



Getting Pregnant: The Natural Approach

Revealing the Secrets to Increase Your Fertility

Contents

<i>Introduction</i>	3
<i>Part I – Understanding Fertility and Infertility</i>	
Chapter 1: What is Fertility? - Signs of Fertility	4
Chapter 2: What is Infertility? - Causes of Infertility	6
<i>Part II – Natural Methods to Increase Fertility</i>	
Chapter 3: Traditional Chinese Medicine: Acupuncture	10
Chapter 4: Home Remedies: Homeopathy vs. Herbalism	11
Chapter 5: Sexy Secrets to Get Pregnant: Proper Sex Positions and Timing	14
<i>Part III – Diet for Pregnancy</i>	
Chapter 6: Foods to Increase Fertility	18
Chapter 7: Vitamins and Minerals to Increase Fertility	21
Chapter 8: Supplements & Over-the-Counter Drugs to Increase Fertility	23
<i>Part IV – Getting Pregnant Don'ts</i>	
Chapter 9: Things to Avoid If You Want to Get Pregnant	26
<i>Part V – Symptoms of Pregnancy</i>	
Chapter 10: The Symptoms of Pregnancy	30

Introduction

For many women, conceiving and giving birth is the most natural thing in the world. And it should be. It is the ultimate fulfillment of womanhood. It is, in fact, a part of our biological nature as humans.

Unfortunately, not all women believe that this is true at all. There is no ignoring the fact that many women around the world are facing problems with fertility. Not being able to conceive children is perhaps the most depressing and challenging problem a woman could ever face in her life. Therefore, she needs all the support and help she can get from friends, family, health providers, and most importantly, her partner.

A lot of women facing infertility issues have turned to expensive methods with the belief that, the more money you invest in a treatment, the higher chances are of a cure. Some hopeful mothers have been led to false information and been told wrong diagnoses. As a result, many feel as if they are still groping in the dark while facing this issue.

If you are one of these women facing troubles with infertility, chin up. There is still hope for you. Something can still be done to resolve your problem so you can still live to see your children, and even your grandchildren.

The following chapters of this ebook will tell you everything you need to know about infertility and how you can get pregnant naturally. No painful procedure and expensive medications. Just natural methods that are safe and affordable.

Part I: Understanding Fertility and Infertility

To achieve your goal to get pregnant fast and naturally, you need to have a deeper understanding of what fertility and infertility are all about. Only when you are able to recognize what your body is telling you, will you be able to address the problem and choose the perfect solution.

The following chapters will discuss about the definitions of fertility and infertility as well as their signs and causes.

Chapter 1

What is Fertility?

Fertility is the ability to conceive and bear children. In other words, it is a woman's ability to become pregnant as a result of a normal sexual activity with a man.

Women generally start to become fertile between the ages of 10 and 16 when they start to go through puberty and begin menstruating. Naturally, once a woman starts her menstrual cycle, she can now become pregnant if she engages in an unprotected sexual activity. Cycles can be irregular for the first couple of years and many girls do not ovulate every month.

A woman's fertility will hit its peak at the age of 27 and slowly declines at the age of 30 and every year after that. That is why many older women have trouble getting pregnant. During the peak of fertility, a woman is only fertile for three to four days every cycle. This is because an unfertilized egg can only survive for 24 hours.

Signs of Fertility

You can find out for yourself if you are fertile and can conceive a baby. Here are the basic signs that should tell you your own fertility status:

Basal Body Temperature

BBT is your body's temperature before doing any activity for the day. This is taken in the morning before you get out of bed. Your BBT when you are fertile is slightly higher than your normal temperature before your cycle. It will usually rise between 0.4 and 0.8 F on the day of ovulation.

Cervical Fluid

Your cervical mucus or vaginal discharge varies throughout the month and the mucus is an indicator of fertility. When you check your mucus, note the color changes. You are at "high fertile

stage" when your mucus is thin and transparent. It has stretchy properties and this type of mucus is also called "egg white cervical mucus".

Cervical Position

During your cycle, your cervix changes position. During the beginning of your cycle and after ovulation, your cervix is in a low position. It rises to a higher position just before and during the ovulation period.

Chapter 2

What is Infertility?

Contradictory to fertility, infertility is the inability to conceive and bear children. Many people, both men and women, may be infertile during their reproductive years. They may not be aware of the condition at the time because they were not yet seeking to have any children.

