility](#)

If you and your partner have already decided to have a baby, the first step that you must consider is to monitor the time when you are most fertile. Many couples just take this step for granted. They are having a hard time conceiving because they usually have intercourse when the woman is not ovulating.

There can be different ways of testing your fertility.

#### Basal Body Temperature:

One of the most effective ways of testing your fertility schedule is by monitoring your Basal Body Temperature. This can aid in knowing your exact time of ovulation. Your basal body temperature will get higher when you are about to release an egg. It will really help if you maintain a fertility calendar so that you can monitor your monthly schedule of ovulation. Your chances of getting pregnant will be higher when you have sexual intercourse just before your egg is released.

There are many methods of family planning that can help in getting you pregnant. By learning how to monitor your cervical mucus and practicing the rhythm method can help in many ways so that you will be aware of your body's natural cycle. You may use those fertility charts and fertility monitors which can help in determining your exact dates of menstrual cycle and your conception date.

Alternative or natural treatments have been proven more beneficial and safe to those couples who prefer not to use drugs or those conventional fertility treatments like IUI or IVF. However, to some, they would like to try combining conventional treatments with natural ones like the acupuncture. You may combine this treatment with IVF to fully experience its effectiveness and success in getting you pregnant.

- Acupuncture

Acupuncture is an ancient technique used for healing stress, pain and many other ailments with the use of many small thin needles. This is usually done by inserting the needles where your body is known to have any imbalances.

When an organ malfunctions then it won't be in balance and definitely it will not function properly. Studies have shown that when those needles are inserted in your body, the nervous system will release some certain neurohormones that may start the healing process. Moreover, acupuncture may aid in regulating the blood flow in your body.

Acupuncture was said to help in the process of conceiving and may be helpful for those who have irregular ovulation. Here are ways it can help in fertility:

- It can increase and regulate the blood flow especially in the uterus, which can also increase the chances of implantation of the egg in the uterus
- It may decrease stress hormones that usually interfere in the process of ovulation
- It can aid in regulating the release of the egg by stabilising the hormone balance of the body

Acupuncture is a very safe technique and can be carried out on your male partner as well. Your body will benefit from it in many ways but just make sure it is done by a properly trained professional.



- Cranial Osteopathy

This unique technique is a way of healing by caressing and moving the hands all over the body in a particular way. This is usually performed by an osteopath who is knowledgeable in the anatomical structure of a person. Osteopathy was originally done to treat the skull; however, since the whole body is composed of ligaments, muscles and tendons, the technique gradually evolved in healing the whole body.

Therapists use the hand movements to relieve the stress on a particular organ so that it can function well. This method can be done to patients who suffer emotional stress, back pain during pregnancy, impotence, exhaustion, menstrual pain and infertility.

Chronic pelvic pain has been found to heal better with this technique by massaging the pelvic bone, which is attached to the spinal cord. And since the reproductive system is connected to the pelvic bone, couples who have difficulty in conceiving are likely to have a positive result when they undergone this osteopathy.

- Reflexology

Reflexology works when a certain reflex point on your feet has been stimulated and it also stimulates a particular part of your body because it is connected and linked with each other. The main use of reflexology is to relax the body and mind so that all organs can function well.

This may be used as a treatment for infertility by boosting the blood circulation, regulate menstrual cycle and aid in balancing the hormonal levels, which are responsible in getting you pregnant. This was also proven to heal women who suffered from endometriosis or polycystic ovarian syndrome.

Just like in any treatment that you opt to use, it will only be effective if you choose to do it with properly trained professionals.

- Stress Management

Many experts associate infertility with stress and depression. No scientific explanation can connect infertility to stress but it is proven to affect the body organs and system in regards to its functionality. If you want to conceive and you know you are depressed or stressed out, you may use the following methods in order to lessen the stress your body feels:

- Yoga
- Massage therapy
- Meditation

These methods can definitely help the body regularise your menstrual cycle, physically fit and agile, balance your hormonal levels to help you get pregnant and it can bring you a positive outlook towards life making you more satisfied and happy.

