

# The Get Pregnant Report

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# Infertility Treatment

Both men and women suffer from infertility caused by various reasons. However, it's important for both the sex to undergo treatment for this complicated issue. Various known and unknown factors cause infertility in women. These include diseases like endometriosis, diminished ovarian reserve, ovulation disorders, and low progesterone level. Low sperm count and low sperm motility, STD, injury or chronic diseases, sperm blockage and ageing are some of the reasons men for, which suffer.

Scheduled drugs and systematic treatment can cure most of the above mentioned infertility problems except ageing and chronic diseases, although these treatments are quite expensive and may have harmful side effects. Additional treatment may be required to cure the side effects. Treatments conducted through IVF or In Vitro Fertilization and ICSI or Intracytoplasmic Sperm Injection is best among the other methods of infertility treatment. In this technique, the egg cells outside the womb are fertilized by the sperm and then transferred inside. This treatment is suggested when other techniques fail to give results. This technique is a hormonally controlled ovulation progression. In this treatment involves, the ova is removed from the female's ovaries and helps the sperm to fertilize in a fluid medium. But this is not a normal process at all and involves excavation of the eggs from the ovary, fertilizing them in an outside laboratory and putting them back in the uterus. In the normal process, the human decides to pick the healthiest sperm for reproducing the egg but in the artificial process, the embryologist takes this decision. However, when he fails to pick the healthiest sperm and egg, it may cause the ill health of the child during birth and even later in life.

Some alternative techniques with a holistic approach are fast becoming popular in order to cure the problem of secondary infertility. These techniques are all the more preferred by people as these have less or no side effects at all.

The acupuncture method, for example, especially ear acupuncture or Auricular is very effective in cases where female infertility has been caused by some kind of malfunction of the ovary. The hormonal message that is transferred from brain to ovary is the most beneficial result received from this technique. In accordance to the investigative trials, those women who have received acupuncture treatment for about 30 times within a time period of 3 months have shown good results. Those female who underwent hormonal therapy along with it suffered from side effects.

In the alternative treatment techniques, diet and lifestyle changes are given a lot of importance. Regular intake of such things that contain caffeine like coffee, chocolate, cocoa, green tea (containing caffeine), black tea and colored soft drinks which has harmful effects on conception is discouraged. According to a study, one and a half cup of coffee for a woman who is trying for pregnancy is sure to delay her conception. Thus coffee is a strictly a no-no for patients suffering from infertility.

Diets that include fish contaminated with PCB or Polychlorinated Biphenyls are also believed to be a cause for substantial reduction in the ability to become pregnant. According to one study, women who had more than one meal containing fish contaminated with PCBs (procured from Lake Ontario), developed reduced fecundity within a month.

The best result for the treatment of infertility has been reported through the Chinese medicines, acupuncture and of course, the holistic approach. The holistic approach reaches to the depth of the

problem and only then delivers physical, spiritual as well as emotional treatment, rather than only investigating the organs. On the other side, the conventional approach to the problem of infertility fails to successfully detect and remove the real causes and moreover, causes side effects. The holistic approach suggests a natural remedy and a way of life that can really solve the problem as soon as the real cause is determined.

**This article is based on the book, [Pregnancy Miracle](#) by Lisa Olson. Lisa is an author, researcher, nutritionist and health consultant who dedicated her life to creating the ultimate pregnancy solution guaranteed to permanently reverse the root of infertility, help you [get pregnant quickly](#) and naturally and dramatically improve the overall quality of your life, without the use prescription medication and without any surgical procedures.**

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## How To Get Pregnant

Have you ever wondered how to get pregnant? This question evokes varying responses from different people. Romance and emotion do play their part in the decision of having a baby. However, it is not uncommon to feel pained and frustrated, especially among the couples who are not able to become parents). Ideas of a kinky nature are bound to come to such couples.

Most newly wed couples take adequate protection against having a baby too quickly. However, in a matter of months, even as the duo is still getting to know each other properly, the eagerness to conceive a kid increases. This is hardly surprising, given the natural instinct of motherhood in ladies. A wife always wants to become a mother, since that gives her a sense of fulfillment. Thus, even in a fiercely competitive world, where the cost of everyday living runs into thousands, the craving for a baby remains high.

However, the females need to know how to get pregnant in a proper, healthy manner. The welfare and healthiness of both the mother and the kid, who would be seeing the light of the world soon, is of paramount importance. Hence, a careful perusal of the following discussion is necessary:

- Women should start preparing to become a mother, at least 3 to 4 months prior to the actual delivery,
- Holistic measures for the maintenance of good health conditions is necessary for both the mother and child,
- A soon-to-be-mother should completely shun smoking and drinking habits,
- It is of paramount importance that no drugs of intoxication are consumed,
- Healthy, adequate nourishment is extremely necessary for women at these times. This is because both the pre-delivery and post-delivery periods are generally rather stressful for them, and
- For maintaining the desirable health conditions, minerals, proteins (that are easy to digest) and minerals should be consumed in adequate amounts.