Causes of Infertility

Approximately 6.1 million women in the United States are having fertility problems. That makes 10 percent of the total population of women in the world.

A woman might feel or have a hunch that she could be infertile when has not gotten pregnant after six months to a year of unprotected sex. Even a miscarriage can be an indicator of infertility. A miscarriage is a failed pregnancy experienced by women whose growing fetus was not able to complete its nine-month development stages in the womb and eventually dies. If a woman had an episode of a miscarriage, she is a likely suspect of infertility.

There are several major causes of infertility in women and knowing these causes will give you an edge in terms of deciding the right methods of treatment should you decide to get any.

Here is a list of some of the major causes of infertility in women that you know about:

Polycystic Ovarian Syndrome (PCOS)

PCOS is one of the main causes of infertility for women. In the United States alone, 1 in every 40 women suffers from it. This disease occurs when cysts develop in the woman's ovaries making it unable to function. When a woman has PCOS, she will experience irregular menstrual cycle and therefore increase the probability of becoming infertile. This condition is even more depressing to bear due to the fact that there is no known cure for it because doctors could not identify its causes.

Uterine fibroids

Upon reaching the age of 30 and above, you are at a greater risk of the development of fibroid tumors in the uterine. While these tumors are mostly benign, they can block your fallopian tubes and consequently make you infertile.

Ovulation disorders

One of the most recognized culprit of infertility for women is a disorder in the process of ovulation. Ovulation takes place when the ovary releases an egg down to the fallopian tube where it will become fertilized when it meets a sperm. But, there are a few cases where a certain part of the brain responsible for ovulation is disrupted and decreasing the levels of important hormones in the process. These hormones aid ovulation. This small yet caustic abnormality prevents the ovary from releasing the egg.

Endometriosis

A problem in the lining of the uterus can also be a cause of infertility for women. This condition cuts down your chances of getting pregnant as uterine tissue grows outside of the uterus and oftentimes affecting the ovaries, uterus and fallopian tubes. This

growth is also known as endometrial cyst which is common in the ovary and can either be benign or malignant.

Age

A woman's rich reproductive age is in her early and mid-twenties and starts to decline in her late twenties and every year after reaching the age of thirty. Fertility declines rapidly as we age, especially in women, because our general health also declines.

Part II: Natural Methods to Increase Fertility

If you are wondering if there are any methods to help you get pregnant naturally, the answer is yes. Are they obtainable, simple, affordable, and most importantly, effective? The answer to all of the above questions is a big YES.

If you have been fed up with all the expensive tests and medications that you have been taking that do not work, try solving the problem using natural methods. This section will discuss about some of the natural alternative methods that women suffering from infertility can give a try to start the process of increasing their chances of getting pregnant.

Are you ready?

Chapter 3

Traditional Chinese Medicine: Acupuncture

Traditional Chinese medicine (TCM) dates back to three thousand years ago and is believed to cure many illnesses known to man. It includes:

- Acupuncture
- Moxibustion
- Herbal medicine
- Tui-na bodywork and
- Diet therapy

TCM is ancient science, yet its theories and treatments are still relevant to modern health and medicine.

Acupuncture

Acupuncture, combined with herbal medicine has been used for centuries to treat some causes of infertility and also relieve symptoms of pregnancy such as nausea and vomiting.

How is it done?

Acupuncture involves the use of needles but nothing the same as how they are used in surgeries. Its intention is to promote health and alleviate physical pain and suffering. Our body is believed to have energy points and the perspective of an acupuncturist is to tap into these points using needles to release the flow of blocked energy into the body thus promoting health and

wellness. It can increase the flow of blood into the endometrium, helping to facilitate a thick and rich lining. Acupuncture also helps prevent the risk of miscarriages in pregnant women.

TCM, particularly acupuncture, can help to:

- Improve blood flow to the ovary and uterus, resulting a better response from your ovary;
- Restore hormonal imbalance for a more efficient ovulation and fertilization;
- Lower the risk of miscarriage

When it comes to treating infertility, TCM's belief is that if the body is healthy and its energy is balanced, conception will happen naturally. This is the goal that TCM is geared towards. Imbalanced energy is the factor behind many health issues, including infertility disorders. Your body has its own healing mechanisms and they only need to be tapped in order to flow into a natural balance all throughout your body and the best way to do this is through acupuncture.

