

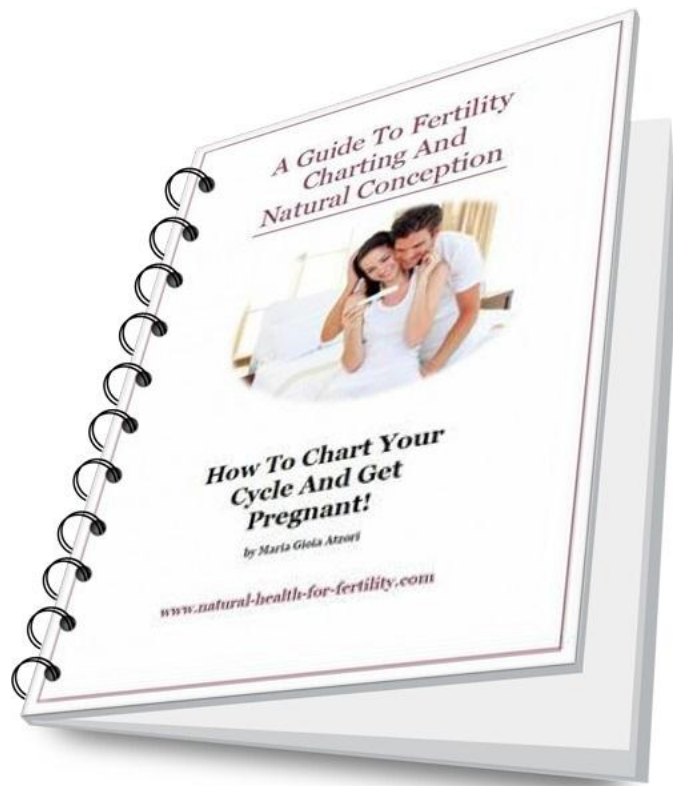
A Guide To Fertility Charting And Natural Conception



How To Chart Your Cycle And Get Pregnant!

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<http://www.natural-health-for-fertility.com/free-guide.html>

Fertility Blessings!

Charting Your Fertility

Fertility charting is a very important aspect of getting to know your body and your fertility. Been able to know when you are closer to ovulating is the most important piece of information you will need to have in order to achieve conception. Fertility charting helps you learn your specific fertility signs. The following information is based on the model of the "Fertility Awareness Method." I recommend reading the book by Toni Weschker called "Taking Charge of Your Fertility," available at your local book store. This book provides very important information on female gynaecological health, ovulation, conception and fertility.

Here, in this eBook, you will learn the most important aspects of fertility charting and the family awareness method. If applied correctly, this information will help you get pregnant quickly. If you have any question and need more support, please submit your questions here:

<http://www.natural-health-for-fertility.com/fertility-help.html>

Achieving Conception

In order to conceive you need the following:

- A. Fresh, healthy sperm.
- B. A fresh, healthy egg released during ovulation.
- C. Lots of healthy fertile cervical mucus to nourish and transport the sperm inside of the female reproductive tract where conception will occur.

Components Of Fertility Awareness

There are four major aspects of ovulation & conception:

- 1. Basal Body Temperature
- 2. Fertile Mucus
- 3. Cervical Position
- 4. Fertility Symptoms

1. Basal Body Temperature

Basal body temperature (BBT) is the temperature of your body at rest. One of the many changes that take place in your body during your cycle is an increase in basal body temperature at the onset of ovulation. During the first half of your cycle, the follicular phase, the basal body temperature is low. Once ovulation occurs, your basal body temperature rises in order to create a more nurturing environment for the fertilized egg and remains higher until the beginning of your next cycle. If you conceive, it will stay high throughout your pregnancy.

BBT Thermometer

When charting your basal body temperature, you should use what is called the basal body temperature thermometer. The **BBT thermometer** records temperatures to the 1/100th of a degree and it is the most precise thermometer for fertility charting. By charting your temperatures you can see patterns in your menstrual cycle and be able to determine when you ovulate. The normal thermometer that you use to check if you have a fever is not good for this purpose. You need a thermometer that reads temperatures to the 1/100th degree. Also, you want to look for one that records your reading and has a memory function, so that you don't have to write your temperature down right away.

To find a suitable BBT thermometer go to:

<http://www.natural-health-for-fertility.com/digital-thermometer.html>

How to Chart Your Temperature:

These are the key principles of tracking your BBT to achieve conception:

1. Take your temperature each day as soon as you wake up before you do any activity (even before getting out of bed). You need to have had at least 3-4 hours of uninterrupted sleep before measuring your BBT.
2. If you are using a digital thermometer wait until it beeps and then record your value.
3. Take your temperature each day at the same time, or within one hour. If you take your temperature later as a result of oversleeping, it will rise and you may think that you have ovulated. Make sure to disregard this abnormal reading from your fertility chart.
4. Use the same thermometer throughout your cycle if possible. If you use a new one, make a note.
5. The first day of your period is day 1 on the chart. Spotting at the beginning of the period is actually part of the previous menstrual cycle. The first day is when you have blood flow.
6. To analyze your chart, identify the first day of your temperature rise around mid-cycle. The rise is usually one or two-tenth of a Fahrenheit (F) degree higher. In Celsius (C) it is between 0.2 and 0.6 C on average.
7. Identify 6 low temperatures before the rise (exclude disturbances or abnormal readings).
8. Draw the coverline one-tenth of a degree (F) above the cluster of six temperatures before the rise.
9. After the third consecutive high temperatures above the coverline you are no longer fertile.
10. You are usually not fertile during your period and if you cervical mucus is dry.
11. You are fertile just 3 days before your thermal shift, provided you have fertile mucus.
12. Some women have a temperature dip before the temperature rises at ovulation.
13. If you have 18 consecutive high temperatures you might be pregnant.

14. If your temperature drops below the coverline, you will have your period soon, usually 24-48 hours.

15. Make sure to record any disturbance such as late nights, oversleeping, travelling, alcohol consumption (please avoid alcohol if you are trying to conceive as it can affect ovulation and baby's health).

Here you can get your printable Fertility Chart (Fahrenheit):

<http://www.natural-health-for-fertility.com/support-files/fertilitychartf.pdf>

Here you can get your printable Fertility Chart (Celsius):

<http://www.natural-health-for-fertility.com/support-files/fertilitychartc.pdf>

Thermal Shift And Ovulation

Once you record your BBT every day for at least one month you will notice that just around ovulation, your BBT increases and then stays high throughout the luteal phase, the second half of the menstrual cycle. Once your temperature rises and stays high for at least three days you know you have ovulated. By recording your thermal shift you will learn which day of the month you are more likely to ovulate, so you know to have intercourse just before that day the next month.

The rise in temperature highlights when ovulation has occurred during your cycle. You are most fertile 3 days before your temperature rise. The temperature rises not at ovulation, but **after ovulation**. This is due to the production of the hormone progesterone during the second half of the menstrual cycle (the luteal phase). During the first half of the menstrual cycle (the follicular phase), the hormone estrogen is in charge and it does not influence body temperature. Theoretically, you should have intercourse 1-2 days before your temperature rise, which is usually around day 10-16 in many women. Remember that once the egg has been released, it will be alive for about 12 hours only and the temperature rise will occur up to 48 hours after ovulation.

If your period is late and your temperature stays high you might be pregnant. Wait 18 straight days of high temperature before doing a home pregnancy test to confirm it. Your BBT will stay high throughout your pregnancy because the hormone progesterone is in charge during this time. When your temperature goes down, you will most likely have your period within the next 24 to 48 hours.

