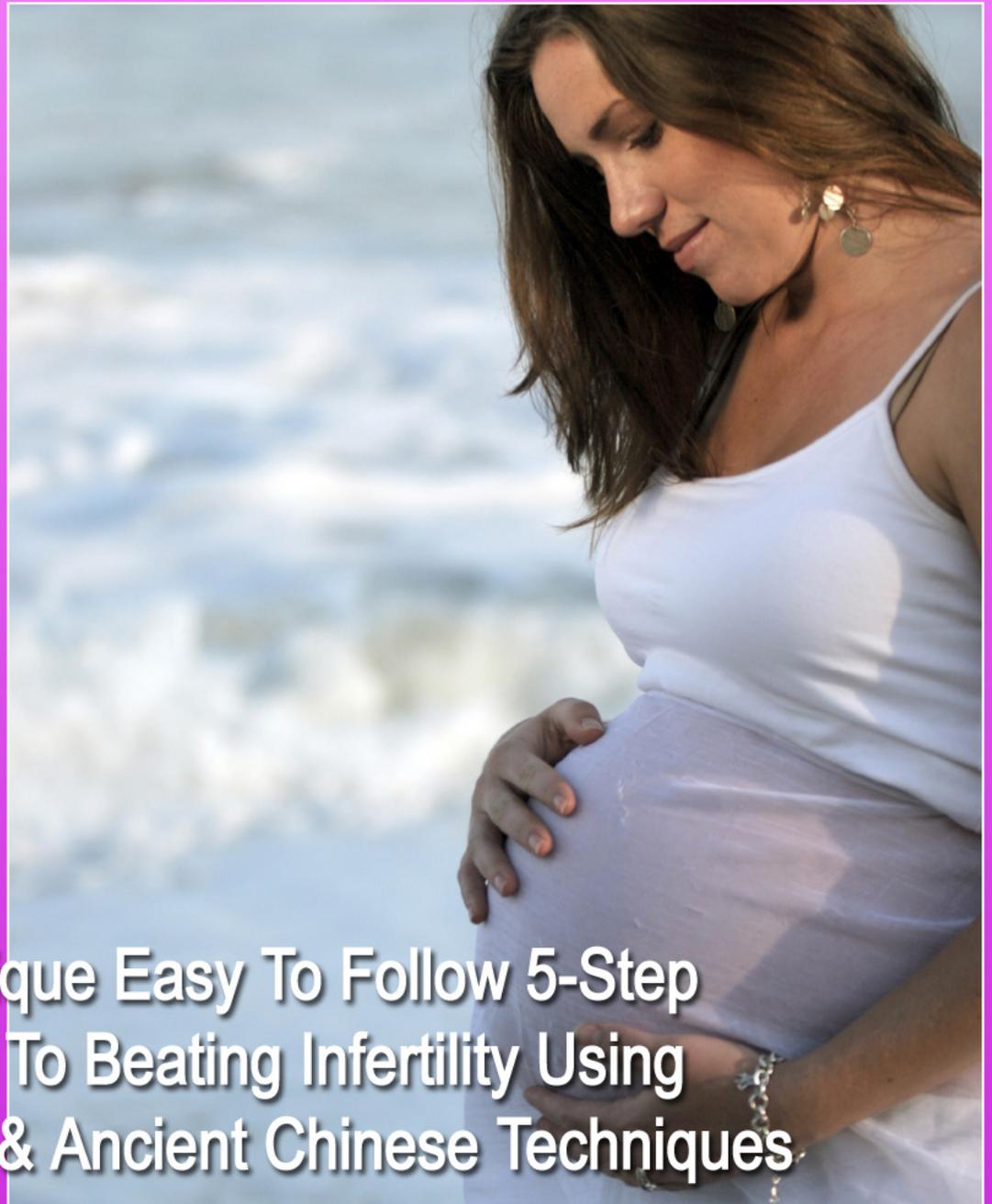


Pregnancy Miracle

Holistic & Ancient Chinese System For
Getting Pregnant and Having Healthy Babies



A Unique Easy To Follow 5-Step
Plan To Beating Infertility Using
Modern & Ancient Chinese Techniques



Lisa Olson - PregnancyMiracle

Pregnancy Miracle

A Unique Easy To Follow 5-Step
Plan for Beating Infertility Using
Modern & Ancient Chinese Techniques

By Lisa Olson

[**Click Here to Get Full
Pregnancy Miracle
PDF Other Bonuses and
All Resources >>**](#)

Disclaimer

While all attempts have been made to verify information provided in this publication, neither the Author nor the Publisher assumes any responsibility for errors, omissions or contrary interpretations of the subject matter herein. Any perceived slights of specific persons, peoples or organizations are unintentional. The Author neither makes nor attempts to make any diagnosis or cure or prevent any disease.