Chapter 4

Home Remedies: Homeopathy vs. Herbalism

All around the world, people are using homeopathy as an alternative medicine. Homeopathy is an effective method of healing that is focused on assisting the body's natural ability to heal itself.

This method of treatment was discovered after a German doctor realized that there are two ways to treat illness: the way of the opposites or conventional medicine or the way of the similars. This system of healing is done by diluting and shaking remedies and using substances extracted from minerals, animals and plants. It was further found out that this method have fewer side effects and shows better results.

Herbalism, on the other hand is an ancient practice that is also widely used until now. Also known as botanical medicine, this method of treatment is done by using plants for their therapeutic value. Herbal plants contain a variety of chemical compounds that act upon the body to prevent or treat illnesses.

Homeopathic medicine works well and is very effective when combined with herbalism to increase a woman's chances of conception. While the herbs address the mineral deficiencies through vitamin and mineral supplementation, homeopathic medicine will regulate homeostasis and considers the mental and emotional aspect of the problem aside from the physical dysfunctions. Many homeopathic remedies come from herbs and minerals that are homeopathically prepared through a series of dilutions. That's homeopathy and herbalism working side by side to resolve a common problem.

Making Your Own Homeopathic Remedies

Anybody can prepare a homeopathic remedy. Here are some suggestions that you can ever-so-conveniently do at home:

- Instead of using harmful house cleaners that contain strong chemicals, use only natural cleaners like vinegar and water or

lemon/lime solutions. Toxic exposure can have grave effects on your fertility and overall health.

- Stress prohibits pregnancy. Set aside a time for yourself so you can relax and do the things that you enjoy. Go for a walk or meditate, listen to soothing music or read a good book.
- Oftentimes, when you are stressing over wanting to get pregnant so badly, it can result to a low sex drive. Get a fennel, which is an aromatic plant that works as an aphrodisiac for women. It boosts female libido and encourages regular periods.
- If you love to do gardening, you have great access to Mother Nature and all of her therapeutic herbal plants. Plant some Damiana Leaves, Red Clover Blossom, Dong Quai, and Nettle Leaves. These plants are known to have powerful effects on increasing fertility and are easy to mix with your diet. However, if gardening isn't your favorite hobby, you can always acquire them at your local grocery or health food stores.
- Getting enough sleep help maintain healthy balance and revive your reproductive organs. Lowering the room temperature in your house at night between 65-70 degrees F and opening the windows a bit will help you get a good sleep. Also, reduce noise and wear loose, comfortable night clothes.

Chapter 5

Sexy Secrets to Get Pregnant: Proper Sex Positions and Timing

Getting pregnant naturally does not rely merely on medications, surgeries and even nourishment. There are lot of other aspects involved in making sure that one gets to conceive.

Two of these aspects, which are also the most important, are the proper position during sex and the right timing of when to do it.

Before we go in-depth with these two essential considerations to get pregnant naturally, it is important to bear in mind that one can get pregnant regardless of any position – man on top, woman on top, sitting, standing, lying down or all four positions combined. This is simply because pregnancy is the result of sperm entering the vagina and fertilizing an egg. Proper sexual positions only apply when couples find it hard to conceive for several reasons including a weak or insufficient sperm count. In this case, you will need a little boost or push to ensure that the sperm gets to its destination during sex.

And there are several sexual positions that can help ensure exactly that! When devising the best position, focus on the main goal which is to deposit the male sperm as close to the female cervix as possible. This is in relation to the life span of the female egg and the male sperm. An egg typically survives for 24 hours after being released from the ovary and traveling down to the fallopian tube. The sperm, on the other hand can last from 3 to 5

days in the woman's body. Therefore, the sperm must be close to the egg so they can join and fertilize before the egg dies.

5 Best Sex Positions to Get Pregnant

1. The Missionary Position – This position is also known as the man-on-top position. This is believed to be the best position to in order for the woman to get pregnant fast because it allows for the deepest penetration possible, making it likely for the sperm to get deposited nearest to the cervix.
2. Elevating the Hips – This is referring to the woman's hips which are elevated with pillows placed behind her. This position exposes the female cervix to as much semen that is released by the male.
3. Lying Side by Side – The man and woman lie side by side or facing each other during intercourse. This also causes the most exposure of the cervix to the male sperm.
4. The Rear-Entry Position – This position is where the man enters the woman from behind. This position is also highly recommended as one of the best positions to get pregnant fast because the sperm is deposited closest to the cervix, thereby increasing the chances of conception.
5. Spoon Position – This intimate and cozy position is where the woman lies on her side, curled in a C posture and the male facing the back of the woman is also curled around the woman and enters her from behind.