6. Drugs, medications, herbal remedies, vitamins.
7. Alcohol (please avoid alcohol while trying to conceive).
8. Smoking (please, avoid smoking and second-hand smoke, it can affect the health of your eggs and your baby).
9. Emotional stress caused by illness or loss in the family, overworking, anger, fear, uncertainty, etc.
10. Unusual physical stress like too much exercise, moving furniture, gardening, cleaning the garage, etc.
11. Sleep disturbances leading to poor night sleep like insomnia, shift work, late night out, etc.
12. Change in waking time like getting up earlier or later than unusual (spring and fall daylight savings time).
13. Jet lag (more than 2-3 hours time zone change) or any travelling (car, plane, boat, train).
14. Change of climate (going from a cold to a warm weather on vacation and then coming back).
15. Use of an electric blanket (do not use electric devices when trying to conceive and if pregnant)
16. Breastfeeding.

Use the following letters to chart your disturbance:

New thermometer (NT), alcohol (A), early (E), late (L), disturbed night (D), unwell (U), travel (T), holidays (H), cystitis (C), yeast infection (Y), medicines (M), breastfeeding (B).

Atypical Cycles

The following are atypical cycles that may occur rarely. If they occur often, they indicate low fertility and further medical attention.

Stress Cycle

A stress cycle is characterized by delayed ovulation. If you are under stress your body may not begin ovulation until after the stress factor is gone and you will ovulate late. Yes, it can happen as a result of the stress of trying to conceive! Many times, women think they are pregnant because their period is late, but in reality they just had delayed ovulation due to stress.

Anovulatory Cycle

If you do not have a thermal shift you probably have not ovulated. Some women may have one or two anovulatory cycles a year and this is a normal occurrence. If you have an anovulatory cycle often though, you may need to talk to your doctor regarding PCOS,

hormonal problems, perimenopause, low thyroid function, pituitary problems, high FSH, poor egg quality, or other fertility issues that may be affecting ovulation.

Unusual Temperature Shift

Some women have a very straight forward temperature shift, while others do not. In some cases, the temperature rise is not so clear. Some charts show a slow rise, which may take 2-3 days, others show a fast rise, others have a dip before the rise, and some show erratic temperatures after ovulation. In these cases being able to correlate the temperature readings with the vaginal mucus discharge becomes very important. Understanding your fertile mucus adds a new dimension to your ovulation chart.

Let's see why...

2. Cervical Mucus



Figure 2
Fertile Mucus

Fertility charting also involves recording the changes of your cervical mucus throughout your cycle. You need to become very familiar with the quality, consistency, quantity, and color of your cervical mucus. This is where you will find out how your fertility plays out in your case.

By learning how your cervical mucus changes around ovulation, you will be able to time intercourse and get pregnant. The temperature rise is under the influence of the hormone progesterone and indicates that ovulation has occurred. Unlike the temperature rise, the mucus symptoms appear before ovulation and are under the influence of the hormone estrogen.

Fertile cervical mucus looks like raw egg white and is slippery and stretchy (see the Figure 2 above). This type of cervical mucus plays a very important role in facilitating conception. Without it, your chances of conceiving decrease dramatically. In fact, not having fertile cervical mucus can make you infertile.

These are the main functions of the fertile cervical mucus:

- Make the sperm environment alkaline and protect the sperm from the acidity of the vagina.
- Provide nourishment to the sperm and allow the sperm to be alive longer within the woman's reproductive tract, while waiting for the egg to be released.
- Provide a medium where the sperm is capable of swimming faster and reach the egg.

The changes you see in your mucus are under the control of your hormones. Estrogen influences the quality and consistency of the cervical fluid. During the first half of your cycle, when estrogen levels go up, the cervical mucus is slippery and you can feel moisture coming from your vagina that you can notice on your underwear. As ovulation

approaches, this fluid secretion of cervical mucus turns into stretchy and transparent mucus. You can literally take a little bit between your fingers and notice how stretchy it can be.

Progesterone rises right after ovulation contributing to making the cervical mucus dry and looking like white cream or yellow and lumpy but not stretchy. You are now in the luteal phase of your cycle. Some women do not detect fertile mucus because they ovulate right after their menses and the fertile mucus is mixed with the menstrual period. Some women do not detect fertile mucus because they do not produce a lot. These are more likely to be infertile. Many fertility drugs like Clomid can cause insufficient cervical mucus. Other factors that may contribute to poor fertile mucus production are: low estrogen, low body weight, smoking, thyroid imbalance, and acidic vaginal pH (usually caused by Candida).

Charting Your Cervical Mucus

As ovulation approaches your cervical mucus changes from infertile to fertile.

a. Collect your cervical mucus. Make sure your hands are clean. Sit on the toilet, or squat (use always the same position) and insert your index finger in your vagina and try to pick up a small amount of cervical mucus. Remember that depending on the timing of your cycle, you may find very little cervical mucus present. It is important to check your mucus at the same time during the day preferably in the evenings. Also, every time you go to the toilet, observe your cervical mucus after wiping (take a look at the toilet paper to observe any stretchy, transparent, egg white mucus).

b. Take a look at the mucus. When you have very little mucus you may not be fertile. If the mucus is white and creamy, you are not fertile yet. What you are looking for is very stretchy mucus that is clear like the white of the raw egg. If you have fertile mucus you should be able to put some mucus between your thumb and your index finger and stretch it for at least 1-2 inc (2-4 cm).

c. Recognize fertile mucus. Spotting fertile mucus is the key to knowing your fertility. You want clear, stretchy cervical mucus. This mucus allows optimal sperm motility, keeps the sperm alive for 3-5 days (if you have fertile mucus for that long). It also makes sure the acidic environment present in the vaginal cavity will not destroy the sperm.

d. Keep track of your fertile mucus. Record your mucus every day by writing down if it is sticky (St), creamy (Cr) or egg-white (Eg). When you have your period (P) make sure that it is true period, because spotting (S) is part of the previous cycle. Some women experience ovulation bleeding, which is not a true period but spotting around ovulation. Also indicate the amount: for scanty mucus, *mark 1*; for increased amount, *mark 2*; and for abundant mucus, *mark 3*. The amount of mucus increases up until ovulation and then it decreases quickly.

It will take at least one cycle in order to fully understand how your cervical mucus changes. Remember that dry and sticky mucus, which is white creamy or yellow in color indicates no or low fertility. Instead clear and stretchy cervical mucus is what you want to see for at least three days in a row. The best situation is to have fertile mucus appearing as your thermal shift approaches. This is your most fertile time or peak day (PD).

Types of Cervical Mucus

Your cervical mucus changes throughout your menstrual cycle in quantity, quality, color, and texture. If you pay closer attention, you will notice that your vaginal discharge has the same type of consistency at every stage of your cycle:

After Menses (infertile mucus)

Dry or Very Scanty, Cloudy, and Crumbly, Pasty and Sticky

Before Ovulation (potentially fertile mucus)

White or Yellow, Moist, Milky, Elastic, Gluey, Creamy.

During Ovulation (fertile mucus)

Stretchy, Stretchy, Wet, Lubricate, Clear, Like Raw Egg-White.

After Ovulation (infertile mucus)

Dry or Moist, White or Yellow, Sticky and Cloudy.

Cervical Mucus	Menses (P)	Spotting (S)	Dry (D)	Sticky (St)	Creamy (Cr)	Egg-white (Eg)
Type	Bloody	Pink or Brown	No Mucus	Sticky, Crumbling, Gummy, Rubbery	Creamy, Milky, Smooth	Slippery, Stretchy
Vaginal Sensation	Wet	Moist, Dry	Nothing	Dry or Sticky	Wet, Moist	Very Wet, Humid, Lubrication
Color	Bright Red	Pink or Brown	No Color	White or Yellow	White or Yellow	Clear, Opaque

The presence of fertile cervical mucus indicates that your body is getting ready for ovulation. Detecting this type of mucus is very important when trying to conceive. When ovulation has occurred your cervical mucus will change to thick, non-stretchy white or yellow in color with a lumpy quality.

