



Top 10 Getting Pregnant Tips to Improving Your Fertility Naturally



When a couple decides it is time to start a family, they generally don't assume they are going to have a problem. But when the months start passing with no sign of pregnancy, discouragement arrives instead of a baby. Seeing a fertility specialist should not be a first resort, as the medical profession collectively agrees that couples should try to conceive for a year before going to the fertility clinic. For most couples, a year seems like a very long time to wait, especially if the proverbial biological clocks are ticking. There are ways of increasing the chances of conception that can be done outside of the clinic and inside of the bedroom! Follow these ten best tips you may just find yourself an expectant couple before too long.

Fertility Tip #1 - Reduce stress factors. The medical profession agrees that stress can decrease fertility. Find ways to feel less pressure from the things in life that cause you stress. Recreation, exercise, religion, and hobbies are all simple ways of reducing stress.

Fertility Tip #2 - Watch the calendar. If couples are having intercourse on the days of a woman's cycle when she is not ovulating, there is virtually no chance she will get pregnant. For women with regular menstrual cycles, knowing the dates on which she is ovulating is absolutely essential to getting pregnant.

Fertility Tip #3 - Ladies, know your body.If a woman doesn't have regular menstrual cycles, counting days will not help determine ovulation dates. A woman with an irregular cycle should track the mucus of her cervix, which will change during ovulation to a consistency that is clear and stretchy.

Fertility Tip #4 - Take your temperature.If you aren't desperate enough to track cervical mucus, try tracking your temperature. You'll need to do this with a basal thermometer. Take your temperature every day, and when it rises, you will know that you are ovulating.

Fertility Tip #5 - Get to the right weight.Studies show that women who are overweight or underweight can have trouble conceiving. Make sure that you are at a healthy weight for your body type.

Fertility Tip #6 - Watch your age.Studies clearly show that the younger you are, the easier it is to get pregnant. This is especially true for women, but the aging process in men will diminish their fertility as well.

Fertility Tip #7 - Men, consider good drugs.Prescription drugs can decrease the amount of sperm being produced. Men should discuss with their doctor the effects that any medications they take regularly have on fertility.

Fertility Tip #8 - Men, consider bad drugs.Illegal drugs and alcohol can significantly decrease sperm production. Stay away from them.

Fertility Tip #9 - Regulate hormones naturally.Hormones that are out of whack can really mess with chances of conception. Food, vitamins, and exercise can all help in stabilizing hormone levels in both men and women. Read up on the latest studies regarding the regulation of hormones naturally.

Fertility Tip #10 - Have the right amount of sex.You have to have sex in order to get pregnant, and obviously, too little sex is not going to result in a pregnancy. However, too much sex can be detrimental to fertility as well. Most doctors agree that having intercourse every 48 hours is the right amount for conception.

Company Description

Russell Browne is the director of the company trading as MTHFR Gene Health Practice. Russell is the original founder of MTHFR FERTILITY GENES™. He is a qualified practitioner of Advanced Nutrition, Advanced Herbalism, and Homeopathy. He is also qualified in Neuro-Linguistic Programming (NLP). MTHFR FERTILITY GENES™ specializes in fertility complications, genetic nutrition, epigenetics, and nutrigenomics for complicated fertility, miscarriages, and infertility. We use advanced levels of data and treatment protocols to gain leverage over genetic weaknesses that lead to fertility complications, miscarriage, and infertility.

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Recommended Resources

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<https://mthfrfertilitygenes.com/mthfr-fertility/>
<https://mthfrfertilitygenes.com/what-is-fertility/>
<https://mthfrfertilitygenes.com/what-is-miscarriage/>
<https://mthfrfertilitygenes.com/what-is-infertility/>
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<https://mthfrfertilitygenes.com/resources/>
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Useful Contents

[MTHFR Fertility](#)
[MTHFR And Pregnancy Success](#)
[Staying Pregnant With MTHFR](#)
[MTHFR Miscarriage](#)
[MTHFR And Miscarriage](#)
[MTHFR Positive](#)
[Prenatal Vitamin For MTHFR Mutation](#)
[MTHFR Heterozygous Pregnancy Treatment](#)
[MTHFR And Infertility](#)
[MTHFR And Miscarriage Treatment](#)
[Compound Heterozygous MTHFR Pregnancy](#)
[MTHFR Blood Clotting Disorder Pregnancy](#)
[MTHFR Pregnancy Symptoms](#)
[MTHFR](#)