Proper Timing to Have Sex to Get Pregnant

Timing is everything. While early teenage memories would remind us how our mothers used to warn about getting pregnant the first time we have sex, this is not entirely true. It is possible but know that the best time to get pregnant is when you are ovulating.

Ovulation is a period between days 12 and 20 of your menstrual cycle and it is important to know when your ovulation days occur so you can have sex at the right time and get pregnant faster. There are ways to know when you are ovulating.

Consider these methods:

Keep a BBT chart – Keep track your basal body temperature (BBT) and chart your daily temperature. You will know when you are ovulating when your normal temperature rises. The best time to get your BBT is in the morning before getting out of bed and doing any physical activity.

Use a fertility monitor – There are several types of fertility monitor. Many of these monitors use urine to test hormones and if the woman is ovulating, the same method used in pregnancy kits. Other monitors use saliva and sweat.

Observe changes in your vaginal discharge – This is the cheapest method to determine your ovulation cycle. This is done by simply observing the changes in your vaginal discharge or mucus. Before ovulation, you will notice an increase in vaginal discharge and your mucus is slippery. When you notice that your mucus has the texture and resemblance of an egg white, this is a strong indicator that you are ovulating.

Use an ovulation calendar – An ovulation calendar can be very helpful in determining the best time to have sex to get pregnant fast. The calendars are based on an average cycle length and will provide you with an estimate. While an ovulation calendar may not be completely accurate, it can help you figure out the best time to have an intercourse.

One important point to remember when you rely on ovulation to help you get pregnant is that daily sex during ovulation is only ideal when the sperm count of your partner is good. If not, aim for every other day instead.

Part III: Diet for Pregnancy

Is there a relationship between your diet and pregnancy? You bet there is!

It is always wise to eat a healthy and balanced diet. The food that you ingest in your body speaks for the condition of your health and just how fit your body is. When your daily diet includes all the

foods that have the important nutrients that your body needs, you can be assured that your body is in good shape inside and out. However, eating too much junk and processed foods is a menu for disaster when it comes to your health.

All the more when you are trying to get pregnant. When you conceive, your womb will be your baby's home for the next nine months. That is why you need to be able to prepare your body to ensure that it is able to sustain another life within and having a healthy diet is the perfect recipe. Not only that, healthy eating also contributes to an increase in your fertility, thus, increasing the chances of conception as well.

The following chapters will show you the right foods and nutrients that you need to help you keep a healthy body that will help you get pregnant naturally.

Chapter 6

Foods to Increase Fertility

If you want to increase your fertility, start by eating right.

Your health is not the only thing that is at stake if you constantly stuff yourself with unhealthy foods. It may never have occurred to you but certain types of food help facilitate or impede your fertility. If you have been trying to get pregnant, certain foods can help you achieve this goal quickly.

Top 10 Foods to Increase Fertility

1. Water – Keeping your body well-hydrated at all times is very important and this can be achieved by drinking sufficient amount of clean filtered or spring *water*. Water aids in the proper functioning of the reproductive system and this includes providing natural fluid to assist the sperm in reaching the cervix.
2. Green leafy vegetables – These are the most essential of all healthy foods. Green leafy vegetables like *spinach* provide high antioxidant content as well as iron, folic acid and other nutrients needed to maintain healthy reproductive organs. Folic acid in green leafy vegetables will help generate viable and healthy eggs to prevent birth defects in babies.
3. Orange and yellow vegetables – Another group of highly nutritious vegetables are orange and yellow vegetables such as *squash and carrots*. These contain high amount of beta carotene that corrects hormonal imbalance thus helping pregnant mothers keep their baby safe in the womb until birth.
4. Cruciferous vegetables - These include *broccoli and cabbage*. These vegetables contain phyto-nutrients to aid in the regulation of the metabolism of estrogen in the body. These foods are also recommended for women suffering from endometriosis and uterus fibroids.
5. Crop vegetables and peas – An example of crop vegetables are *sweet potatoes and carrots*. They, too, contain beta carotene

that promotes regular blood flow during your monthly menstrual period and increase your fertility at the same time.

