



15 GREAT WAYS TO BOOST YOUR CHANCES OF GETTING PREGNANT

1. IMPROVE LIFESTYLE

- Say “NO” to smoking.
- Smoking can reduce your fertility by up to 50%! If you or your partner smokes, it could possibly be the main culprit in your inability to conceive.

2. CUT OUT THE PAINKILLERS

- Some over-the-counter pills can affect conception if taken around the time of ovulation.
- Confirm and re-confirm with your doctor before taking any medicine.
- Anti-depressants, anti-convulsive pills, NSAIDs and hormonal medicines can greatly hamper your chances of conceiving.





3. MAINTAIN A HEALTHY WEIGHT

- Being overweight has a significant impact on pregnancy.
- But don't get skinny as being underweight can switch off your body's ability to reproduce eggs.

4. MONITOR YOUR FERTILE DAYS

- Using an Ovulation predictor, kit or something as basic as a thermometer.
- This occurs sometime between day 9 and day 14 of your monthly cycle.
- You can use Smartphone apps to store details of your menstrual cycles.

5. FOLLOW A HEALTHY LIFESTYLE

- Increase your intake of vitamins and minerals.
- Load up on fresh fruits and leafy vegetables.
- Add foods that are rich in folic acids like greens and broccoli.
- Keep hydrated by consuming at least 2 litres of water a day.

6. SOAK YOURSELF IN SUNSHINE

- Sunlight boosts fertility in both men and women by Increasing levels of vitamin D.
- It has shown up to be a natural mood-booster.
- Some studies have also shown Vitamin D plays a part in hormone production in both men and women.





7. CUT THE CAFFEINE

- Research has shown that a significant link between consumption of coffee and conception.
- Experts say caffeine may reduce the activity of the Fallopian tube muscles, which carry eggs from the ovaries.

8. HAVE SEX MORE OFTEN

- Greet the fertile day's mornings with sex.
- Studies show that the sperms are most potent in the early mornings.
- Chances of conception rise from 15% for couples having sex once a week to 50% for couples having sex three to four times a week.

9. BE POSITIVE

- Follow your hobbies, enjoy your jobs and be in company of friends.
- Try exercising regularly and get lots of fresh oxygen.
- Chill out. Make yoga, deep breathing, tai chi or meditation a part of your life. Take a long leisurely walk.

10. DON'T STRESS

- Don't stress yourself for starting a new family.
- The vast majority of women conceive easily. 85 percent of women conceive within a year of trying.
- Soak in a long hot bath, listening to music or find yoga class, it will help you to relax and unwind.
- Join a gym and exercise regularly. Always listen to your body during exercise, and do it under trained supervisor.





11. DETOX FROM ALCOHOL

- Alcohol is a serious sex drive killer and potency inhibitor for both men and women.
- Giving up alcohol for good will take you leaps ahead in your tryst for conception.

12. GET SCREENING TESTS DONE

- If no method seems to work for you put an end to the agonizing frustration and plan a visit to a doctor.
- The doctor will probably put you through fertility tests and scans to treat the problem.

13 TRY IDEAL POSITIONS

- As opposed to popular opinion, there is NO ideal sex position that will improve fertility!
- You should try to remain as stress free as possible. Since stress hormones can really do a number on ovulation.

14. GO LOW ON THE SWEETS

- Sugar can make you gain weight. The more sugar you eat, the more surges of insulin your body produces. This converts more of your food to fat, which gets stored in your body.
- Fat stored in your body is a manufacturing plant for Estrogen, and this causes hormone imbalance, which can further impair your chances of getting pregnant.
- This kind of imbalance also predisposes you to increased risk of PCOS and endometriosis. So, junk those cupcakes and kaju barfis!

15. SAY NO TO DRUGS

- Totally avoid drugs such as cocaine and marijuana. These drugs lower sperm counts and increase abnormal sperm.
- Female drug users can face ovulation problems.

REMEMBER THE MOST IMPORTANT THING IS TO NOT LOSE HOPE!
MIRACLES HAPPEN EVERY DAY.





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