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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Best Tips On Getting Pregnant

By Olinda Rola

The best tips on getting pregnant include understanding your reproductive cycle, understanding conception positions and paying attention to your overall health. Getting pregnant and pregnancy is a wonderful event that is complex, satisfying and exciting. Here are seven best tips on getting pregnant:

1. Know your most fertile time – generally, ovulation occurs about 14 days before your next period begins. So if your cycle is a 28-day one, that could make day #14 your most fertile (day #1 is the first day that your last period began). If yours is a 30-day cycle, day #16 could be the time to go for it.
2. Track your basal body temperature – you'll need an inexpensive basal thermometer to chart the slight elevations in your body temperature upon awakening each day that signal your fertile time.
3. Watch for cervical mucus – this can be one of the best tips on getting pregnant since ovulation causes a change in the appearance and consistency of cervical mucus. By checking yourself each day, you'll be able to see the 'egg-white-like' vaginal discharge that indicates ovulation and fertile time.
4. Have sex using the missionary position – the time-proven 'man-on-top' position works with gravity to encourage semen flow toward the uterus to maximize the chance of a sperm uniting with the egg and causing conception. One of the related best tips on getting pregnant is -- after ejaculation, the woman can remain on her back with her legs bent a few minutes to further maximize semen flow toward the uterus.
5. Eliminate smoking and alcohol – not only will doing so benefit your health, when you do become pregnant, you'll not expose the developing fetus to the harmful effects of smoking and alcohol.
6. Take the best vitamin/mineral/nutritional supplement you can find – taking one of the cheap one-a-day vitamins is probably a waste of time and money. Vitamins and minerals are just the beginning. Taking a high-quality, broad-spectrum nutritional supplement helps fill in the dietary gaps that everyone will have. The body needs and will use nutrients such as amino acids, antioxidants, bioflavanoids, neuronutrients, enzymes and other nutrients such as L-Carnosine, alpha lipoic acid, acetyl L-Carnitine and so on.

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7. Adopt a healthy lifestyle – this is one of the most important best tips on getting pregnant. Healthy living includes having a sensible diet with nutritional supplements, adequate quality sleep, managing stress, reasonable exercise and weight management.

And finally, just relax and enjoy your partner. Trying too hard is not one of the recommended best tips on getting pregnant.

Your desire to become pregnant and having that special child will have even more significance to you if it means you'll be taking better care of yourself and your partner. Not only does that mean a more healthy you, it also means you'll increase the chances of having a healthier baby.

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fertility monitors – Olinda Rola is President of InfoSearch Publishing and webmaster of

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– a website of natural health articles for women of all ages.

Odds Of Getting Pregnant And Age

By Olinda Rola

The odds of getting pregnant decline with age. The odds of getting pregnant are the greatest for a woman in her early twenties and then slowly decline with the passing years. Here are some numbers related to the chances of getting pregnant and age:

1. For ages early to mid-thirties – a woman in general will be about 15–20% less fertile.
2. For ages mid to late thirties – fertility will generally decline by up to 50%.
3. For women ages early to mid-forties – fertility declines by over 90%.

Why do the odds of getting pregnant generally decline as the woman gets older? Studies have indicated the reasons for fertility decline are related to the quality of the woman's eggs as well as the quantity. A woman in her lifetime will typically produce about 400 fully developed eggs (usually one per month) that are capable of becoming implanted in the uterus and causing pregnancy. As these eggs get used up over thirty years or so and estrogen production slows so that the uterine and vaginal

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linings are no longer properly stimulated, pregnancy becomes less and less likely.

And what about the male's role, age and the odds of getting pregnant? Studies have found that the probability of causing pregnancy for a man in his late thirties declines by about 40% from the probability during his twenties to mid-thirties.

How does a woman increase the odds of getting pregnant? Here are some tips:

- Know your fertile time – ovulation generally happens about 14 days before your next period begins. For women with cycles of 28 days, that could make day #14 your most fertile for getting pregnant (day #1 being the first day that your last period began).
- Monitor your basal body temperature – the slight elevations in your body temperature upon awakening each day will signal your most fertile time.
- Monitor your cervical mucus – ovulation will cause a change in the appearance and consistency of cervical mucus. Check yourself each day and you'll be able to see the 'egg-white-like' vaginal discharge that indicates ovulation and your most fertile time.

- Adopt a healthy lifestyle – the odds of getting pregnant increase the more healthy you are. Healthy living includes a sensible diet, nutritional supplements, adequate quality sleep, managing stress, some exercise and weight management. Planning to start a family, getting pregnant and pregnancy can be exciting, frustrating, fulfilling and without any certain outcome. Improving your health will add to the likelihood that you can become pregnant and have a healthy baby. Copyright 2005 InfoSearch Publishing

Read more about pregnancy, ovulation tests and fertility monitors at

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