Why Is Fertile Cervical Mucus So Important ?

Fertile cervical mucus is very important to keep the male sperm alive longer in the female reproductive tract. The longer you have fertile cervical mucus during ovulation, the higher your chances of getting pregnant. When you have an abundant supply of stringy, clear cervical mucus, the spermatozoa are provided with nourishment and are capable of swimming faster, reaching the egg in the healthiest conditions. If you have intercourse when you have lots of fertile mucus and are about to ovulate, your chances of getting pregnant increase dramatically. Fertile mucus has the same function as the male seminal fluid. It provides an alkaline environment that keeps the sperm healthy and alive until the

egg is released by the ovary and fertilization can occur. Without fertile cervical mucus, the sperm will not survive long enough within the acidic vaginal environment. You need lots of fertile mucus as ovulation approaches. Ideally you want 3-5 days of fertile mucus.

Your Peak Day

Your peak day (PD) is your last day of egg white type mucus. If you do not have egg white quality mucus, record your last day of wetness vaginal sensation, this indicates that you may have fertile mucus but in smaller quantities. The last day of wet, slippery, clear mucus is the peak of estrogen in your cycle and also the peak of your fertility. If you have intercourse on this day, your chances of conceiving are very high. In many women, ovulation occurs either on, or just after the peak day.

Hostile Cervical Mucus

Cervical mucus is described as *hostile* when it is acidic and too thick to allow sperm to penetrate the cervix and swim to its destination, thereby preventing conception. If you have hostile mucus during ovulation you cannot conceive. If the vaginal environment is acidic, the male sperm will survive for a small period of time. The presence of fertile cervical mucus in the vagina is very important because it protects the sperm from the acids contents of the vagina and it helps the sperm travel up to the Fallopian tubes through the uterus to fertilize the egg. Another important function of fertile mucus is to trap and slow down abnormal sperm.

Women who are taking Clomid to induce ovulation experience hostile mucus frequently. One way to counteract hostile mucus is to use a lubricant that will create a more favourable environment. **Pre-Seed** has proven to counteract the hostile mucus problem and not to be harmful to the sperm.

You can find Pre-Seed for conception here:

<http://www.natural-health-for-fertility.com/pre-seed.html>

Dietary Supplements

The following dietary supplements can help improve the quality and quantity of the cervical mucus:

FertileCM is a dietary supplement containing important ingredients like L-Arginine, N-acetylcysteine, Vitamin C, Calcium, Lactobaiicli, and Grapesseed extract designed to improve both the quantity and quality of a woman's cervical mucus. In addition to mucus production, FertileCM helps to strengthen the uterine lining for better implantation of the embryo.

This supplement contains important ingredients for cervical mucus production like:

Vitamin C to make the blood vessel walls stronger and helping fight infections. Vitamin C also increases the amount of water in fertile cervical mucus, which helps you produce more high quantity fertile mucus.

L-Arginine to increase the fluidity and production of your mucus during ovulation.

Lactobacilli acidophilus, good bacteria that commonly colonize the vagina and are very important in keeping this environment healthy and free from Candida overgrowth responsible for hostile mucus production and lowered fertility.

Grapeseed Extract, an antioxidant that gives additional support and protection to the sperm, while making the cervical mucus sperm friendly. It also strengthens the immune system and prevents yeast infections.

N-Acetyl Cysteine to make the cervical mucus more fluid.

Calcium to make the pH of the cervical mucus less acidic and sperm friendly.

You can find FertileCM here:

<http://www.natural-health-for-fertility.com/FertileCM.html>

Evening Primrose Oil

Another supplement that increases fertile cervical mucus production is **Evening Primrose Oil**. This is an essential fatty acid that should be taken when your menses stop until ovulation. The recommended amount is 2,000 mg per day. For many years, Evening Primrose Oil has been recommended by alternative practitioners to help women conceive because it improves the cervical fluid. Do not take Evening Primrose Oil after ovulation because if pregnant, it can cause mild uterine contractions and prevent implantation.

You can find high quality Evening Primrose Oil here:

<http://www.natural-health-for-fertility.com/evening-primrose-oil.html>

Talk to your doctor, do not take any supplements if you are taking fertility drugs or are on a prescription medication for a medical condition. Consult with your prescribing physician first to prevent any possible interactions.

What to Avoid

Avoid frequent douching and using lubricants because they can alter the pH of your mucus membranes and make your vaginal environment hostile to sperm. **Pre-Seed** is the only lubricant that does not harm the sperm.

Cervical Mucus During Early Pregnancy

It is quite common to have a heavier mucus discharge during the first few days of pregnancy, which then slowly decreases to look like a post ovulatory discharge and often becomes dry. This is a very early sign of pregnancy. Not all women are aware of it unless they are tracking and monitoring their cervical mucus every day of the menstrual cycle.

Robitussin and Cervical Mucus

Taking Robitussin is another way to help fight hostile cervical mucus. Its active ingredient, guaifenesin, prevents the production of hostile mucus and helps increase the production of fertile cervical mucus that is stretchy, clear and looks like egg white. I personally do not recommend taking Robitussin because it is a medical drug that poses side effects and in my opinion women who are trying to conceive should stay away from unnecessary drugs as much as possible. Supplements like FertileCM and Evening Primrose Oil are a definitely a safer, effective and more natural alternative.

How to Improve & Increase Cervical Mucus with Diet

1. Drink plenty of purified water. Drink 6 to 8 glasses of water a day. Make sure to drink purified or natural spring water from a mountain source stored in glass bottles. Do not drink tap water because it contains many chemicals that can disrupt your hormonal balance and cause toxicity. Avoid plastic bottles and plastic containers to store your water and food because they contain hormonal disruptors called xenoestrogens.

2. Eat alkaline foods. Eat almonds, apples, cucumber, Brussels sprouts, beets, lemons, asparagus, broccoli, celery, carrots, kale, onions, potatoes, brown rice, melons, grapes, apricots, limes, pears, berries, plums, sweet potatoes, artichokes, peaches, papayas, mangoes, kiwi, cabbage peppers, radishes, seaweed, cauliflower, spinach, bananas, and parsnips.

3. Decrease acid foods in your diet. Avoid too much meat, fish, beans, wheat, white rice, milk, corn, tomato, oranges, oats, eggs, mushrooms, etc.

4. Avoid dairy and wheat because they stimulate the production of thick hostile mucus, especially in women who are sensitive to them.

What Interferes with Fertile Mucus Observation

Intercourse

It is hard to tell the difference between seminal fluid and fertile mucus. Even without ejaculation it is hard to distinguish fertile mucus with lubricating vaginal mucus that occurs during intercourse.

Medications

Certain medications can change cervical mucus quality. These are: antidepressant, antihistamines, and antibiotics. Even herbal remedies can affect mucus discharge, as do high doses of vitamin C, while lower doses of Vitamin C actually increase cervical mucus. Low mineral reserves and deficiencies of calcium, magnesium, zinc, iron can also cause low production of cervical mucus. This is why it is very important to take vitamins when trying to conceive. You can find 100% all natural high quality fertility vitamins here:

<http://www.natural-health-for-fertility.com/fertility-aid.html>

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Health Conditions

The following health conditions may make it difficult to identify fertile mucus.

Poly-cystic ovarian syndrome. If you have anovulatory cycles, your cervical mucus will be present but ovulation never occurs. Continuous creamy or egg-white cervical mucus that extends for many days or even weeks at a time, may indicate excessive levels of estrogen related to PCOS.

Coming off the pill. Wait a few cycles before attempting to get pregnant in order to allow your body to adjust to making its own hormones again.