Some yoga studios have been offering services and body/mind classes that can aid in building a stronger reproductive system. You may also opt to try flower therapy, aromatherapy, essence therapy and

imagery/visualization guided therapy to manage your stress and to feel more relaxed when you are on your way to fertility.

- The Right Diet Makes A World Of A Difference

Most couples take their diet for granted thinking it is not important in their fertility issues. If you and your partner are planning to conceive, there are specialty foods for fertility that you must try out. In general, foods that are rich in antioxidants, minerals and vitamins must be prioritized for they will help improve the quality of the sperms and the egg.

Maintaining proper weight will also help in producing a good egg so that you can easily get pregnant. Both underweight and overweight are not good if you are planning to conceive for it both affects the production of sex hormones.

Here are some vitamins and minerals that you must include in your fertility diet:

- Zinc:

if there is a lack of zinc, it will cause testosterone deficiency and low semen levels

- Vitamin C and Antioxidants:

prevents sperm disorders and reduces stress in your reproductive organs

- Vitamin D and Calcium:

daily intake will increase male fertility

Foods that you and your partner must AVOID:

- Caffeine:

usually found in teas, coffee, colas and chocolates have been proven to decrease fertility for both men and women.

- Alcohol:

can definitely decrease the fertility level by 50%. -

Xenoestrogens:

normally found in all processed foods. This can cause the imbalance of your hormones, which makes it harder for both of you to produce healthy sperms and egg.

There are special diets for those who want to get pregnant and for those who want to improve their reproductive systems. For more information about the best food diet for fertility, please refer to this popular product <http://www.pregnancymiracle.com/>

- Herbs

Herbs are considered to be fertility enhancers all over the world. Some of the well-known fertility enhancers that are commonly used are partridgeberry, red clover, dong quai, liferoot and chasteberry. However, using these herbs must be consulted first to a professional and registered naturopath.

## Conclusion

Now that you know what could be some possible causes of infertility and what you could do about it in natural ways, it is time to share Christena Williams own personal story. She thought she and her husband were infertile but contrary to what their doctors said, she soon became pregnant, as a matter of fact not just once but twice...

## Success Story

Just like any other normal couple, Christena Williams and her husband were desperate to have a baby after being married for six months in their late 20's. When getting pregnant was not successful after six months, they decided to visit her OB gynaecologist and only to find out that everything is normal and they are capable of conceiving.

Instead of waiting for another six months, which her doctor advised them before they will undergo fertility investigations, Christena did her job in doing some research and found herself overwhelmed with information. This information made her realize that there is hope as long as you know all the necessary choices a couple can take.

For her, KNOWLEDGE is her key to successful conception and pregnancy. As long as she knows various ways of increasing her chances of fertility, she knows that she will NEVER go wrong! After just 2 months after using her only SECRET, she is now pregnant with their first daughter. Want to know what her secret was? Then visit <http://www.gettingpregnantbible.com/> for more information.

## Coping With Fertility

Just by merely thinking that you are infertile makes life stressful, tiring and frustrating. Just to ease the frustration, the first and important thing to do is to admit to yourself that there is a problem that must be addressed. By doing this with your partner, you will soon realize that it is not really a problem but it is just a situation that must be dealt with accordingly. This will make your relationship stronger by combining your strengths and knowledge in fighting infertility.

Do not be ashamed in sharing your feelings, frustrations, anger and disappointment with each other. This maybe just a trying phase in your life and in your relationship with your partner. Do not lose faith with each other and hold on to your hope that having a baby will soon come your way.

If it will help, try joining some support group or you may opt to consult a psychologist. If the case of infertility comes along, you and your partner can now weigh in the situation and can now decide what fertility treatment you want to try. Keep your faith strong that you will pass this situation in your life... hold on to each other "in sickness and in health", remember? "LIFE works in mysterious WAYS. Do not lose HOPE!"