

Fairhaven Health Offers Khloe and Lamar Helpful Tips for Achieving Pregnancy Naturally

Thanks to reality television, the world knows that Khloe Kardashian and Lamar Odom are struggling to conceive a child. Fairhaven Health, a leading supplier of natural products to help optimize reproductive health and fertility, has helped thousands of couples overcome fertility issues and achieve pregnancy naturally, and has a few helpful tips for Khloe and Lamar to assist them in increasing their chances of conceiving.

Bellingham, Washington ([PRWEB](#)) April 22, 2013 -- Reality TV star and New York Times best-selling author, Khloe Kardashian thrives in the spotlight and is very candid when it comes to her personal life. For the past couple of years, Khloe's struggle to get pregnant with Los Angeles Clippers' forward and hubby Lamar Odom has been a major topic of discussion for celebrity gossip magazines and blogs. Though her degree of candor does not necessarily represent the norm among her Hollywood peers, Khloe is actually not the first celebrity to open up about her fertility struggles. Celebs including Brooke Shields, Nicole Kidman, and Guiliana Rancic also publicly discussed the difficulties they experienced in achieving pregnancy. Statistically speaking, these heartbreaking stories are relatively common. After all, nearly one in six couples in the United States experience infertility, typically defined as the inability to conceive after 12 months of unprotected intercourse.

Fortunately, research indicates that couples do have some control over their fertility. [Fairhaven Health](#) has been in the "fertility" business for more than a decade, and has seen thousands of trying-to-conceive couples improve their conception odds by doing three simple things: 1) increase their awareness about the lifestyle factors that negatively impact their fertility 2) identify the most fertile days in the woman's menstrual cycle and plan intercourse for those days and 3) take dietary supplements containing ingredients that have been scientifically demonstrated to improve fertility.

Research clearly suggests that poor diet, obesity, smoking cigarettes, excessive alcohol consumption, and chronic exposure to environmental toxins negatively impacts both male and female fertility. So, by making some basic lifestyle changes, couples can greatly improve their fertility. Also, in certain cases, timing intercourse inappropriately may cause a delay in conceiving. It is important for couples to understand that there are actually only a few days during each menstrual cycle that intercourse will result in conception - the so-called fertile window. If couples are not having intercourse during the fertile window, the few days before and on the day of ovulation, they will not get pregnant. A number of tools are available to help couples [predict ovulation](#), allowing couples to identify the best days for love-making.

But, unfortunately, things might be a bit more complicated for Khloe and Lamar. In the season finale of the hit reality TV show *Kourtney and Kim Take Miami*, Khloe revealed some unsettling news about her reproductive health. After her sister Kim persuaded her to make an appointment with a fertility specialist, Khloe learned that she is not ovulating and that her uterine lining (also known as the endometrium) is not thick enough to allow for a successful pregnancy.

So, first things first, if Khloe and Lamar have any chance of conceiving, Khloe must start ovulating. In cases like this, fertility doctors will often prescribe the drug clomiphene citrate (Clomid), which is designed to induce ovulation. But, while this drug works successfully for some women, it doesn't work in all cases, has some side effects, and doesn't address the underlying hormonal imbalance that is the likely culprit of Khloe's inability to

ovulate.

Fairhaven Health offers a natural alternative. [FertilAid for Women](#), formulated by leading fertility expert Dr. Amos Grunebaum, is an all-natural, patented dietary supplement designed to help restore hormonal balance and trigger a regular ovulation cycle. The proprietary herbal blend includes scientifically validated ingredients like chasteberry (vitex), red clover blossom, siberian ginseng, and ginkgo biloba. The fertility-enhancing supplement also includes a full prenatal vitamin, with optimal amounts of folic acid, and other key nutrients.

Once hormonal balance is achieved and ovulation is restored, it is likely that Khloe's uterine lining will begin to thicken naturally, which will allow for successful implantation of a fertilized egg into the wall of her uterus. To help this process along, Fairhaven Health offers [FertileCM](#), a dietary supplement intended to increase vascular blood flow to the uterus and to strengthen the uterine lining. This dietary supplement is also designed to help increase the quality and quantity of cervical mucus, the medium in which the sperm travels to meet the egg.

Fairhaven Health, the leading provider of natural fertility products, has one final piece of advice for Khloe and Lamar. While much attention has been focused on Khloe's fertility issues, it is highly possible, at least statistically speaking, that Lamar's fertility is less than optimal as well. Male fertility is on the decline throughout the world. In fact, the average sperm count among adult men has decreased by 50% since 1938, and continues to decline by at least 2% every year. Fairhaven Health recommends that Lamar undergo a comprehensive semen analysis to ensure that his sperm count, sperm motility, and sperm morphology (the size and shape of sperm) are within normal ranges. Fairhaven Health also recommends [FertilAid for Men](#), a dietary supplement that has been clinically proven to increase sperm count and motility.

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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