

## Getting Pregnant- The Best Options For Getting Pregnant!

Are you aware that the prospect of success is a mere 20%, when you are attempting to become pregnant on the precise day calculated? Hence, it is not all surprising that quite a few couples may take many months or even years, in order to have their own bundle of joy. There are buckets of advice given to people who wish to have a child. Much of this wise advice is derived from sound medical study while other suggestions are merely yarns of old. Staying healthy and keeping the right weight, consuming balanced and nutritious food, and taking a pre pregnancy examination are very much required while taking the path to parenthood, however, on a lighter note, ascertaining the best positions for getting pregnant can just spice things up. While couples who are planning to make a baby, may find it quite amusing to reflect on the theory that having sex often is good for them, in reality, it is not at all good for becoming pregnant. Now, the defect in this theory is that, a man has to have time enough to have his sperm count replenished. However, the best option would be to indulge in sex every alternate day. Doing this will make certain that there is sufficient stock and this of utmost importance, irrespective of the fact which positions couples adopt in order to get pregnant. Well, it has now been confirmed for sure that having sex on alternate days when ovulating is a better option, and so we can study some of the more preferred positions for getting pregnant. However, it needs to be stressed that the best positions for getting pregnant have no scientific foundation. Well, logical reasoning declares that many of the positions that initiate pregnancy are those, which facilitate gravity. It is for this very purpose that medical professionals suggest adopting the missionary position, where the man is on top. Even though this not a very imaginative sexual position, this has greater likelihood of assisting gravity in facilitating the sperm to make its way to the egg. Then there are people who assert that taking up a sexual position where the man is behind the woman, who is down on her hands and knees works very well. In all probability any position that is assumed can quite likely result in a woman getting pregnant. However, there are certain things, which should not be resorted to. According to myth, it is said that washing up after having sex will help the sperm to go to its intended target. This is a fantastic story. In truth, dousing tends to throw the pH levels of the vagina and the sperm totally out of balance, making the sperm's travel to its final destination extremely tough. Besides, the vaginal secretions that occur naturally and assist in the smooth passage of the sperm become diluted. Even though no ideal positions for becoming pregnant exist, the use of logic and enforcing plenty of patience will go a long way to make certain that this effort pays off.

### About the Author

Abhishek has seen many childbirths in his huge family! Visit his website <http://www.Childbirth-Guru.com> and download his FREE Childbirth Report. If you are an expecting mother you can get some very valuable information about Pregnancy and Childbirth. But hurry, only limited Free copies available!

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