[MTHFR Mutation](#)
[MTHFR Gene Mutation](#)
[MTHFR Gene](#)
[MTHFR Genetics](#)
[MTHFR Test](#)
[MTHFR Testing](#)
[MTHFR Support Australia](#)
[MTHFR Infertility](#)
[Fertility Specialist Australia](#)
[Genetic Testing After Miscarriage](#)
[Multiple Miscarriages Causes](#)
[Symptoms Of MTHFR](#)
[What Is Mthfr](#)
[MTHFR Prenatal](#)
[Prenatal MTHFR](#)
[Methylfolate Pregnancy](#)
[MTHFR Prenatal Vitamins](#)
[What Is MTHFR](#)
[MTHFR And Missed Miscarriage](#)
[MTHFR Miscarriage Symptoms](#)
[Compound Heterozygous MTHFR](#)
[MTHFR C677t Mutation Heterozygous](#)
[Heterozygous MTHFR](#)
[MTHFR Heterozygous](#)
[MTHFR Compound Heterozygous](#)
[MTHFR Mutation Treatment](#)
[Heterozygous MTHFR Mutation](#)
[Heterozygous For MTHFR C677t](#)
[MTHFR C677t Heterozygous](#)
[MTHFR Gene Mutation Treatment](#)
[MTHFR Mutation Symptoms](#)
[MTHFR Gene Mutation Symptoms](#)
[MTHFR Indicators](#)
[MTHFR Signs](#)
[Signs Of MTHFR](#)
[MTHFR Gene Symptoms](#)
[MTHFR Gene Mutation Symptoms In Adults](#)
[C677t Heterozygous Mutation And Pregnancy](#)
[MTHFR Clotting Disorder](#)
[MTHFR Meaning](#)
[MTHFR Gene Mutation Symptoms In Babies](#)
[MTHFR Signs In Babies](#)
[Baby Aspirin For Recurrent Miscarriages](#)
[Baby Aspirin Recurrent Miscarriage](#)
[MTHFR And Progesterone](#)
[MTHFR Clotting Disorder Pregnancy](#)

[MTHFR Lovenox](#)
[Successful Pregnancy With MTHFR](#)
[IVF After Miscarriage](#)
[Miscarriage After IVF](#)
[IVF Miscarriage Rate](#)
[IVF Miscarriage Symptoms](#)
[IVF Miscarriage After 12 Weeks](#)
[IVF Miscarriage Symptoms Progesterone](#)
[IVF Miscarriage After Heartbeat](#)
[IVF Miscarriage At 5 Weeks](#)
[IVF Miscarriage Rates By Age](#)
[IVF Miscarriage Rates](#)
[IVF Miscarriage Rate By Week](#)
[IVF Miscarriage Rates By Week](#)
[Progesterone In Pregnancy](#)
[After How Many Weeks IVF Pregnancy Is Safe](#)
[Treatment For Recurrent Miscarriage](#)
[Fertility Treatment For Recurrent Miscarriage](#)
[Miscarriage Recurrent](#)
[Recurrent Miscarriage](#)
[Recurrent Miscarriages](#)
[Recurrent Miscarriage Cause](#)
[Recurrent Miscarriage Causes](#)
[Recurrent Miscarriages Causes](#)
[Multiple Miscarriage](#)
[Multiple Miscarriages](#)
[Why Do I Keep Having Miscarriages](#)
[Are Miscarriages Genetic](#)
[Genetic Miscarriage](#)
[Miscarriage Genetic](#)
[Miscarriage Statistics](#)
[Miscarriages Statistics](#)
[Genetic Testing After Miscarriage](#)
[Genetic Testing Miscarriage Cost](#)
[Genetic Causes Of Recurrent Miscarriage](#)
[Genetic Counseling After Miscarriage](#)
[Multiple Miscarriages Causes](#)
[Two Miscarriages In A Row](#)
[Successful Pregnancies After Miscarriage](#)
[Successful Pregnancy After Miscarriages](#)
[Successful Pregnancy After Miscarriage](#)
[Fertility Specialist](#)
[Best IVF Clinic](#)
[Fertility Clinic](#)
[Infertility Clinic](#)
[Infertility Clinic](#)

[Infertility Clinics](#)
[Infertility Center](#)
[Infertility Centers](#)
[Fertility Complications](#)
[Low Homocysteine Levels](#)
[Sterling App](#)
[Low Homocysteine Symptoms](#)
[MTHFR Pregancy Success](#)
[Cbs Low Homocysteine](#)
[B12 Infertility](#)
[B12 Fertility](#)
[Low Homocystine Levels](#)
[Normal B12 Levels](#)
[MTHFR Supplement To Avoid](#)