

Fairhaven Health's Dr. Amos Grunebaum Says Fertility Awareness Leads to Babies

Recent research suggests that many trying-to-conceive couples resort to invasive fertility treatment before exhausting natural options like tracking ovulation, preconception care, and maintaining a healthy lifestyle – cornerstones of Fairhaven Health’s philosophy.

Bellingham, Washington ([PRWEB](#)) June 19, 2013 -- Many trying-to-conceive couples seek medical intervention far before physicians deem it medically necessary, according to a [recent study](#) published in the Maternal and Child Health Journal. The results of this research confirm what Fairhaven Health has been advocating for more than a decade – that trying-to-conceive women would benefit from tracking ovulation, preconception care, and maintaining a healthy body weight. Fairhaven Health is a leading provider of ovulation prediction tools for home use, along with non-prescription fertility supplements to help couples improve their odds of conceiving naturally.

Researchers collected data from the 2004-2008 Pregnancy Risk Assessment Monitoring System (PRAMS) survey, and analyzed more than 9,500 surveys filled out by Utah women who recently gave birth. For many years, OB/GYNs and fertility specialists have recommended that couples try to conceive for at least one year before seeking fertility interventions. However, the results of this study indicate that nearly 90 percent of the trying-to-conceive women had tried to achieve pregnancy for less than one year, and 10 percent of those trying to conceive reported using some sort of fertility treatment to aid in conception - suggesting that many couples dive in to fertility treatments earlier than in years past.

“Many couples struggling to conceive may be able to do so naturally before resorting to costly and stressful procedures like IVF or IUI,” said Dr. Amos Grunebaum, leading OB/GYN and director of obstetrics for one of the country’s top university medical centers, and formulator of popular Fairhaven Health products like FertilAid for Women and Men. Dr. Grunebaum is a strong proponent of fertility education and believes that women should learn as much as they can about their menstrual cycle prior to seeking fertility assistance from their physician.

Increasing fertility awareness allows couples to accurately predict ovulation and time intercourse appropriately, as timing is everything when trying to conceive. For successful conception, sperm must be waiting in the fallopian tubes at the moment the egg is released from the ovary. Because sperm can only survive for five to seven days in the female reproductive tract, couples must plan intercourse every one to two days during the four to five days prior to ovulation to maximize their chances of conceiving, as making love more than five days before ovulation (and even the day after ovulation) is unlikely to result in pregnancy.

Fairhaven Health offers a variety of tools to help women predict their ovulation date, including [basal body temperature charting](#), [ovulation predictor kits](#), and electronic [fertility monitors](#). For example, the OvaCue Fertility Monitor, manufactured and distributed by Fairhaven Health, uses advanced technology to measure and track changes in electrolyte levels in both saliva and cervical mucus, allowing the monitor to predict ovulation up to seven days in advance, giving couples plenty of opportunities to have intercourse during the so-called “fertile window.” The OvaCue has been shown to predict ovulation with greater than 98 percent accuracy in studies conducted by the National Institute of Health (NIH).

Fertility awareness and menstrual cycle tracking can also help women determine if they experience irregular

menstrual cycles, which may signal an ovulatory disorder and potential fertility issues. Irregular menstrual cycles can be caused by a number of things, most notably an underlying hormonal imbalance, and can indicate that a woman is not ovulating as frequently as she would hope, or possibly not at all. [FertilAid for Women](#), an all-natural dietary supplement manufactured and distributed by Fairhaven Health, helps promote hormonal balance, support cycle regularity, and contains a full prenatal vitamin, including folic acid – a critical vitamin for pregnancy wellness that has been shown to help prevent fetal anomalies and decrease the incidence of miscarriage. As the top-selling fertility supplement in the United States, FertilAid for Women has helped tens of thousands of women conceive naturally.

Couples also need to remember that when it comes to fertility issues, women are only half of the equation. Declining male fertility is a rising concern among fertility experts as many environmental factors contribute to poor sperm health. The average sperm count among adult men has decreased by 50 percent since 1938, and continues to decline by at least 2 percent every year. Fortunately, Fairhaven Health's [FertilAid for Men](#), an all-natural herbal and multivitamin supplement, has been clinically shown to increase sperm count and motility.

Lifestyle choices like smoking, drinking, poor nutrition, and not being at an optimal weight (BMI 19.5-24.9) may also contribute to fertility issues like irregular cycles and poor sperm parameters, so maintaining a healthy lifestyle is extremely important when trying to conceive. Couples need to make sure they stay away from junk food and incorporate more vegetables, fruits, whole grains, and lean sources of protein, all of which have been shown to help improve overall reproductive health. Regular exercise can also help improve reproductive health, and decrease a woman's risk of pregnancy complications.

About Fairhaven Health

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



Contact Information

Ethan Lynette

Fairhaven Health

<http://www.fairhavenhealth.com>

(360) 543-7888

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