

How to Become Pregnant Fast

To become pregnant faster you need to know your ovulation time precisely which you can identify using natural body signs (the most reliable method).

It is also important to deliver the maximum number of healthy sperm during this ovulation time. To increase your chance to fall pregnant your partner should build up their sperm count prior to ovulation time. If you want to built your sperm count to maximum it is recommended to have abstinence at least 3-4 days just before the ovulation. Any longer than this and you risk sperm ageing prior to ejaculation. Normally women ovulate on 14th day of cycle (assuming cycle length is 28 days) so for the maximum sperm count you should abstain on 11 and 12 day and start frequent intercourse on 13 and 14 day. But what can you do if your cycles are long (30 days and longer)? In this case how you can get pregnant faster? If your cycles 30-35 days, you ovulate much later than the day 14. This means that your egg is aging inside before it even get released. You still can get pregnant with this old egg, but the chances to carry this pregnancy is little. You are very likely to miscarry this pregnancy. Women with long cycles have miscarriages more often than women with normal or shorter cycles. Often, a woman even does not know that she had miscarriage. It just appears like a heavy or delayed period. What should you do? If your ovulation occurs later then 15-16 day of your cycle - don't try to conceive at all. The best time for ovulation is day 14 or earlier, when the chances of having viable pregnancy are about 93%. If you ovulate on day 15-16 or later, the chances fall to 40%. To make your cycle shorter general health improvement is recommended first of all: improving diet, moderate exercise, relaxation, detoxification of body, taking special vitamins and supplements and feeling good about yourself. It is also recommended to stop consuming alcohol if you do, stop smoking, reduce caffeine consumption to the minimum and avoid contact with chemicals. If you have any chronic health condition like diabetes, asthma, allergy you should make sure that stay in remission stage for the time you going to fall pregnant. Your diet should consist of a lot of fruit and vegetables and enough protein. Eating lean meat helps to reduce cholesterol level in your body which is also good for increasing fertility. Fish dishes should take place at least twice a week. And don't forget to exclude mercury contenting fish like sharks or tuna. In many cases general health improvement helps to regulate period and ovulation and make long period shorter and beneficial for conception. To conclude, identifying the exact ovulation time and delivering maximum amount of sperm at the right time will eliminate struggle to conceive for many people. These methods are natural and will not cause any side effects.

About the Author

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