This publication is an informational product based on my own experience and research, has not been evaluated by either the FDA or the medical profession and is not aimed to replace any advice you may receive from your medical practitioner. The Author and Publisher assume no responsibility or liability whatsoever on the behalf of any purchaser or reader of these materials. The author is not a doctor, nor does she claim to be. Please consult your primary care physician before beginning any program of nutrition, exercise, or remedy. By consulting your primary care physician, you will have a better opportunity to understand and address your particular symptoms and situation in the most effective ways possible.

As always, before applying any treatment or attempting anything mentioned in this book, or if you are in doubt, you should consult your physician and use your best judgment. If you fail to do so, you are acting at your own risk. You, the buyer or reader of this book, alone assume all risk for anything you may learn from this book. PregnancyMiracle, Higher Ways Publishing INC, the publisher and Lisa Olson are not liable or responsible for any increase in severity of your condition or for any health problem you may encounter should you give up medical treatment.

By choosing to use the information made available on the Pregnancy Miracle website and in this book, you agree to indemnify, defend, and hold harmless Higher Ways Publishing Inc. and PregnancyMiracle from all claims (whether valid or invalid), suits, judgment, proceedings, losses, damages, costs and expenses, of any nature whatsoever (including reasonable attorney's fees) for which Higher Ways Publishing Inc. and PregnancyMiracle may become liable resulting from the use or misuse of any products sold through the PregnancyMiracle website.

Table of Content

Introduction	13
From Infertility to Pregnancy	13
Traveling the Road from Infertility to Motherhood.....	14
Our Story	15
What This Book Is About and How It Is Organized.....	18
The Steps to Getting Pregnant and Giving Birth to Healthy Children.....	20
Special Conditions and Other Infertility Related Disorders	21
Learning More	21
Chapter One	23
All about You and Your Partner’s Anatomy and How It Affects Your Fertility.....	23
What Makes Her Special.....	24
The Vagina	24
The Cervix	25
The Uterus.....	25
The Ovaries	26
The Eggs	26
The Fallopian Tubes	27
Her Menstrual Cycle	27
Timing Is Everything	29
What Makes Him the Man You Need To Make a Baby	31
The Penis.....	31
The Testicles	32
The Sperm.....	32
How to Get Together The Right Way: Learning When & How to Do It	34
Recognizing the signs of ovulation	34
Making Sex Work to Your Advantage.....	34
The Role Your Genes Play in Getting Pregnant	35
Genes That Can Limit Your Ability to Get Pregnant.....	37

Chapter Two	39
Understanding Infertility Better.....	39
What is Infertility?	40
What's Causing Your Infertility?	41
SIDEBAR: Common Tests for Infertility.....	42
Cervical Hostility to Sperm	45
The Male Factor	47
Infertility in Women.....	48
Knowing When You Are Most Ready to Make a Baby: Knowing the Signs of Fertility.....	51
Cervical Mucus Changes	51
Checking Your Cervical Mucus.....	55
Basal Body Temperature	57
Charting Your Temperature.....	59
Cervical Palpation.....	61
Lunar Cycle.....	65
Female Hormone Factors	68
Having Your Spouse's Semen Checked	74
An Abnormal Head:	74
Fructose Deficiency	75
A Malformed Tail.....	75
Making Love = Making Babies	77
Chapter Three.....	78
Taking a New Look at Fertility: How the East and West Differ in Their Views and How It Can Help You Get the Baby You Dream Of.....	78
Does Infertility Even Exist?.....	79
Understanding How the East Looks At Fertility	81
The Basics of Traditional Chinese Medicine.....	82
Qi: The Energy of Life.....	83
The Organs.....	84
The Heart and Spirit.....	84

