

# FOLLOW THESE DAILY HABITS TO ENCOURAGE PREGNANCY THE NATURAL WAY



Unlock your fertility potential with smart choices. This guide empowers you on your path to parenthood. For personalized support, book a free consultation with our fertility experts



Ground Floor, Satyam Arcade, Sector 21, Kamothe, Panvel, Maharashtra 410209.



[www.yashodaivfcentre.com](http://www.yashodaivfcentre.com)



**8655442184**



[info@yashodaivfcentre.com](mailto:info@yashodaivfcentre.com)

**8655442182**

# Preface

The journey towards parenthood is a profound and transformative experience, marked by hope, anticipation, and a lot of emotions. For those aspiring to start a family, the quest to conceive can sometimes be filled with uncertainties and challenges. In this guide, we aim to provide a comprehensive and informative resource that navigates the often complex terrain of fertility.

Understanding the factors that influence conception is a crucial first step on the path to parenthood. From lifestyle choices to medical considerations, each aspect plays a pivotal role in shaping the fertility journey. This guide has been meticulously crafted to offer practical insights, evidence-based advice, and empowering tips to enhance your chances of conception.

In the following pages, we delve into a diverse array of topics, ranging from nutrition and wellness to the significance of timing and understanding your body's fertility signals. With contributions from experts in the field and a holistic approach to fertility, this guide is designed to empower individuals and couples with the knowledge they need to optimize their chances of conceiving.

It is important to note that fertility is a deeply personal and individualized experience. What works for one person may not be applicable to another. This guide is intended to serve as a valuable starting point, fostering awareness and encouraging informed choices as you navigate the unique path to parenthood.

**Lets begin the journey of achieving parenthood by following the below mentioned points:**

- Stop contraception
- Have intercourse at the right time
- Take folic acid
- Eat healthy food
- Avoid certain food
- Stay fit and maintain a healthy body weight
- Stop smoking, recreational drugs, alcohol
- Get your partner involved – here are some ways to help him create healthy sperm
- Optimize vaginal health – use a sperm-friendly lubricant



## 1. Stop contraception



### **Barrier Methods (e.g., Condoms, Caps, Diaphragms):**

These methods work by physically preventing sperm from reaching the egg.

Generally, fertility is not affected when these methods are discontinued.

Menstrual cycles usually return to normal quickly, allowing for a swift return to fertility.

### **Natural Family Planning:**

This method involves tracking the woman's menstrual cycle to identify fertile days.

Fertility is not directly impacted when discontinuing natural family planning.

However, the effectiveness of this method depends heavily on consistent and accurate tracking.



## 2. Have intercourse at the right time



### Here's are some bullet points:

**Common Misconception:** About half of couples attempting to conceive may not be timing their efforts optimally.

**Misconception Clarification:** Women can only conceive during specific days of the month when their body releases an egg, and it's not always on day 14 of a 28-day cycle as commonly believed.

**Importance of Ovulation:** To enhance the chances of pregnancy, it's crucial to determine the ovulation period.

**Avoiding Assumptions:** Relying on average cycle lengths may not be accurate, as individual cycles can vary.

**Precision in Timing:** Ovulation tests help pinpoint the exact time of ovulation, allowing couples to time their attempts to conceive more accurately.



### **3. Take folic acid**



**Here are some key pointers that follow:**

#### **Purpose of Folic Acid:**

Folic acid is recommended to prevent birth defects such as spina bifida in babies.

#### **Dosage and Timing:**

Take a folic acid supplement with 400 micrograms daily. Begin supplementation three months before planning to conceive.

Continue taking the supplement during the first three months of pregnancy.

#### **Food Sources of Folic Acid:**

Some food sources of folic acid include fortified cereals, beans, greens, and orange juice



## 4. Eat healthy food



### **Make sure your diet includes:**

**Carbohydrates** – whole grain, pasta, rice and cereals are better than white bread, cakes and cookies

**Fruit and vegetables** – try to eat five portions a day, keep in mind that the more colorful the fruit or vegetable, the more nutritious it is.

**Protein** – you can get the protein you need from meat, fish, eggs, lentils and beans.

**Milk and milk products** – these contain lots of calcium, which is important for bone development

**Fat** – try to get your fat intake from vegetable sources like olive oil, or oily fish like salmon, sardines or mackerel



## 5. Avoid certain food



### **Here are the food you can avoid:**

#### **Raw Eggs, Meat, and Shellfish:**

Avoid eating raw or undercooked eggs, meat, and shellfish. These foods may have harmful bacteria like salmonella, causing food poisoning.

#### **Dairy, Liver, and Leftovers:**

Stay away from unpasteurized dairy, liver, liver pâté, and leftovers.

They can contain Listeria, which may lead to miscarriage or stillbirth.

#### **Vitamin Supplements:**

Only use supplements labeled "For Use in Pregnancy." Some vitamins in high doses can be dangerous for the baby. Take folic acid as recommended.



## **6. Stay fit and maintain a healthy body weight**



### **Here are some pointers:**

#### **1. Pre-pregnancy Fitness**

- Emphasize the importance of being in shape before pregnancy for better adaptability to physical changes during pregnancy.
- Highlight that maintaining fitness levels can positively impact one's ability to stay active and healthy throughout the pregnancy.

#### **2. Weight Management**

- Maintaining a healthy weight is emphasized for successful conception.
- Strive to achieve an ideal weight before attempting to conceive, as it positively influences fertility and overall reproductive health.



## **7. Stop smoking, recreational drugs, alcohol**



**Here are the some bad habits you can avoid:**

### **Avoidance of Smoking, Drugs, and Alcohol**

It is advisable to avoid smoking, drugs, and alcohol when trying to conceive and during pregnancy.

Quitting these substances can significantly enhance the chances of a healthy pregnancy and a healthy baby.

### **Impact on Pregnancy and Baby**

Smoking and drug use can have adverse effects on pregnancy outcomes.

Eliminating these substances can contribute to a healthier pregnancy and reduce potential risks to the baby.

### **Overall Health:**

Reiterate that the focus on avoiding these substances is not only for the sake of pregnancy but also for the overall health and well-being of both the mother and the baby.

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## **8. Enhance vaginal health with a fertility-friendly lubricant**



**Here are some tips you can follow to enhance the vaginal health:**

### **Prevalence of Vaginal Dryness**

Many women experience vaginal dryness.

A study across 11 countries with over 6,500 women revealed that up to 18% of those aged 18–34 often face this issue.

### **Impact on Pregnancy**

Frequent intercourse when trying to get pregnant may exacerbate vaginal dryness.

### **Lubricant Selection**

Some widely available lubricants can harm sperm.

It's crucial to use a sperm-friendly lubricant to enhance fertility during conception attempts.

## Summary

For couples aiming for natural conception, discontinuing contraceptives, understanding ovulation through tests, and timing attempts accordingly increase success chances. Taking 400 micrograms of folic acid daily, starting three months pre-conception, aids in preventing birth defects. A balanced diet with whole foods, avoiding certain items, and cautious supplement use are vital. Maintaining a healthy weight, regular exercise, and eliminating harmful habits like smoking and excessive alcohol benefit conception. Partner involvement is crucial, and sperm-friendly lubricants support vaginal health. This holistic approach fosters a healthy pregnancy foundation through informed lifestyle and reproductive practices.

### Remember:

- Consult your doctor or a licensed dietitian for personalized advice based on your individual needs and health conditions.
- Consistency is key. Following these dietary habits is most effective when incorporated into a long-term healthy lifestyle.
- While these habits can contribute to improved fertility, they are not a guaranteed solution. Seek medical advice if you have concerns about your fertility.