

Struggling With Infertility? 6 Tips to Help You Conceive

Written by AZFoothills.com

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The journey to conception can be long and overwhelming for some couples. If you're struggling to get pregnant, there are a number of things you can do to increase the odds. Here are six tips to help you conceive.

- **Have Fertility Testing Done**

If you're having trouble conceiving, you and your significant other might consider making appointments with your doctors. Men should have a semen analysis performed by a doctor to rule out low sperm count. An at-home [testosterone test](#) can also provide answers. Females will want to rule out hormonal issues or thyroid issues, as well as other underlying issues like Polycystic Ovary Syndrome (PCOS), endometriosis or other conditions linked to infertility.

- **Consider Purchasing an Ovulation Kit**

As you [struggle with infertility](#), one way to try to get pregnant easier is by tracking ovulation. Some women prefer to use natural methods, such as tracking their period and checking their basal body temperature to see when it spikes (a good indicator of ovulation).

A more effective way to determine when you could be ovulating is using an ovulation predictor kit (OPK), which measures for an increase in luteinizing hormone (LH) to detect ovulation.

- **Nix Unhealthy Lifestyle Choices**

Unhealthy lifestyle habits could be preventing you from [getting pregnant](#).

Smoking cigarettes has been linked to decreased levels of both female and male fertility. In women, smoking cigarettes can reduce blood supply to the ovaries and lead to the loss of eggs. Even secondhand smoke can contribute to the problem.

Some research suggests that smoking marijuana may also lead to fertility problems.

Binge drinking has also been found to affect egg quality. Cutting out these habits can make the journey to getting pregnant an easier one.

- **Eat Foods That Promote Fertility**

Making the right diet choices can also help [boost fertility](#). The antioxidants in walnuts have been found to improve sperm quality.

Research [has found](#) that a diet that's low in both trans fat and saturated fat can help reduce infertility in both men and women.

Studies have also [found](#) that women who consumed more folate were more likely to have successful pregnancies. Eating fewer carbs and more fiber-rich foods, such as whole grains, vegetables, beans, and fruits, can also improve the odds.

- **Exercise More (Or Less) to Get Pregnant**

Being at a healthy weight has been linked to [fertility](#). While exercise is generally linked to reaching and maintaining a healthy weight, it can get a little tricky when you're trying to conceive.

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Researchers have found that exercise can either play a helpful — or *harmful* — role in your fertility. One [study](#) found that moderate exercise was linked to positive fertility outcomes. However, exercising [too vigorously](#) can actually make it more difficult to become pregnant.

Experts generally recommend most women to exercise. If you are overexercising and have absent or irregular periods, you might want to have a conversation with your healthcare provider about cutting back.

6. Consider Taking a Prenatal Vitamin Women who are deficient in certain vitamins tend to experience higher rates of [infertility](#). Specifically, deficiencies of B vitamins (including B1, B2, B6, and B12) and niacin have been found to disrupt ovulation. Taking prenatal vitamins can help prevent this problem from occurring. Prenatal vitamins also contain folic acid, which can also help increase your odds of getting pregnant. Replacing unhealthy lifestyle habits with good habits may help you conceive faster. If you're having difficulties getting pregnant, it's important to talk to your doctor. Getting to the bottom of the cause can help you determine what the next steps are.