The Kidneys.....	85
The Spleen, Digestion and Immunological Systems.....	85
The Liver and Gallbladder.....	86
The Uterus.....	86
How Chinese Medicine Can Help You Achieve Your Conception Goals.....	87
What Western Medicine Has to Say About Infertility – and Why They’re Often Wrong.....	88
Chinese Medicine –.....	89
Infertility Questionnaire.....	89
Kidney Yin Deficiency.....	91
Kidney Yang Deficiency.....	92
Heart Qi Stagnation.....	93
Blood Qi Stagnation.....	94
Phlegm-Damp Accumulation.....	95
Spleen Qi Deficiency.....	96
Liver Qi Stagnation.....	97
Chapter Four.....	99
The 5-Step Plan for Getting Pregnant and Having.....	99
Healthy Babies.....	99
Introduction.....	100
Step One: Achieving Balance, Harmony and Congruency for Conceiving Your Baby.....	102
The Two-Phase Approach for.....	102
Achieving Balance and Harmony and Creating the Perfect Environment for Conceiving a Baby.....	102
The 8 Commandments of This Program.....	105
Step Two: Using Diet, Vitamins & Minerals to Enhance Fertility.....	107
Dietary Guidelines: Eating for Two.....	108
Note About Fruit.....	113
Note About Raw Food.....	114
Supplementation to Enhance Fertility.....	115

Eliminate Toxins	124
Nutritional and Lifestyle Suggestions to Treat Your Individual Problem According To TCM.....	128
Step Three: Using Acupuncture, and TCM Herbs to Cleanse and Balance Your Energy for Conception	137
What Acupuncture is All About	138
What Are the Meridians and How Do They Affect Fertility?	138
Sidebar: How Acupuncture Can Assist Pelvic Blood Flow – and why that’s important.....	140
How Acupressure Can Help.....	141
Heat Therapy	142
Light Therapy.....	142
Magnetic Therapy	142
Main Acupuncture.....	144
Points to Focus On	144
Points to Enhance the Kidney (Yin)	147
Points to Enhance the Kidney (Yang).....	148
Points to Treat Elevated Hormone Levels	149
Points to Treat Stagnate Liver Qi.....	150
Points to Nourish the Blood	151
Points to Treat Stagnate Blood	152
Points to Treat Phlegm-Damp Accumulation	153
Points to Treat Bleeding from the Uterus.....	154
Points to Increase Blood Flow to the Pelvic Organs	155
Points to Treat the Spleen	156
Points to Treat the Heart.....	157
Energy Balancing Herbs.....	165
Using Chinese Herbs to Treat Infertility	174
Kidney Yin Tonics	177
Kidney Essence Tonics.....	179
Kidney Yang Tonics.....	180

Spleen Qi Supplements 182

Heart Nourishing Herbs 184

Phlegm-Damp Accumulation Herbs 185

Blood Builders..... 187

Liver Qi Movers..... 188

Blood Movers..... 190

Heat Clearing Herbs 191

Calming Herbs to Prevent Miscarriage 192

Herbs to Help the Fallopian Tubes 193

Herbs Used to Stop Bleeding..... 194

Herbs Used to Help Build Up the Uterine Lining..... 195

Step Four: Internal Cleansing and Liver Detoxification..... 196

 Why Cleanse? 196

 Cleansing and Infertility 198

 General Fasting Guidelines 202

 Three-Day Juice Cleanse 206

 During The Juice Cleanse..... 217

 Helping The Organs Of Elimination Remove Toxins..... 219

 Preventing Re-Absorption of Toxins Into The Blood Stream..... 222

 Colonics 228

 The Healing Crisis and How to Survive It..... 230

 Getting Rid Of Parasites – 232

 A One-Week Program 232

 Liver Detoxification 234

Step Five: Nurturing Your Organs and Enhancing Your Qi Through
Acupressure and Qi Gong Exercises 236

PART A: Acupressure Techniques..... 236

 Mountain Wisdom to the Rescue 236

 Step # 1: Open Your Wind Gates 237

 Step # 2: Try a Groin Pulse Acupressure..... 239

 Step # 3: Practice Belly Breathing 240

Step # 4: The Uterine Lift..... 241

PART B: Powerful Qi Gong Exercises..... 242

Start By Warming Up..... 242

Breathing for Energy..... 243

Laughing..... 243

Loosen Your Waist 244

Begin By Opening the Door of Life to Your Fertility 245

Tan Tien Hitting 246

Knee Rotation 246

Opening the Spinal Joint..... 247

Sidebar: The Three Part Secret to Conceiving a Healthy Fetus: Ovulation,
Sperm Count and Sexual Positions/Timing 249