Breastfeeding. Some women who are breastfeeding have irregular menses and do not ovulate regularly. This is more likely during the first 6 months after birth.

Yeast Infections. Treat any chronic yeast infection before you decide to get pregnant because the yeast will make sperm's environment acidic and hostile. You can find a natural yeast infection remedy here:

<http://www.natural-health-for-fertility.com/oyeast.html>

Prolonged Wet Quality Cervical Mucus

If you experience continuous vaginal discharge that is creamy or egg white you may have excess estrogen levels related to low thyroid function (low temperature and long cycles), PCOS, anovulatory cycles, or ovarian cyst (this unusual mucus pattern will show only every other month associated with ovulatory pain). Talk to your family doctor and ask for further testing. Another major cause of prolonged wet cervical mucus is stress with delayed ovulation and long cycles. You are fertile during the last patch of fertile mucus, just before ovulation finally occurs.

Ovulation Predictor Kits

One of the benefits of using an ovulation predictor kit is that you can predict ovulation in advance. These kits are available at your local pharmacy or [online](#) and detect luteinizing hormone (LH) levels in your urine. Just before ovulation, there is a surge in LH. When this LH surge is identified, ovulation should occur within 36 hours. This method allows you to time intercourse more effectively.

You can find ovulation predictor strips here:

<http://www.natural-health-for-fertility.com/ovulation-predictor-strips.html>

Ovulation predictor kits (OPK) do not show any patterns that a practitioner may be able to use to address your fertility problem; nevertheless they are very useful in conjunction with fertility charting. So, even if you use an OPK, you still need to take your BBT, check your cervical mucus and track the position of your cervix (more on this later). Make sure to record the results of your OPK in your fertility chart.

When to Start Testing For The LH Surge With OPK

If you have a 28-day cycle, start testing for luteinizing hormone on day 11 and carry on for six days. If your cycles are longer you need to start testing later. If you do not see a surge, you need to test every 12 hours (twice a day). Use your fertility chart to detect the time of the monthly cycle when you usually ovulate to guide you. This is especially important if you have very short or very long cycles. For example, if your cycle is 23 days long you need to start testing on day 6. If your cycle is 32 days long you need to start on day 15.

The best time to test is anytime between noon and 8 p.m. First morning urine is not recommended because most women experience a surge in the morning, but it can take up to 4-5 hours for it to show up in the urine. Make sure to test at the same time every day. Make sure to read the instructions in your test kit carefully. Your test will have two windows one is the control window and the other is the test window. Make sure you know which window is which, and whether the test line has to be as dark or darker than the control line.

Unlike home pregnancy tests where a line in the result window indicates a positive test, OPK are always positive. This is due to the fact that LH is always present. As you get closer to ovulation the amount increases. So you will see that each day as you begin testing, the test line gets darker and darker each day. OPKs are only positive if the test result line is the same color or darker than the control line.

When To Have Sex

If you are not using an OPK, you should have sex on the first day you detect fertile cervical mucus and continue every day or every other day (recommended if male partner has low sperm count) until the temperature rise happens.

If you are using an OPK, the best time to have intercourse is the day of the LH surge and again the two days after. In order to get pregnant you need to have lots of fertile mucus that looks like raw egg white. If you do not have fertile mucus at LH surge you will need to use a sperm friendly lubricant like **Pre-seed**.

3. Cervix Position

The position of your cervix changes when you become fertile. This sign of fertility is very accurate if you know how to check it. Many people though, seem to find it difficult.

The cervix opens just a little to let the menstrual blood out during menstruation. When menstruation is over, it closes and there will be very little mucus present, which is thick and pasty. If tasted, it will have a sharp flavour (acidic), possibly a bit salty. In contrast, fertile mucus has a much milder almost sweet taste (alkaline).

When you are about to ovulate your cervix changes its position from low (easy to reach) to high (difficult to reach) during ovulation. After ovulation it will go back to low. To check

your cervix position, insert a finger or two inside your vagina and feel the cervix (make sure your hands are clean). Do this while sitting on the toilet, or squatting (use always the same position). When you are not fertile you will notice that your cervix is harder and not open. It feels like the tip of your nose. When you ovulate the cervix is a bit softer and slightly open. At this point your cervix may feel more like your ear lobe and lots of fertile mucus will be present.

Record your findings in your fertility chart by identifying if your cervix is firm (Fi) or soft (So), high (Hi) or low (Lo), closed (Cl) or open (Op).

4. Other Fertility Symptoms

As the hormone levels change during the cycle, other symptoms may occur. If you experience other fertility symptoms, make sure to record them in your chart.

1. Abdominal Pain. Some women feel ovarian pain, others feel uterine pain. Some have lower back pain that has a bearing down sensation. Some women feel the pain only when walking or rising from a sitting position. Some women prefer moving around, apply warmth or pressure to ease the pain. Others feel better by lying down, etc. As you can see, each individual woman will experience her own set of ovulation symptoms.

2. Rectal Pressure. Some women experience rectal pressure and constipation around ovulation.

3. Breast Changes. After ovulation your breasts may feel fuller, painful, tight, enlarged, with intermittent pain worse from running or walking, better by holding the breasts, warmth or cold applications.

4. PMS. Experiencing pre menstrual syndrome after ovulation or before the menses arrive is common.

5. Bloating abdomen with increased flatulence and gas build up.

6. Cravings, especially for sugar and starchy foods.

7. Increased sexual desires at ovulation and decreased sexual desire right after ovulation.

8. Water retention before menses.

9. Emotional, moodiness, crying spells (for no real apparent reason), increased irritability often leading to outbursts of anger, inability to cope with life tasks and poor concentration.

10. Ovulation Spotting. Many women mistake this for a period and miss ovulation. Please record your symptoms in your chart and report them to your health care practitioner during your next follow up appointment. Please note that there are some conditions that could be confused with ovulation pain such as ovarian cysts, appendicitis,

fibroids or endometriosis. If you are having severe abdominal pain that persists, please seek advice from a medical doctor.

How To Have Sex To Increase Conception

To maximize your chances of getting pregnant, use the missionary position during sex.

Avoid oral sex as saliva can damage the sperm because it contains digestive enzymes.

After sex remain lying on your back for at least 20-30 minutes to prevent the sperm from coming out of your vagina too early.

Analysis of Fertility Charts

Let's review some of the important aspects of fertility chart analysis together:

When you notice the temperature dip or the temperature rise, you know you are ovulating or will ovulate in the next 12 hours. Having sex at this time will most likely be too late. In fact, you should have had sex one or two days before your thermal shift to make sure that when you ovulated the egg was fertilized since sperm lives within your reproductive tract for at least three days, even up to five days if you have fertile mucus for that long.

Tracking your basal body temperature may not tell you when to have intercourse, but is very important to understand your fertility patterns within your menstrual cycle.

Ovulations charts can tell you numerous things about your fertility:

1. If you are ovulating. Some women with PCOS or in perimenopause do not ovulate and still have regular periods.
2. When you are ovulating during your cycle. Some women may ovulate either earlier or later than normal.
3. If your luteal phase is long enough for implantation to occur. You may still have a regular cycle but ovulate too late, not providing enough time for embryo implantation (more on this later).
4. If your progesterone levels are adequate. Low progesterone levels lead to late ovulation and short luteal phase. In many women this is associated with a long follicular phase often associated with estrogen dominance or poor pituitary function.
5. If your Thyroid is functioning correctly or if you have infertility related to thyroid disorders.
6. If you are pregnant.
7. If you may be at risk of miscarrying.
8. If you had a miscarriage.

