

MORE FROM FOX NEWS



FOX411's snap of the day



Chelsea Manning reportedly hospitalized after apparent suicide...



Former TV judge Joe Brown banned from practicing law in...



Pablo Escobar's brother demands to vet Netflix's season 2 of 'Narcos...



Comey, Clinton and the Presidential Election



MENU

Conquer the Campaign

Run Your Own Presidential Campaign against other competitors! See if you have what it takes to be the President of the United States.

Play the Game

Health Home

Men's Health

Women's Health

Children's Health

Alternative Medicine

Diabetes

Heart Health

Nutrition & Fitness

HEALTHY MAMA

How to improve your fertility

By [Julie Revelant](#)

Published November 07, 2012

[FoxNews.com](#)



0



0



One in eight couples struggle with infertility according to the National Survey of Family Growth and for about 20 percent, the cause of their inability to conceive is unknown.

If you're one of these couples desperate to have a baby, here's the good news: There are things you can do to improve your chances of conceiving, whether you're undergoing fertility treatments or not. Here are eight.

1. Track your ovulation

Dr. Amos Grunebaum, a double board-certified OB/GYN based in New York City and product formulator for Fairhaven Health, says many of his patients don't have sex frequently enough and don't know when they're actually fertile. Ovulation predictor kits, charting your basal body temperature and fertility monitors can help to pinpoint your most fertile times.

2. Go to the doctor

According to RESOLVE: The National Infertility Association, one-third of infertility issues lie with the man, which is why it's important to get your guy evaluated. For your check-ups, make sure your doctor rules out an obstruction in your fallopian tubes, scarring of the uterine wall or cervical opening, or problems with cervical mucus or vaginal pH. "These are physical things that a fertility specialist would be able to very quickly—medically and surgically—be able to help you with," according to Alisa Vitti, a hormonal and reproductive health expert and author of *Woman Code*.

3. Get a blood test

A simple blood work-up can check your hormone and micronutrient levels, specifically vitamins D3, B, A, E, and iodine, all of which can affect your fertility. If you have unexplained infertility and you are nutrient deficient, "then a great place to start, instead of going right into the IVF process cold, would be to actively start to supercharge your biochemistry with the essential micronutrients for fertility," Vitti said.

4. Change your lifestyle

Smoking, alcohol and extra pounds can all impact your chances of conceiving. Plus, healthy eating is important for ovulation and sperm production, according to Hethir Rodriguez, a fertility expert and herbalist who specializes in natural fertility. Eat an organic diet that includes lean protein, dairy, grass fed meat, a wide variety of fruits and vegetables and essential fatty acids from flax, nuts, and seeds. In fact, according to a recent Harvard School of Public Health study, women undergoing IVF who ate the highest amount of monounsaturated fats found in foods like avocado, nuts and seeds were three times more likely to have a baby.

5. Deal with infections

If you've had chronic bacterial vaginosis, urinary tract, or yeast infections, or STDs like HPV or chlamydia, they could be the reason why you're not able to conceive, according to Vitti. Talk to your doctor about treatments or seek out the help of a natural fertility expert who can prescribe an immune boosting dietary protocol.

6. Track bowel movements

What's happening in the bathroom might actually clue you in to the reason for your infertility. Vitti says that prolonged constipation can lead to increased levels of estrogen in the blood stream, which affects the delicate balance between estrogen and progesterone that is vital to maintain a pregnancy. Plus, diarrhea and IBS could indicate a micronutrient deficiency.

7. Talk to a natural fertility expert

According to a recent study published in the journal *Complementary Therapies in Medicine*, women who used Chinese herbal medicine were twice as likely to get pregnant within a four month period as those who used Western medical fertility drug therapy or IVF. "The great thing with natural therapies and lifestyle changes is they can work in conjunction with what your fertility doctor might want you to do or it's something great to do beforehand," according to Rodriguez. A natural fertility expert can assess your diet and lifestyle, address any underlying conditions and can prescribe a variety of natural treatments.

8. De-stress

Struggling with infertility can add to your everyday stress, but it can actually inhibit your ability to conceive, according to a

University of California, Berkeley, study. Exercise, meditation and making time to decompress and have fun are all great ways to manage your stress. Fertility yoga classes can help with circulation and manage stress as well.

Julie Revelant is a health journalist and a consultant who provides content marketing and copywriting services for the healthcare industry. She's also a mom of two. Learn more about Julie at revelantwriting.com.

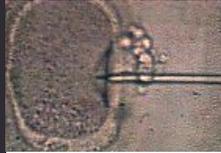
Find
Fox Business Network
in your area.

All you need is your zip code.

Find

ADVERTISEMENT

More from Fox News



Woman a step closer to carrying dead



New weight-loss tactics for the



Woman gets blood poisoning after



Minnesota health officials warn of fatal



Dying Washington man marries best



Crash deaths far worse in US than



Italian researchers say eating pasta



Taking up while working out: Ex-NFL

Trending In Health

- 1 **Tennis star Marion Bartoli reveals source of weight loss— an unknown virus**
- 2 **Identical twins give birth on same day at same time, miles apart**
- 3 **Photo of dad sleeping under son's hospital crib goes viral**
- 4 **American women groom their pubic hair, for diverse reasons**
- 5 **The best sunscreens for your face, according to dermatologists**

[See all Trends](#)