6. Vitamin C-rich fruits – Vitamin C is known to increase our immune system and protect us from common illnesses. However, it is also believed to help repair cell damage thanks to the presence of antioxidants. It will help transport the sperm all the way up to the uterus and into the fallopian tubes to fertilize the egg. Examples of vitamin C-rich fruits are *blueberries, papaya, oranges, kiwis and strawberries*.
7. Dairy products and other meats - Dairy foods like *eggs* are rich in protein. Other sources of protein-rich foods are *meat and fish*. These foods are rich in amino acid that aids in the generation of fertility hormones FSH and LH.
8. Whole grain bread and tortillas – These kinds of foods have sufficient amount of iron and vitamin B which are needed to boost your fertility hormones.
9. Nuts – Certain nuts are known to contain healthy fats called the omega-3 fatty acid which also aids in promoting fertility in both men and women. You can get this vitamin from *almonds and walnuts*.
10. Vegetable proteins – Eat a moderate amount of vegetable proteins like *tofu and soy products*. This will help you achieve the ideal pregnancy weight and increase your chances of getting pregnant.

Chapter 7

Vitamins and Minerals to Increase Fertility

Knowing the right vitamins and minerals to promote and increase fertility will help you a great deal when it comes to choosing the right kinds of foods to eat.

However, you also need to become aware that eating healthy foods alone are simply not enough to ensure a conception. You must know the nutritional content and value of the foods that you are eating. Also, certain foods may not have sufficient amount of vitamins that you need that is why taking prenatal vitamins while trying to get pregnant or even during pregnancy will be helpful to ensure that you and your baby are getting proper nourishment.

Here is a list of some of the most essential vitamins and minerals to increase fertility:

- Vitamin A – Vitamin A helps promote healthy fallopian tubes.
- Zinc – This vitamin is needed to keep a healthy reproductive system. It helps to correct chromosomal abnormalities.
- Vitamin E – This is a popular antioxidant that works to eliminate toxic wastes from the body. It also improves the general health of sperm for your partner.
- Selenium – Another antioxidant, this vitamin also removes body toxins and supplies healthy levels of sperm in male.

- Primrose and MaxEPA – These vitamins contain omega-3 essential fatty acids that are important to repair and rebuild damaged cell membranes. They are also required to correct hormonal imbalance and chromosomal defects that can lead to a miscarriage if not corrected early. These vitamins also aid in the proper flow of blood in the uterus.
- Iron – Iron is needed for the production of hemoglobin and the proper formation of fetal blood needed for the development of the fetus.
- Magnesium – This is essential in the contraction of muscles in the fallopian tubes. Magnesium also aids in the movement of the egg and sperm in the uterus.
- Vitamin C – A powerful antioxidant, vitamin C not only washes away toxins but also stimulates the ovaries to produce eggs during ovulation.
- Vitamins B1, B2, B3, B5, B6, B12, PABA, Folic Acid, Inositol, Choline – This important group of vitamins is required to balance estrogen and progesterone levels as well as increase the production of sex hormones.

Remember, healthy diet combined with exercise can help you get pregnant fast.

Chapter 8

Supplements & Over-the-Counter Drugs to Increase Fertility

Many couples facing infertility issues have spent thousands of dollars just to try to get pregnant and many of them do not succeed. From expensive medications to certain procedures, they are willing to undergo and risk just about anything in order to conceive.

While choosing the expensive path to get pregnant does work in some cases, there are cheaper options that are available that guarantee the same results. Perhaps even better. And these come in the form of supplements and over-the-counter drugs.

Here is a list of supplements and over-the-counter medicine which can be used to improve your chances of fertility.

Supplements

1. Larginine – This is an amino acid that serves many functions in the body. Aside from converting glucose and glycogen, it also relaxes blood vessels by producing nitric oxide and consequently decreasing the risk of sexual dysfunction in men and improving the function of reproductive organs in women.
2. Gamma-linolenic acid (GLA) – This can be found in plant-based oils and is an essential fatty acid (EFA) in the omega-6

family. It is used in treating premenstrual syndrome (PMS) cause by the imbalance of fats that can lead to overactive

uterine muscles and menopause. GLA is also vital in protecting the natural function of the reproductive system during the occurrence of a medical condition.