Ovulation

The analysis of your fertility ovulation chart is important because some women do not ovulate when they think they do, while others do not ovulate at all. A typical ovulatory temperature pattern clearly shows a temperature shift anytime between day 8 and day 22. Remember, not every woman ovulates on day 14. Also, not all women ovulate 14 days before their next period. When you ovulate depends on the length of the luteal phase and not all women have a typical 14 day long luteal phase. In fact most women with low fertility

have a much shorter luteal phase. The only way to know for sure is to chart your cycle. If you miss this, you will not get pregnant!

The Length Of Your Luteal Phase

The luteal phase should be at least 10 days long and it is measured by the number of days between the first day of rise in temperature and the first day of your true period. If you have spotting before your period, do not count these days as part of your new cycle.

The first day of your period starts when you have normal blood flow, not spotting. Spotting before menstruation is considered normal if you have at least 10 days of high temperature without spotting before. Otherwise it is an indication that the corpus luteum is starting to break down too early, stimulating premature shedding of the uterine lining causing a miscarriage or preventing implantation. Prolonged spotting can also be associated with endocrine problems, endometriosis, fibroids, polyps, thyroid, etc. Talk to your doctor if you do.

Risk of Miscarriage

1 in 3 pregnancy may end up in a miscarriage. When charting your BBT, a sudden drop in temperature, after 18 consecutive high temperature readings, shows a potential risk of miscarrying.

Anovulatory Ovulation Charts

Anovulatory charts are characterized by a lack of thermal shift. If you do not ovulate your ovulation chart will have no clear temperature shift and you will not see a spike at mid cycle. You can still get your period, which is called anovulatory bleeding. You can still shed the lining of the endometrium which built up as a result of increased estrogen. There are many reasons for anovulatory cycles are: breastfeeding, just stopping the birth control pill, perimenopause, illness, travel, too much exercise, stress, increased prolactin, polycystic ovarian syndrome (PCOS), significant weight loss or weight gain.

The main characteristics of this type of charts are:

- Erratic temperatures
- Multiple patches of fertile cervical mucus
- Long, irregular cycles
- Multiple positive OPKs separated by negative ones
- No thermal shift to confirm ovulation

Thyroid Affecting Fertility

If your basal body temperature (BBT) is below certain ranges, you may have thyroid infertility. For example, your waking basal body temperature should be:

Pre ovulatory waking basal body temperature: 97.0 to 97.5 F or 36.1 to 36.4 C degrees.

Post ovulatory waking basal body temperature: 97.6 to 98.6 F or 36.5 to 37.0 C degrees.

Any value higher or lower than the above range may indicate either hyperthyroid or hypothyroid problems. Hypothyroidism is related to low waking temperatures, long cycles, anovulatory cycles (with no thermal shift), prolonged phase of fertile cervical mucus, heavy menses, and unexplained infertility. Hyperthyroidism is related to higher than normal waking temperatures, scanty menses, irregular cycles, short cycles, and infertility. If your BBT seems either to be too high or too low, talk to your doctor for further testing to assess the functioning of your thyroid gland.

Unusual Ovulation Charts

Here are some ways your chart and your ovulatory pattern may differ from the ideal and still show ovulation:

Sloping rise: Temperatures may rise in a sloping rise rather than a fast shift. The rise may be gentle, but curved and may take three to four days to occur.

Slow rise: Temperatures may rise in a slow, but steady rise pattern rather than as a sudden shift.

Fallback rise: The temperature rises significantly and abruptly as you would expect, but then it drops again immediately before it rises again and is sustained throughout the luteal phase.

Staircase rise: Temperatures may rise in a staircase rise pattern. The temperature will rise, stay steady or even slightly decrease and then rise and stay steady again until reaching the elevated level.

Erratic temperatures: Even if your temperatures are erratic, going up and down throughout your cycle, and not showing a single sustained shift between pre- and post-ovulation phases, they may still indicate ovulation and show a thermal shift that is difficult to recognize.

High temperatures during period: It is not unusual to have high temperature during your period due to lingering progesterone from your previous cycle. Your temperature will usually level off in time to recognize a thermal shift in your current cycle.

Dip before rise: You may see a slight temperature dip before your temperature rises.

Delayed thermal shift: You may have signs of increased fertility, (egg white cervical mucus, positive OPK, high, soft cervix) but ovulation does not immediately follow.

Short cycles: If your cycle is less than 25 days you can still show increased fertility and ovulation, which occurs earlier in your cycle.

Long cycles: If your cycle is more than 32 days, your chart will show a late ovulation.

Triphasic: It has been suggested that triphasic charts often indicates pregnancy. A triphasic chart shows three levels of temperatures: pre-ovulation, post-ovulation, and then pregnancy-rise after ovulation. Not every woman that is pregnant has this pattern.

Figure 3 shows a typical pregnancy chart. As you can see this woman ovulated on day 14, had sex the day before ovulation (day 13) right on the first day of her egg white cervical mucus (day 11). After 18 high temperatures, she had a positive pregnancy test, which was repeated a few days later for confirmation. Notice that from day 7 to day 10 there is what it is called "implantation dip" and then from day 29 to day 37 the temperature is slightly going triphasic.

Preventing Early Miscarriage

Many women do conceive but miscarry right after. The reason for miscarrying early during a pregnancy can be due to many factors:



1. Short luteal phase, when the embryo does not have enough time to implant.
2. Hormonal imbalance like low progesterone, high FSH, etc.
3. Defective egg or sperm leading to a defective embryo that cannot develop.

There are important practical things you can do to prevent a miscarriage. Many call it "the secret," I call it "knowing the biology of conception" because it is simply avoiding old eggs and sperm. You want to conceive when the egg is just released. You do not want the egg sitting there waiting for the sperm! You want the sperm be waiting for the egg! You also want lots of fresh newly released sperm that is strong, very motile and high in count.

1. Avoid having sex too early before ovulation because the sperm starts to degrade. A three day old sperm may be too old and starts to become potentially defective.
2. Make sure to have lots of cervical mucus that is the egg white type to support healthy sperm. If you do not, use [Pre-Seed](#).
3. Avoid sex just after ovulation. The egg is viable for only 12 hours, after which it starts to deteriorate. You want it to be fertilized upon release not when it is too old and potentially defective.
4. Have sex frequently during your peak fertile window and stop once ovulation occurs, that's why you need to take your temperature. The morning your temperature shift occurs, do not have sex. It is too late. If the egg is still around, it could be too old.
5. Build up sperm count before conception by practicing abstinence and not ejaculation 3 days before conception. This is done by having sessions of extended foreplay, but with no ejaculation.

6. Start having sex when you have egg white cervical mucus, do not have sex when your mucus is sickly or creamy. Acidic cervical mucus affects sperm quality and motility.
7. Avoid having sex if ovulation occurs too late (after day 16). Optimal time for ovulation is day 13-15. Late ovulation may increase the chances of miscarrying because the egg is older and the aging corpus luteum cannot produce enough progesterone to support the early pregnancy.

Additional Charting Tool

If you want to maximize your chances of conception you need to be able to predict ovulation and plan sex accordingly. For this purpose, I recommend using **OvaCue**



Figure 4
Ovacue Fertility Monitor

Fertility Monitor. This is an additional tool that can be very helpful if you have been trying to conceive for a while and are getting a little anxious about getting pregnant. Ovacue can help you pin point your fertile days in advance and give you a sense of power over your fertility. It is a very popular ovulation fertility monitor that helps detect the subtle changes in your hormones long before ovulation occurs. Even if traditional urine ovulation tests are useful because they measure your luteinizing hormone (LH) surge, they cannot confirm ovulation and many women, depending on when they measure their LH during the day may miss the LH surge because it is

sudden and short-lived.

