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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!

Boost Your Fertility While You Sleep

By Sheryl Lyon

Everyone is aware of the cycles of the sun and moon. They give structure to our days, months, and seasons. But did you know that the sun and moon can influence your fertility?

When you are in sync with the earth's natural rhythms and cycles you can boost your fertility. If you work against nature's rhythms as many of us do, then you may be harming your delicate fertility balance.

Your biological clock is intimately linked to your reproductive system by utilizing the same hormones that trigger ovulation and sperm maturation. Therefore both women and men are affected by respecting or ignoring their natural rhythms.

Importance of Bright Light

Getting adequate sunlight or other full spectrum light during the day is key to optimum fertility for many reasons. Vitamin D is created in our bodies when we are exposed to sunlight and Vitamin D deficiencies have been linked to infertility.

Adequate sunlight also helps regulate circadian rhythms which allow you to sleep better at night. Regular exposure to the sun also helps you maintain a strong immune system which is necessary to maintain a healthy pregnancy. Women who get more sunlight also have consistent and stronger menstrual cycles.

Finally, bright light prevents your body from overproducing melatonin which suppresses fertility. This might explain why it is easier for women to conceive in southern regions and during the summer months.

Importance of Darkness and Full-moon Light

Many researchers believe that prior to the introduction of electricity into our homes, all women menstruated during the new moon and ovulated during the full moon. This has been proven by

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studying cultures today that do not use electricity. Women in these cultures sleep in close to total darkness except for the days surrounding the full moon.

The small amount of light from the full moon is enough to halt melatonin production long enough for ovulation to occur. Most women can synchronize with the cycles of the moon in about three to four months by altering the light level while they sleep. Coordinating menstruation not only strengthens your cycle in many ways but it also makes it much easier to pinpoint the optimal timing for intercourse.

Darkness also plays an important role in optimal fertility by triggering melatonin, on most dark nights, which leads to a good nights sleep. Just make sure to prevent overproduction with bright light in the morning.

Deep sleep helps restore and rejuvenate the reproductive system. Lack of sleep can increase cortisol levels, lead to an increased use of caffeine and other fertility reducing substances, disrupt your

hormone balance, cause depression which in itself can affect fertility or can lead to relationship problems with your partner. In extreme cases sleep deprivation can stop ovulation altogether.

How to synchronize with nature's cycles

Get at least one hour of bright sunlight a day Try to get bright light soon after waking Use full spectrum indoor bulbs during the winter months Use a light simulation device 15–30 minutes first thing in the morning and once at night(particularly in winter)

Aim for total darkness at night. Use room darkening shades. Avoid the use of any lights whatsoever On the three days of the full moon, try to bathe yourself in soft light while you sleep. A light from a closet, a 75–100 watt nightlight or even opening your blinds to the street light should do the trick.

Try to go to sleep with sun and get up with the sun. You might be surprised if you do not use lights or TV, how sleepy you get.

Make love during the full moon

Keep sleep and wake times consistent and avoid shift work. If you are tracking your ovulation signs, then you should taking your basal body temperature at the same time every morning anyway.

Efforts to conceive can be challenging and heartbreaking. The fertility enhancing methods mentioned here are easy, free, and painless. They will boost your overall health as well as your fertility so if you are trying to conceive it can only help and not hurt to synchronize your cycles with the earth.

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<http://lunar-fertility.blogspot.com/>

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, a site that explores better alternatives for natural conception, childbirth, parenting and non-toxic living.

Increase Fertility With The Fertility Calendar And Herbal Plants

By Jeanette Pollock

Is getting pregnant your ultimate dream this time? Have you gone through all sorts of stress-relieving activities but then you just cannot increase your fertility? Have you engaged in an unprotected sexual intercourse with your partner for over a year now but then there is still no news of your upcoming baby? Why don't you increase your fertility with the help of the fertility calendar?

If you are facing several difficulties in getting pregnant, you are hence not alone. Such thing has long been a major dilemma for most women. The incapacity to get fertile is nonetheless a great risk to be faced by both men and women. Some failed marriages can trace their roots from one of the couple's incapacity to bear a child. Being childless can open certain emptiness in a married couple's life. It may sound clichéd but there is always a solution to every problem.

What is the fertility calendar?

What is there with the fertility calendar? How can you increase fertility with the fertility calendar? Basically, the fertility calendar predicts in which days you are most probably fertile so you can have a successful pregnancy. Experts recommend that you get into a sexual intercourse in your most fertile days. You must first be aware of your own cycle to get into the meat of your fertile days. The fertility calendar will make you see your fertile dates, the end of your menstrual cycle, your ovulation period, and the most probable due dates.

What can the fertility calendar do for you to increase your fertility?

By using the fertility calendar, you get to know a series of ways wherein you can put your own cycle into a chart. When you are aware of when your most fertile time is, you increase your chances of conceiving. The fertility calendar also allows you to conceive the gender of the baby of your choice. So if you do want a baby girl or a baby boy, start using the fertility calendar. How can this be possible? It is said that the sperm that contains the X-chromosomes are able to live longer and they swim a lot slower in contrast to the male Y-carrying sperm cell. Therefore, if you engaged into an intercourse at least 3 days before the ovulation, you may get a baby girl. But if you get into an intercourse a lot closer to the ovulation period, you get bigger chances of getting a baby boy.

Meanwhile, if you aim to delay your pregnancy because you wish to wait for a longer time before you get pregnant again, the fertility calendar will also guide you in your goal. Hence, unwanted pregnancies are also avoided by the use of the fertility calendars.

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How can the herbs help you increase fertility?

Aside from the fertility calendars, you can always supplement your quest to increase fertility with the use of herbs. According to the customs, there are some herbal plants that pose a great influence on one's fertility. Among of which are the red clover, wild carrot, liferoot, wild yam, and partridge berry. There are women who can attest to the magnificence brought about by their drinking of these herbs.

There is nothing wrong to try the customary practice of drinking the herbal plants as long as there are those who can attest to its wonders and safety. Meanwhile, some free fertility calendars are available

in the internet. You simply have to download it and start tracking your own menstrual cycle and therefore learn to determine which your fertile days are.

Jeanette Pollock is a freelance author and website owner of InfertilityDomain.com. Visit Jeanette's website to learn more about

<http://www.infertilitydomain.com>



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