

How to Enhance Fertility Naturally

In the United States, [approximately 11 percent of women](#) younger than 44 struggle with infertility. This affliction described as the inability to get pregnant after one year of unprotected sex can be devastating to the couple trying to start a family or add to an existing one. While many turn to drugs to boost female fertility, there are natural ways to increase the likelihood of conception.

Dietary Changes

This may be unexpected as diet changes are the last thing that may come to mind for many people. However, diet can affect the time it takes to conceive for both men and women. [Drinking too much](#) coffee or consumption of too much alcohol can impair not only female fertility but male fertility as well. An undiagnosed food intolerance can also prevent pregnancy. Common food intolerances or allergies are wheat and dairy products. Keeping your gut healthy by eliminating potential food allergens is a great way to increase your chances of conception. A diet rich in plant foods such as fruits and vegetables can not only improve fertility but also help to prepare a woman's body for a healthy pregnancy.

Yoga

Some research has indicated that practicing specific poses in yoga may enhance fertility. [One particular study](#) showed that 55 percent of patients who participated in a mind-body program that included yoga conceived after ten weeks, compared to only 20 percent of patients in the control group after a one-year period. Yoga helps to balance your body and maintain health required for conception. It can develop the female reproductive system systematically, making it ready for conception. You may find a local yoga studio that offers classes geared toward women trying to conceive but if not, [YouTube](#) is an excellent way to find video demonstrations of female fertility-geared poses. Some fertility clinics offer yoga classes for this as well.

Address Stress

Stress can be a negative indicator for pregnancy. It actually triggers the production of a hormone that prepares the body for emergency situations, which knocks other hormones out of balance. One of those hormones, progesterone, is involved in conception, thus making it more difficult to conceive. One way to reduce stress is a regular yoga practice. In addition, meditation, breath work and diffusion of essential oils such as lavender are great stress relievers.

Supplements

Taking supplements is yet another way to enhance your fertility. Some nutrients are a must to maintain proper hormones levels for pregnancy. Nutrients required by the body to prepare it for conception include vitamin B (complex), omega-3 fatty acids and Co-Q10, so if you are not receiving ample amounts through your diet, you may need to add them in supplement form. Other supplements found to be beneficial for increasing your chances of conceiving include maca, chasteberry, and dong quai. It is important to discuss any

herbal supplements you are taking with your doctor because some medications may interfere with natural remedies. You may also find it beneficial to consult with someone knowledgeable in these specific supplements.

While this is not all-inclusive list, making these changes is certainly a great way to live a healthier life, which in turn can lead to a healthier reproductive system. It is important to focus on the positive areas in your life when struggling to conceive though it can be difficult. Mental health plays a significant role in chances of conception to the infertile couple.



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