When you are trying to conceive you only have one chance a month as the egg is viable for only 12 hours. By the time you notice the LH surge, it could be too late and you can easily miss your window of opportunity for that month. Remember you need to have sex just before the egg is released, not after. You do not want the egg to be too old and you want to have lots of healthy sperm to be able to fertilize it. By knowing early enough when your ovulation is close you can plan sex for success.

OvaCue Fertility Monitor works by detecting the steady increase of estrogen in your saliva before ovulation. By monitoring the gradual raise of estrogen, you have more time to prepare for intercourse. OvaCue is a quite sophisticated piece of equipment which is portable, small and very easy to use. With OvaCue Fertility Monitor, you can learn your daily fertility status (Low, High, Or Peak) as early as 7 days before ovulation.

This type of fertility monitoring works really well in conjunction with charting your basal body temperature and cervical mucus monitoring. You can also use your urine ovulation sticks or OPK and measure your LH surge to correlate everything together. This gives you a very powerful fertility detection method second to none!

You can find more information on Ovacue Fertility Monitor here:

<http://www.natural-health-for-fertility.com/Ovacue.html>

How to Use OvaCue Fertility Monitor

Simply place the OvaCue oral sensor on your tongue for five seconds. It will take only about one minute to view the test result. Your daily results are stored digitally in a memory storage database that allows you to analyze your fertility chart and detect any problems that need addressing.

The beauty of OvaCue is that your personal fertility data is electronically tracked for instant recall. In effect, OvaCue is both a fertility test and an electronic ovulation calendar! The OvaCue Fertility Monitor requires no urine sampling and can be used for many years with no additional purchases required and it comes complete with the base unit, sealed oral sensor, carrying case, owner's manual, battery and a free pregnancy test. Ovacue is also useful for couples who want to use a natural family planning method for birth spacing and contraception that is natural, effective and safe.

Estrogen And Ovulation

After your period, estrogen levels rise gradually until they reach a peak day just before the egg is released during ovulation. Estrogen is the dominant hormone in the first half of the menstrual cycle, while progesterone dominates the second half.

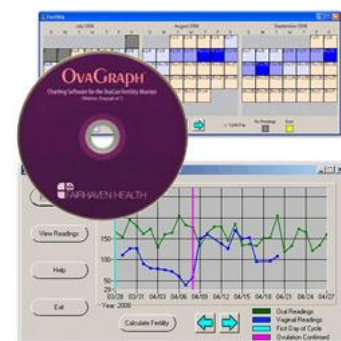
If estrogen levels are low, symptoms such as hot flashes, headaches, night sweats and vaginal dryness will occur, causing early menopause. If estrogen is low, the uterus cannot be stimulated to prepare for pregnancy. Ovulation may not occur in these cases.

By measuring estrogen levels, Ovacue Fertility Monitor allows you to detect hormonal imbalance like low estrogen. This is so important when trying to conceive. Also, estrogen levels can be too high causing estrogen dominance, a condition related to infertility, low progesterone, high FSH, short luteal phase, delayed ovulation, irregular cycles, PCOS, fibroids, endometriosis, etc. Ovacue Fertility Monitor can help you determine the cause of your infertility and alert you in advance so you can promptly talk to your doctor and address your situation.

During Conception, Timing Is Everyting

Ovacue Fertility Monitor allows you to accurately detect your "peak fertility." This is very important because sperm should be present in your reproductive tract before the egg is released. Since sperm lives for up to 5 days, you can time intercourse and never miss your ovulation! As your estrogen levels increase you know that you are getting closer and closer to ovulation, you can continue to have intercourse until the estrogen levels start to decline and be sure to have covered your entire fertile window for each month.

The reason why I think OvaCue Fertility Monitor is indispensable for any



woman trying to conceive is that its reliability takes the guesswork and the stress out of identifying your most fertile time. You can plan your sexual activities well in advance for the best possibility to get pregnant.

The OvaCue tracks your hormonal changes and keeps a record of your data so that you can retrieve this information with a simple touch of a button. You can also download the information to your computer and use the Ovagraph software to track your cycles.

If you want to confirm the time of your ovulation you will want to use the optional vaginal sensor. This is great when you want to know if you have ovulated, or if you want to avoid pregnancy, ideal for natural family planning.

The OvaCue Advantage

OvaCue is the most accurate fertility monitor and provides clear information that is very reliable. This will save you a lot of time and help you achieve pregnancy sooner. Each monitor comes with the oral sensor and you may purchase the optional vaginal sensor if you like. You can start using the oral sensor on the second day of your cycle, while you have to wait until your period is over to use the [Vaginal Sensor](#).

You can find more information on the vaginal sensor here:

<http://www.natural-health-for-fertility.com/ovacue-sensor.html>

The best time to test is in the morning before any drink or food. It is best to test everyday at the same time for consistent readings. After using the oral sensor for a couple of days as you get closer to your ovulation time, you will be alerted of your "Cue Peak," which is the highest value followed by a couple of low readings. This tells you that you are at the peak of your fertility curve.

If you use the vaginal sensor, make sure your period is over and try to use it each day at the same time either mornings or evenings. The vaginal sensor measures a low and a high value and you will see the vaginal sensor exactly telling you when ovulation has occurred. This is very, very important! I recommend buying this extra piece because you need to know if and when you ovulate, especially if you have low fertility or suffer from PCOS, short luteal phase, low ovarian reserve, perimenopause, or delayed ovulation due to stress, shift work, or frequent travel.

Here you can find Ovacue Bundle (Ovacue, Ovagraph, and Vaginal Sensor) at a special discount price:

<http://www.natural-health-for-fertility.com/ovacue-bundle.html>

Tracking Male Fertility



When it comes to male fertility, I would recommend using a home sperm test, like [SpermCheck](#) to determine if the sperm count is adequate. This type of testing is not a diagnostic test, but it gives a fairly good indication on sperm count levels. It is the only self-help tool available to track male fertility. This test is very affordable and prevents having to go through regular testing if not necessary. If the test shows low sperm count, there are many natural options available to men. A low sperm count can be caused by many factors, like stress, poor life style choices and mineral deficiency. This one is very important because when a man lacks certain important minerals and vitamins in his diet, he will not be able to support healthy sperm production.

You can find SpermCheck here:

<http://www.natural-health-for-fertility.com/test-sperm.html>

How to Set Up The Sperm Test Kit

To use this sperm test kit you will need to use a timer or a stop watch.

Make sure to do the following steps:

1. Let semen stand for at least twenty (20) minutes in the Semen Collection Cup before testing. During this period of time the sperm will liquefy. If the semen is too thick, the test will not be done correctly.
2. Take out the Semen Transfer Device from its sealed pouch and use it to stir the semen in the cup for about 10 times until it is well mixed.
3. The side of the box has a round perforation area, this creates a stand you can use to hold the SpermCheck Solution Bottle.
4. Remove the cap of the Solution Bottle and place it upright in the hold.
5. Insert the Semen Transfer Device into the semen sample. Make sure there is no solid or sticky material within the semen.
6. Pull the plunger and allow the semen to go into the Semen Transfer Device. It should reach the black line on the tube.
7. Make sure there are no air bubbles in the Semen Transfer Device. If you see bubble, you need to do this process again. Make sure to do it very slowly.

8. Insert the Semen Transfer Device with semen into the SpermCheck Solution Bottle and push the plunger gently to add all of the semen to the SpermCheck Solution.
9. Screw the cap back onto the SpermCheck Solution Bottle and gently mix the contents thoroughly.
10. Let the SpermCheck Solution Bottle containing the semen mixture stand for two minutes.
11. Open the foil pouch containing the test device. Remove the SpermCheck Device and lay it face up on a flat surface.
12. Add exactly six drops of the semen mixture to the sample well (S) of the test device.
13. You can read the results at seven minutes.