3. L-carnitine – Its main function is to convert fat energy. L-carnitine is produced by the kidney and liver. Since kidney is important to help maintain the normal function of the reproductive organs during conception, it is vital to keep it strong and healthy. And when your kidneys are strong, they maintain the right levels of L-carnitine.

Over-the-Counter Drugs

1. Guaifenesin – This medicine helps to improve the quality of your cervical mucus. As a result, it increases the chances of the sperm to get into the fallopian tube for a normal conception.
2. Baby aspirin – Originally made from white willow tree, this medicine improves blood flow and increase the immune system to fight against inflammation that can result to a blood clotting defect and leading to recurrent miscarriage.

Part IV:

Getting Pregnant Don'ts

In the previous chapters, we have discussed important things you need to do in order to increase your fertility and get pregnant naturally. Now that you know what to do, it's time to shed you some light on the things that you should NOT be doing if you want to get pregnant soon.

Knowing the Do's and Don'ts when trying to get pregnant is very important because a lot of women often do not realize that perhaps the reason they are not able to conceive is not in what they are doing but rather in what they should not be doing.

The following chapter will discuss the things you should avoid if you want to get pregnant and why you should avoid them.

Chapter 9

Things to Avoid If You Want to Get Pregnant

Many people believe that a surefire way to get pregnant fast is simply by discontinuing your intake of contraceptive pills. True, but that's not all that you need to do. There are a lot of other things to keep in mind while trying to get pregnant.

In addition, if you have been on contraceptives for a long time, you might wonder why you still have not gotten pregnant after quitting them. This is because birth control pills still work a few months after you have stopped taking them. Typically, it takes about three months for full fertility to return after coming off the pill, so you should not worry about not getting pregnant right away. Allow your body to complete one or two regular cycles before trying to get pregnant.

The following is a list of the things that you must avoid if you are trying to conceive. Basically, most of them boil down to one thing and that's *giving up your vices*.

Avoid Smoking

Smoking is known to be among the culprits of infertility. Cigarette smoking is toxic to the body. What's worse, it can lead to miscarriages or birth defects in babies should you get pregnant. If you are a smoker, learn to quit as soon as possible for you and your future baby's sake. By quitting, this will help you to conceive faster and enable you to give birth to a healthy baby.

Avoid caffeinated food and drinks

Research suggest that drinking too much caffeinated drinks like coffee, tea and colas as well as eating foods with caffeine content can reduce the body's ability to absorb iron and therefore run the risk of a still birth if you get pregnant. Avoid any kind of stimulant during the period of trying to conceive.

No alcohol

Like cigarettes, alcoholic beverages are also toxic to the body and can have damaging effects to the reproductive system. Stop drinking if you want to get pregnant.

No scented toiletries

These include scented vaginal sprays, douches and tampons. These products will make your vagina less receptive to sperms because the chemicals present in them can hamper the movement of the sperms.

Avoid medication

Medications, especially strong ones should be avoided unless they are prescribed by your doctor. Unnecessary medications can have effects in your fertility and lower your chances of conceiving.

Avoid stress

Many people are unaware that stress is also an underlying factor of infertility. If you are under constant stress, your body will release high levels of stress hormones and can stop ovulation.

Avoid certain sexual positions

As there are best sexual positions to help you get pregnant fast, there are also positions that you must avoid because they give the opposite results. Any position such as sitting, standing or with you on top will not allow the sperm to reach its destination, which is the cervix, and will make conception a much harder goal to accomplish.

Avoid being underweight or overweight

Studies reveal that women who are underweight or overweight have difficulty getting pregnant. It is important that you keep a normal body mass index (BMI) within the range of 20 to 30.

Avoid certain foods

The same with sexual positions, there may be foods that help enhance fertility, but there are also others that will lower it. Along with caffeinated foods and alcohol, other foods that you need to avoid are some fish. A study revealed that fish can contain hazardous chemicals and hold harmful bacteria as well. The toxins can accumulate in the woman's body and will seriously affect her reproductive system making it difficult to conceive or can lead to birth defects. Larger fish like shark and swordfish have very high levels of mercury while sushi and raw fish harbor dangerous bacteria that can kill a developing embryo. If you are trying to get pregnant, know which fish to eat and which ones to avoid.

