

STUDY: Fertility Education Still Lacking, Fairhaven Health Helps Support Trying-to-Conceive and Pregnant Women

New research from Yale School of Medicine indicates that women are still in the dark when it comes to fertility and pregnancy. As the leading provider of doctor-designed, non-prescription products to help couples conceive, Fairhaven Health believes that proper supplementation, fertility awareness, and ovulation prediction are paramount to achieving pregnancy naturally.

Bellingham, Washington ([PRWEB](#)) January 29, 2014 -- [A new study](#) published in the Jan. 27 issue of "Fertility & Sterility" shows that women still have a lot to learn about fertility and pregnancy. Researchers from Yale School of Medicine found that 40 percent of women surveyed are worried about their ability to get pregnant, although most do not seek medical advice and are ill-informed about prenatal care, infertility, and pregnancy as a result.

Perhaps the most astonishing finding is women's lack of knowledge surrounding prenatal care. Half of the women surveyed did not know that prenatal vitamins with folic acid help prevent birth defects, including spina bifida. Most physicians recommend that all women of reproductive age take a [prenatal vitamin that includes folic acid](#) to help prevent neural tube birth defects and ensure healthy fetal development.

Leading fertility expert and OB/GYN, Dr. Amos Grunebaum, formulated Fairhaven Health's [PregnancyPlus Prenatal](#) to support reproductive wellness from preconception through pregnancy and nursing. The all-natural prenatal vitamin boasts a "just right" formula that combines important vitamins and minerals, including folic acid. Independent consumer agency ConsumerLab tested the all-natural prenatal vitamin and determined that it met all ingredient claims and quality standards.

Not only are women uneducated about prenatal vitamin benefits; more than 25 percent of women surveyed didn't know that sexually transmitted infections, obesity, smoking, and irregular menses could affect fertility.

Fertility awareness and menstrual cycle tracking can help women identify potential fertility issues, including whether or not they are actually ovulating. Conception can be difficult, if not impossible, for women with irregular cycles or ovulatory issues. Fairhaven Health offers tools that can help [predict ovulation](#), as well as natural supplements to help promote hormonal balance and ensure cycle regularity like [FertilAid for Women](#) - a top-selling fertility supplement since 2002.

Researchers also found that women's notions of age and fertility are skewed. Forty percent of women incorrectly believe that their ovaries continue to produce new eggs during reproductive years.

The unfortunate fact is that women are born with a finite number of eggs that steadily declines with age. Egg quality also declines due to factors including age, exposure to environmental toxins, stress, poor diet, and hormonal imbalances. Poor egg quality can cause issues with fertilization, unsuccessful implantation, and frequent miscarriages. While there is no way to increase the number of eggs a woman has, it is possible to improve the egg quality of the existing ovarian reserve.

New research indicates that folic acid combined with myo-inositol and melatonin, two powerful antioxidants, helps improve egg quality. Fairhaven Health's [OvaBoost](#) combines these key ingredients along with powerful antioxidants like coenzyme Q10, vitamin E, grapeseed extract and alpha lipoic acid to help ensure women's egg



cells are protected from the damaging effects of free radicals. Research indicates that egg cells are highly susceptible to harm from free radicals, the unstable oxygen molecules that are produced as the body breaks down toxins.

About Fairhaven Health

[Fairhaven Health](#) manufactures a line of natural, doctor-designed products to promote fertility, pregnancy, and nursing health. They provide ovulation prediction tools, natural fertility supplements, prenatal vitamins, and breastfeeding support products, all of which are manufactured in U.S. GMP-certified and FDA regulated facilities.



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