How To Read The Results

Before reading the sperm test kit results make sure that a line is present in the Control (C). Please note that it does not matter how strong or weak a particular line is. If the test worked properly, you should see a reddish line next to the C. If you do not see a line at the C position, your test did not run correctly and the results are not valid. Next, look at the test line position in the result window (marked with the letter T). If you see a reddish line here, your sperm count is at least 20 million sperm per milliliter (positive). If you do not see a line at the T position, your sperm count is below 20 million sperm per milliliter (negative) and you should consult a physician about a complete fertility evaluation. Many men like to use a sperm test kit at home because they want to know about their fertility status privately and avoid, if possible, the anxiety or inconvenience that often goes along with having a clinical semen analysis.

Low Sperm Count

The fewer sperm a man produces, the lower the likelihood that one of them will be able to successfully fertilize the egg. Unfortunately, low sperm count is one of the main causes of reproductive problems in couples having a hard time conceiving.

There are many benefits of knowing if sperm count is a problem for you. The sooner a fertility issue is discovered, the sooner proper treatment can be started.

Sperm count will increase to adequate levels when taking fertility vitamins like **[FertilAid for Men](#)** to stimulate healthy sperm production and **[CountBoost for Men](#)**. These are 100% all natural products that have been designed by experts in the field on male fertility to help men increase sperm count and achieve conception naturally.

You can find FertilAid for Men here:

<http://www.natural-health-for-fertility.com/fertility-vitamins-for-men.html>

You can find CountBoost for Men here:

<http://www.natural-health-for-fertility.com/count.html>

Resources

Fertility Charting

Digital Thermometer

Designed for fertility charting with convenient memory recall.

<http://www.natural-health-for-fertility.com/digital-thermometer.html>

Ovulation Pregnancy Wheel & Ovulation Calendar

Follow your baby's development, predict due dates, and see doctor appointment reminders. This wheel also serves as an ovulation predictor calendar.

<http://www.natural-health-for-fertility.com/ovulation-wheel.html>

Ovacue Fertility Monitor

Ovacue is a saliva-based fertility monitor that predicts ovulation easily and accurately without messy urine testing. Over 98% accurate and FDA-approved.

<http://www.natural-health-for-fertility.com/Ovacue.html>

Ovacue Vaginal Sensor

Provides the clearest results for predicting ovulation and your peak fertile days.

<http://www.natural-health-for-fertility.com/ovacue-sensor.html>

Per-Seed

Pre-Seed is the first "Sperm-friendly" intimate lubricant for trying to conceive couples.

<http://www.natural-health-for-fertility.com/pre-seed.html>

Increase Cervical Mucus

FertileCM improves your cervical mucus and supports the uterine lining for implantation.

<http://www.natural-health-for-fertility.com/FertileCM.html>

Evening Primrose Oil

Evening Primrose Oil helps cervical mucus production. In addition to the omega-6 fatty acid GLA, this supplement also contains Vitamin E and the antioxidant selenium.

<http://www.natural-health-for-fertility.com/evening-primrose-oil.html>

Boost Female Fertility

FertilAid for Women is a fertility enhancing all natural supplement designed for trying-to-conceive women. Helps restore hormonal balance & supports reproductive wellness.

<http://www.natural-health-for-fertility.com/fertilaid-women.html>

Conception Tea

FertiliTea is a delicious herbal tea designed for conception. Supports overall reproductive health, encourages hormonal balance, and increases your chances of getting pregnant.

<http://www.natural-health-for-fertility.com/FertiliTea.html>

Fertility eBooks

How To Get Pregnant Complete Solution eBook

If you want to know more about natural ways to achieve conception, I recommend reading this eBook. I really like it because it is easy to follow and provides a real plan to help you get pregnant starting from your diet, your fertility signs and all the important things you need to know before conceiving a baby.

<http://www.natural-health-for-fertility.com/getting-pregnant-ebook.html>

Yoga For Conception eBook

Yoga is a proven relaxation method. This program includes two yoga for fertility books and a complete video training with email support from Cory Sipper, a professional yoga instructor who developed this amazing program after going through infertility herself.

<http://www.natural-health-for-fertility.com/yoga-book.html>

Ovarian Cyst And PCOS eBook

This book is based on clinically researched 3-step system based on nutritional expertise and holistic medicine that helps women eliminating all types of ovarian cysts and PCOS quickly and naturally.

<http://www.natural-health-for-fertility.com/ovarian-cyst-book.html>

Natural Thyroid Diet eBook

Thyroid problems affecting fertility can be common. The foods that you eat can be affecting the functioning of your thyroid gland. By learning what food you should eat and which one you should avoid, you will support your thyroid gland, will feel better and get pregnant!

<http://www.natural-health-for-fertility.com/natural-thyroid-diet.html>

How To Conceive A Boy eBook

This e-book is full of very useful information and right to the point with step-by-step instructions on how to conceive a boy naturally and fast. It clearly explains what to eat and what not to eat, when and how to have sex when trying to conceive a boy.

<http://www.natural-health-for-fertility.com/conceiving-boy.html>

How To Conceive A Girl eBook

This e-book is full of very useful information and right to the point with step-by-step instructions on how to conceive a girl naturally. It explains what food choices you need to make, when and how to have sex when trying to conceive a girl.

<http://www.natural-health-for-fertility.com/Conceiving-a-girl-book.html>

Fertility Smoothie eBook

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Learn how to prepare fertility smoothies that are rich in antioxidants necessary to protect your cells from free radical damage and maintain healthy eggs and sperm.

<http://www.natural-health-for-fertility.com/smothie.html>

Fertility DVDs

Self Fertility Massage, Reflexology & Castor Oil Therapy DVD

The Self Fertility Massage DVD is a series of massage techniques that are used to help support reproductive health, the menstrual cycle, and your fertility. The Self Fertility Massage DVD shows you step-by-step how to perform fertility massage therapy on your own body. It includes, reproductive anatomy, self fertility massage therapies, Castor Oil pack instructions, self fertility massage instructions and a fertility reflexology session.

<http://www.natural-health-for-fertility.com/dvd.html>

Fertility Yoga DVD

A gentle yoga practice created to help women conceive. Designed for all levels and taught by Anna Davis, Ph.D., a respected scientist and yoga instructor. This DVD guides you through a series of physical poses, yogic breathing techniques, visualizations and meditation practices designed to integrate mind, body and spirit to cultivate balance. This connection acts as an antidote to stress and promotes fertility and optimal reproductive health. Clinical study have shown that just ten weeks of yoga improves overall fertility fitness and increases conception rates among women in the experimental yoga group.

<http://www.natural-health-for-fertility.com/yoga-fertility.html>

Fertility Acupressure DVD

Harness the power of ancient Chinese medicine with this gentle fertility acupressure routine led by Shasta Tierra, a licensed acupuncturist and certified yoga & acupressure instructor. Acupressure is known to restore hormonal balance, decrease stress in the body, improve the success rate of IVF procedures, increase blood flow to the reproductive organs, diminish the potential negative side effects of fertility/IVF medications.

This DVD combines an acupressure practice specifically targeting acupressure points that are known to enhance fertility with a gentle stretching program. It is suitable for all levels and is intended for both men and women.

<http://www.natural-health-for-fertility.com/acupressureDVD.html>

Fertility Kits

Castor Oil Kit

A Castor Oil Pack treatment is very helpful for blocked tubes, endometriosis, PCOS, detoxifying before conception, ovarian and uterine cysts.

<http://www.natural-health-for-fertility.com/kit.html>

Improve Egg Kit

The Improve Egg Health Kit is designed to help increase the health of your eggs in preparation for conception and IVF cycles.

<http://www.natural-health-for-fertility.com/EggsKit.html>

Endometriosis Kit

The EndoWise Fertility Kit is designed to help clear the body of excess endometrial tissue, balance the hormones, & bring circulation to the reproductive system.