Part V:

Symptoms of Pregnancy

Now that we have discussed in details all the possible things you can do to help enhance your fertility and get pregnant naturally, it's time that you learn to recognize the early signs and symptoms of pregnancy should you get pregnant in the future.

Recognizing these symptoms is important because pregnancy symptoms differ from woman to woman and pregnancy to pregnancy. Moreover, if you have no idea of any signs of pregnancy, you might mistake a common symptom for something else. For example, fatigue related to pregnancy might be brushed off as random stress and will not be taken seriously. Therefore, you might not make the extra effort to do something about it.

Another reason why understanding the signs and symptoms of pregnancy is important is because each symptom may be related to something other than pregnancy and could be a serious illness.

Chapter 10

The Symptoms of Pregnancy - How Would You Know You're Pregnant?

Some women experience the signs and symptoms of pregnancy within the first week of conception. For others, symptoms develop only after a few weeks or may not be present at all.

Below is a list of some of the most common pregnancy signs and symptoms. Some of these symptoms are considered the very early signs of pregnancy.

Implantation Bleeding

One of the earliest symptoms of pregnancy is implantation bleeding. This happens about 6 to 12 days after conception when the embryo implants itself into the uterine wall. When this happens, some women will experience spotting and some cramping.

Other reasons for bleeding other than pregnancy are actual menstruation, altered menstruation, switching of birth control pills, infection or abrasion from intercourse.

Missed or Delayed Menstruation

This is the most common pregnancy symptom and when this is observed, a lot of women usually head directly for a pregnancy test. When you get pregnant, you will miss your next period. Some women still bleed while being pregnant but the bleeding is shorter or lesser than normal.

Other reasons for missing a period other pregnancy are stress, a certain illness, a food reaction or a hormonal imbalance.

Morning Sickness and Nausea

This is another well-known symptom of pregnancy that often manifests between 2-8 weeks after conception. You will feel nauseous throughout most of the duration of your pregnancy. Some women, however, are fortunate enough not to have to deal with morning sickness at all.

Other reasons for morning sickness and nausea other than pregnancy are food poisoning, stress or other stomach disorders.

Breast Enlargement and Tenderness

This symptom begins as early as the first or second week after conception. You may notice certain changes in your breast such as feeling soft and tender when touched, sore or swollen.

Other reasons for breast enlargement and tenderness other than pregnancy are hormonal imbalance, intake of birth control pills, approaching period (PMS).

Fatigue and Tiredness

Tiredness, fatigue and exhaustion are also signs of pregnancy during the first week. This is attributed to the changes in hormone levels as a result of conception. However, these will disappear once your body gets accustomed to the changes.

Other reasons for fatigue and tiredness other than pregnancy are stress, exhaustion, depression, common cold or flu or other illnesses that can leave you feeling fatigued or tired.

Headaches

Headache is also the result of the sudden rise of hormones in your body.

Other reasons for headaches other pregnancy are dehydration, caffeine withdrawal, PMS, eye strain or other ailments.

Frequent Urination

This occurs around 6 to 8 weeks after conception.

Other reasons for frequent urination other than pregnancy are Urinary Tract Infection (UTI), diabetes, increase in liquid intake, or excessive diuretics.

Darkening of Areolas

The skin around your nipples darkens if you are pregnant.

Other reasons for darkening of areolas other than pregnancy are a hormonal imbalance not related to pregnancy or may be a leftover effect from previous pregnancy.

Food Cravings

Many women feel cravings for certain foods when they are pregnant and this symptom can last throughout the duration of your pregnancy.

Other reasons for food cravings other than pregnancy are poor diet, lack of certain nutrients, stress, depression or PMS.

If you have been trying to get pregnant and are a sexually active person experiencing most, if not all, of these symptoms, start crossing your fingers because a baby may be on its way!

This guide is based on the book, "Pregnancy Miracle" by Lisa Olson. Lisa is an author, researcher, nutritionist and health consultant who dedicated her life to creating the ultimate pregnancy solution guaranteed to permanently reverse the root of infertility, help you get pregnant quickly and naturally and dramatically improve the overall quality of your life, without the use prescription medication and without any surgical procedures. Learn more by visiting her website:

[Click Here For Lisa Olsen's Pregnancy Miracle](#)