It is also crucial to pay heed to some other important factors. Some such factors are:

- Thorough knowledge of one's own body ? The period of ovulation in a woman is the ideal time for her to conceive a baby. Thus, she should be aware of the time of ovulation. There are, fortunately, many ways to find out what the time of ovulating would be. The 'Post Ovulation Time' (also termed the Luteal Phase) has to be estimated. This period, i.e., the time between ovulating and the date of commencement of the menstrual cycle, generally is fixed at 14 days in most women. The period starts after the length of the Luteal Phase, or 14 days after the occurrence of ovulation. There is an alternative way to find out the period of ovulation, which is based on the Basal Body Temperature method (i.e., the BBT technique). In this method, the temperature of the vagina is recorded by a specially-made BBT thermometer. This is done everyday in the morning. During the period of ovulation, this temperature rises significantly, and such increases can be easily tracked. For higher chances of conceiving a baby, sexual intercourse at these times is ideal.

- When does sexual union helps in conception the most? ? This information is necessary, since it ensures that the sperms of the best quality enter the female body at the time of ovulation. Sperms should have quick reaction time when a woman ovulates. Hence, fresh sperm is required to be present in the body of the female immediately before ovulating. However, there may occur certain problems in the sperm of the males too. In such cases, men should not be releasing sperms, for a

minimum of 3 days before the scheduled day of sexual union. These data is extremely important, in case you are wondering how to get pregnant.

- The ideal frequency of lovemaking for higher chances of conceiving ? Among other factors, a correct estimate of the ovulation period in women and the overall physique of men determine the ideal frequency of sexual union. There is a school of thought that, sperm count goes down, with a resultant weakening of the male sperm, if intercourse is held everyday. Conversely, others tend to think that the male sperm becomes ineffective, old and stale (with much lower potency) if it remains within the testicles, due to prolonged periods of abstinence. It is generally recommended that, sexual union, during the period of female ovulation, should be held about once in every 2 days.

It is always better to provide holistic solutions to the question of how to get pregnant. Such an approach helps to gain an insight about the inner workings of our body, and the reasons for not conceiving earlier. It also comes up with several usable solutions to this problem, including medicines and herbs of Chinese origin as well as changes in eating habits and overall lifestyle. Suitable exercise methods and, if required, acupuncture is also recommended. Unlike the conventional methods, the holistic approach has no adverse side effects, and has a much higher chance of providing the desired results. Hence, in these cases, holistic approach works much better than conventional ways.

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## Signs of Infertility

Have you ever considered what the primary signs of infertility in a human being are? We should be aware of the indications of infertility and that too, as early as possible. Signs of infertility can become apparent in several ways, including instinctive and cultural factors, irregular behavior of individuals while having a sexual union, malnutrition, a depressed mental condition, endocrinology factors, and the current health condition of persons. The overall general lifestyle, emotional quotients, financial issues as well as time represent pointers to infertility as well. In this context, it is important to distinguish between infertility and impotency. The factors mentioned above can result in infertility in a man or a lady, in case any of the former stops working normally.

In cases where a male has full potency, his female partner can become pregnant during the menstruation cycle of the latter. However, not many are aware that men too have hormonal cycles. What's more, while the cycle of ladies cover a 28-day period, a fixed tab cannot be put on the male cycle. Researches show that the quality of the male sperm can go down, not at all matching with his hormone cycle, although he can release sperms whenever he wishes to do so. The lower sperm quality, in turn, has a negative impact on a man's fertility, and can diminish his ability to impregnate. Signs of infertility, in both men and women, can become more apparent with advancement of their age.

Discourses on the many signs of infertility can often be confusing. Here, we would be discussing these issues in a clearer manner. Fertility of humans is not our focus here. In females, the single most important sign of her being infertile is an irregular pattern of her periods. However, it has to be kept in mind that, while irregular menstrual cycles do indicate infertility, they can also act as signs of other health hazards.

If a lady does not have the ideally correct body weight, her fertility is likely to go down. Infertility can be a problem faced by both overweight as well as grossly underweight women. The fetus needs to be nursed properly during pregnancy. If the hip region of a woman is too narrow, this task becomes difficult, and her ability to conceive babies suffers. The balance of hormones can also receive a jolt in case a proper nutrition-rich diet is not adopted. Obesity can also stand in the way of maintenance of the correct hormone balance. As a result, their ability to reproduce can suffer. If a lady is in the habit of drinking too much, she can also become infertile, for a considerable length of time too. Thus, in order to maintain her fertility, alcohol-consumption needs to be eliminated totally. However, this infertility has nothing to do with the barrenness of a lady.