<http://www.natural-health-for-fertility.com/endo-kit.html>

Unblock Fallopian Tube Kit

The FallopianWise Fertility Kit is designed to help the body clear adhesions and blockages in the fallopian tubes. This kit combines enzyme therapy, herbal therapy, and Self Fertility Massage to support the body in clearing blocked fallopian tubes.

<http://www.natural-health-for-fertility.com/fallopian-kit.html>

Fertility Cleanse

The Fertility Cleanse Kit focuses on clearing out any toxins that may be present in the body. It balances the hormones, supports the liver and nourishes the uterus.

<http://www.natural-health-for-fertility.com/cleanse.html>

Fibroids Kit

The FibroWise Remedy Kit is designed to support the body in helping to clear out fibroids naturally. The herbs and supplements in this program support hormonal balance to slow down fibroid growth and reducing existing fibroids.

<http://www.natural-health-for-fertility.com/fibro-kit.html>

Ovarian Cyst Kit

This is designed to support the body to clear ovarian cysts naturally. The herbs and supplements in this program help to balance hormones slowing cyst growth and dissolving existing cysts through fertility enzyme therapy and therapeutic abdomen packs.

<http://www.natural-health-for-fertility.com/ovarian-kit.html>

PCOS Fertility Kit

The PCOS Fertility Kit contains herbs and supplements that supports the body in maintaining healthy ovulation, regular cycles, and hormonal balance.

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<http://www.natural-health-for-fertility.com/PCOS-kit.html>

Female Fertility Herbal, Flower & Homeopathic Remedies

Conception Flower Essence

Promotes balanced emotions, positive energy and open creative life forces.

<http://www.natural-health-for-fertility.com/conception-essence.html>

Women Fertility Remedy

FertileXX is a very effective herbal remedy that contains fertility herbs like Vitex necessary to support hormonal balance, decrease high FSH, increase progesterone and stimulate healthy ovulation and regular cycles.

<http://www.natural-health-for-fertility.com/fertilexx>

Healthy Endometrium Remedy

EndoEx supports a healthy endometrial lining for female reproductive health. Treats the effects of endometriosis symptoms, eliminates, decreases and prevents endometrial tissue from spreading.

<http://www.natural-health-for-fertility.com/remedy-for-endometriosis.html>

PMS Remedy

Promotes mood balance during the premenstrual and menstrual period, decreases menstrual pain and regulates the menstrual cycle.

<http://www.natural-health-for-fertility.com/femalite-remedy-relieve-menstrual-cramps.html>

Vaginal Yeast Remedy

Homeopathic remedy relieves vaginal itching, burning and discomfort due to yeast infection.

<http://www.natural-health-for-fertility.com/oyeast.html>

Adrenal Support Remedy

Supports adrenal functioning and vitality, plus balances the adrenal hormones and cortisol levels. By supporting the adrenal glands, fertility is improved because male and female hormones like estrogens, testosterone, progesterone, pregnenolone and DHEA are produced by the adrenal glands in addition to the reproductive organs.

<http://www.natural-health-for-fertility.com/adrenal-support.html>

Bladder Health Remedy

Homeopathic remedy relieves urinary tract infection (UTI) symptoms like burning sensation, frequent urination and pressure in the bladder. Having recurrent UTIs is not indicated when trying to conceive.

<http://www.natural-health-for-fertility.com/bladder-well.html>

Fertility Mind-Body CDs & Downloads

Natural Fertility Cycle Program

28 unique audio meditations/15 minutes each. Each meditation is designed specifically to match what's happening in your body during that day in your cycle. Each meditation utilizing the most cutting edge knowledge of mind/body techniques to empower your ability to conceive.

<http://www.natural-health-for-fertility.com/meditation.html>

Shameless Baby Making

A four session series helping you to engage your body again in the act of love-making. Reconnecting with the pleasure side of you will help not only your relationship, but ultimately your fertility as feeling pleasure is such a wonderful way to reduce the harmful effects of stress.

<http://www.natural-health-for-fertility.com/baby-making.html>

PCOS Fertility Guided Meditation

A guided visualization program for Polycystic Ovarian Syndrome, designed to guide the body back to balance in order to get pregnant. Visualization is a key “tool” in mind-body medicine.

<http://www.natural-health-for-fertility.com/pcos-mind.html>

IVF & IUI Fertility Cycle Support

This audio support program is designed to reduce stress and potentially increase in vitro fertilization (IVF) or intrauterine insemination (IUI) success.

<http://www.natural-health-for-fertility.com/ivf-mind.html>

Male Fertility Supplements And Herbal Remedies

Home Sperm Test

SpermCheck Fertility is an easy-to-use home fertility test for men. Find out if low sperm count is affecting your fertility from the comfort of your own home.

<http://www.natural-health-for-fertility.com/test-sperm.html>

Boost Male Fertility

FertilAid for men contains all natural ingredients that have been scientifically demonstrated to enhance male fertility and improve overall reproductive wellness as part of a healthy diet and lifestyle. Ideal for men with a low sperm count or for those looking to optimize their sexual health.

<http://www.natural-health-for-fertility.com/fertility-vitamins-for-men.html>

Boost Sperm Count

CountBoost for Men provides important vitamins, antioxidants, and herbal support to increase sperm count. It is designed to be taken with male fertility vitamins like FertilAid for Men.

<http://www.natural-health-for-fertility.com/count.html>

Boost Sperm Motility

MotilityBoost for Men provides essential vitamins, antioxidants, and herbal support to increase sperm motility. It is designed to be taken with male fertility vitamins like FertilAid for Men.

<http://www.natural-health-for-fertility.com/motility.html>

Male Factor Kit

The Male Factor Formula Kit contains everything men need to help increase sperm health, sperm count, and motility naturally with herbs and supplements.

<http://www.natural-health-for-fertility.com/male-kit.html>

Increase Male Libido

Promotes strong erections, sexual arousal and energy, plus systemic balance in the reproductive system.

<http://www.natural-health-for-fertility.com/male-libido.html>

Men Fertility Remedy

FertileXY supports male reproductive system health and normal testosterone levels. Helps to maintain strong erections, increases male libido and healthy sperm production and motility.

<http://www.natural-health-for-fertility.com/xy.html>

Free Newsletter

Subscribe to The Natural Fertility Ezine - It's Free!

Get my free newsletter to get fertility tips, expert advice on natural fertility, and website updates!

Do not miss the next issue of my FREE Newsletter! My newsletter includes topics like:

1. Tips on how to get pregnant fast!
2. Natural fertility therapies that can help you get pregnant naturally Natural remedies that can assist you while trying to conceive Diet and nutrition information to increase fertility.
3. Fertility charting and natural methods to determine ovulation Male fertility, natural ways to increase sperm count and sperm quality Natural ways to release stress and increase fertility Important life style changes every conceiving couple should know and much, much more

This newsletter will be a great companion to each woman who is trying to conceive and wants to know more about what natural health has to offer. I discuss infertility topics like endometriosis, fibroids, polycystic ovaries, ovarian cysts, poor eggs quality, and male factor infertility like low sperm count and poor sperm motility.

By subscribing to this newsletter you will be kept informed on the latest fertility topics in the field of natural health research, nutrition and alternative medicine.

When you decide to get pregnant it is nice to have a friend that talks to you about all the things you can do to increase your odds of conceiving faster. This is what you will get when you subscribe to my newsletter. Follow this link to subscribe:

<http://www.natural-health-for-fertility.com/free-newsletter.html>

Fertility Blessings!

Maria Gioia Atzori,

BSc, MS, DSHomMed, DWH Hom

Women's Health Educator & Natural Fertility Expert