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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!

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 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

http://www.safemenopausesolutions.com/ovulation−tests.html

− Olinda Rola is President of InfoSearch

Publishing and webmaster of

http://www.safemenopausesolutions.com

− a website of natural health

articles for women of all ages.

Life Issues Pt.2 − Against All Odds

By Nicholas Dixon

Against all odds. I think that should be the motto of every person that is striving to be successful.The "odds" can be almost be anything : a lack of money , a lack of experience , a lack of self esteem and the list goes on and on.But to become successful , one has to over everyone of them and anything negative that comes your way.

You may have a dream that you "know' will come through , but as soon as you tell a love one it is immediately shot down.What do you do ? Go against the odds.You are building a business but there are still no visible signs of success , what do you do ? Give up or rise against the odds, you choose.You are in a long term relationship but suddenly things look shaky , what do you do ? Give up all you have achieved or go against the odds ? Again you choose.

Persistence.Anyone who has been successful in life has that weapon in their "success arsenal".When the odds are weighing against you heavily , a dose of persistence will see you through.Persistence is the stuff dreamers and achievers are made of , and it will help you overcome any obstacle on your journey to success.My friends , apply this remedy to your life's situations and you will realise that it was really worth it − going against all odds.

To your success and mine ,

Nicholas

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Nicholas Dixon is the Webmaster/CIO for the Oceanroc family of websites.A positive minded individual in his early twenties , Nicholas believes in striving to be the best of one's self in this world.His mission for you his readers , is for you to feel the same way about yourself. You can visit his online store at

WWW.Cafeshops.com/Oceanroc

.

Oceanroc2003@yahoo.com

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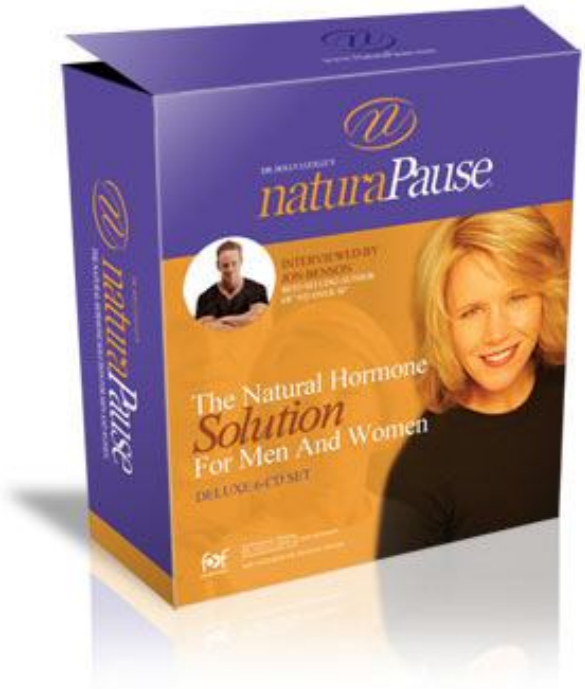

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