Doctors point out several other common signs of infertility. For example, if the ovary of a lady is twisted, conceiving a baby becomes very tough for her. For women to become pregnant, the male sperm has to travel through her body and enter her ovary. In case the female ovary is positioned at a wrong position, this procedure is not possible. As a result, for all practical purposes, the lady becomes infertile. Any cysts that are present in the ovary can also prevent a woman from getting pregnant.

On the other hand, guessing which man is infertile is tricky. While a rather weak-looking guy can become a parent whenever he has an intercourse with a lady, an apparently strong, tough person can have an unfavorable rate of mortality and/or a low sperm count. However, in general, the level of fertility goes down as a man becomes more and more obese. Problems in the general health of males and/or his anatomy can also bring down his virility. Fertility falls with the advancing years too.

Andropause (or, the process of menopause in males) results in easy detection of the signs of infertility. The indications of infertility in men include:

- v Losing hair on a regular basis,
- v Gaining too much fat in the abdominal parts, and an increase in general body weight,
- v Wrinkles and dryness of the skin,
- v A fall in the male libido levels,
- v Excess stress,
- v Problems in having an erection,
- v Too much sweat as well as hot flushes,
- v A disturbed and nervous state of mind, with constant bouts of anxiety,
- v An feeling of unwillingness and a marked lack of motivation, and
- v A depressed mental state.

Fortunately, these signs of infertility can be eliminated if holistic methods of treatment are adopted. Unlike other conventional treatment methods, holistic approaches aim to detect the actual causes of the problem, and then suggest remedies accordingly. And these treatments also do not have any adverse side effects. Holistic methods recommend extensive usage of Chinese medicines, herbs and acupuncture. Proper exercises as well as a balanced diet are also prescribed. It has indeed been proven that holistic methods have a much higher success rate in helping people recover their fertility, than other conventional techniques.

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## Best Time To Get Pregnant

One of the most frequently asked questions about pregnancy is the best time to get pregnant. It is neither the Christmas time nor the Valentine's Day. One needs to be good in mathematics if one is serious about getting pregnant as it totally depends on the ovulating days. Now the question arises that how should one calculate this crucial time? For people who are good in mathematics need not worry but others should get hold of an Ovulation Calculator.

It is important to have some knowledge about one's own body and its functioning in order to find out the probable dates of ovulation. The 'post ovulation time' or the 'Luteal Phase' is the period between ovulation and the first day of the menstrual cycle. This period consists of fourteen days and is the same for most women. After fourteen days of the ovulation the period starts. Now what one needs to know is the date due for the next period. By counting back twelve to sixteen days from this date, one is likely to get the days of ovulation. Generally, women who have a cycle of twenty eight days, ovulate on the fourteenth day. Since this is so important to know in order to get pregnant, the ovulation date can also be checked through the BBT technique or the Basal Body Temperature. This is a method that involves the recording of vaginal temperature every morning by a BBT thermometer (with a fine calibration). The thermometer displays a higher temperature on the day of ovulation than the other days.

To explain this fact in a simpler way, the egg starts developing from the end of the menstrual cycle and between the 8th to 12th days it is at its maximum. So the chance to get pregnant is the most if one has intercourse on the 8th, the 10th and the 12th day. This is the most effective time to get pregnant. One shocking fact related to getting pregnant is that the egg lives only for a period of 12 to 16 hours in a cycle! Many gynecologists are of the opinion that the life span of the egg ranges from 12 to 24 hours. But the fertility experts say that it is likely to wither away within 15 to 16 hours. So it is important to hit it at the correct time!

Now its time to shift the focus from the Woman to the Man! If a couple has intercourse on regular basis, it is likely that the strength of the sperms may lack the desired force and the sperm count may also be less than it is required for the fertility level. In addition, the rate of sperm motility may also be hampered. Again, if the sexual union is not so frequent, there are chances that the sperms may become stale and old, making it lack its desired vitality. According to the opinion of the fertility experts, coitus should take place twice weekly for the best result.

It is surprising that though the female ovum dies within such a short period, the male sperm survives and moves about from 2 to 5 days within the vaginal canal. Keeping this fact in mind, it may be fruitful to have intercourse a couple of days earlier than the date of ovulation, so that the sperm gets plenty of opportunities to hit the egg.

It is important here to point out that following all the above mentioned guidelines may not be enough for getting pregnant. For further assistance, one may turn to holistic remedies that helps find out the actual cause of a problem if there is any and then suggests a remedy that is accurate. These remedies are of a wide range that includes Chinese medications to acupuncture, from exercise to helpful herbs, from lifestyle changes to a healthy and balanced diet. Unlike the age-old, conventional therapies which mostly fail, the holistic remedies almost always give the desired results.

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