1: Ovulation: Use Fresh 249

Eggs and Sperm..... 249

#2: Sperm Count: Build it Up 251

Prior to Conception 251

#3: Sexual Positions and Timing..... 252

Chapter Five 253

What to Do During the Program..... 253

Reading Your Body’s Signals and Signs 254

Keeping a Fertility Chart..... 255

Kits, Sticks and Software That Can Help You Predict Ovulation Better..... 255

Getting Through That Two-Week Wait 258

The Importance of Exercising Correctly 259

Control Stress 260

Sleep Optimization..... 261

Femoral Massage 261

Qi Gong Breathing 263

Male Infertility Plan: The 4 Step Program to Tackling Male Infertility Factors –
Low Sperm Count and Motility and Low Testosterone Levels 264

Male Infertility Plan -Step 1: Dietary Changes 265

Male Infertility Plan -Step 2: Supplements and Herbal Remedies.....	266
Male Infertility Plan -Step 3: TCM and Chinese Remedies	267
Male Infertility Plan -Step 4: Lifestyle Changes.....	269
Chapter Six	270
Special Conditions and Other Infertility Related Disorders	270
Immune System Problems	271
Autoimmune Reactions.....	271
Anti-thyroid Antibodies.....	272
Anti-phospholipid Antibodies (APA's)	272
Natural Killer Cells	273
Antinuclear Antibodies	273
Antisperm Antibodies.....	274
Dealing with Advancing Age.....	277
SIDEBAR: A Chinese Look at Aging	278
Infections	280
Elevated Prolactin Levels	283
Luteal Phase Defects (LPD)	285
Battling Unexplained Fertility Issues.....	289
Treating Secondary Infertility.....	290
Physical Reasons Why You May Not Be Getting Pregnant.....	291
How to Heal Your Ovaries	292
Using Chinese Philosophy	292
Ovarian Cysts.....	295
Case Study	295
Endometriosis.....	296
Fibroids	299
Blocked Fallopian Tubes	302
Cancer and Fertility	306
Tubal Ligation.....	309
Recurring Miscarriage	309
Variocels.....	311

Testicular Trauma 311

Blockage of the Vas Deferens 312

Appendix 1 314

Alternative & Complementary Medicine 314

 Yoga 315

 Massage 316

 Homeopathy 316

 Healing the Soul and the Body 316

 Dealing With Your Grief 317

Appendix 2 319

All About Invitro-Fertilization 319

 What is In Vitro Fertilization? 320

 Who is a good candidate for IVF? 321

 Common IVF Protocols 322

 Protocols Used For Average Days: Vials of Medication Needed **Error!**

Bookmark not defined.

 The Cost of IVF 324

Appendix 3 327

Chinese Herbs and Their Latin Names 327

Introduction

From Infertility to Pregnancy

Traveling the Road from Infertility to Motherhood

My story isn't all that unusual. The fact that you're even reading this book tells me one thing: you've suffered like I've suffered. You know what it's like to wish and hope for a baby, trying desperately to conceive only to discover month after month that all of your efforts have been in vain. Your womb is empty and you don't know why. Your arms ache to hold a baby and your heart cries out for a child to call your own.

If you've reached the end of your rope, and wonder if "mommy" is a word that will ever be yelled through the rooms of your home (or only whispered by those who fear to say it too loudly lest they risk upsetting you further), believe me when I say that you can – and will – get pregnant! How do I know this? Because I've been where you are and survived, I've managed to give birth to two healthy, beautiful and smart children after beating the infertility odds.

In some ways my story is unique, and in others it is one of thousands. What makes my story different is its outcome. After years of doing what the medical community suggested, I think – no, I KNOW – that I've found the secrets to helping other women (just like you and just like me), experience the miracle of conception and joy of giving birth. But first, let me tell you a little about my own journey toward motherhood ...

Our Story

Like many young newlyweds, my husband and I didn't want children at first. As a matter of fact, we did everything we could to prevent it. But, after five years of marriage, we knew the time had come – we were ready.

With a bit of arrogance (after all, we never thought we couldn't conceive), we jumped headlong into the quest to get pregnant. Only it didn't happen. Why? We wondered after several months. Sure, by now I was in my mid-30's, but I was healthy and strong and had never had any indication that getting pregnant would be a problem once I decided that I was ready for a family.

What should have been easy suddenly became very, very difficult. Being the goal oriented couple we are, my husband and I found it especially difficult to find ourselves on the losing end of our quest. We had never failed at anything before, and let me tell you that this was not something we were prepared to fail at! So we kept trying ... and trying ... and trying....

Sex was now just that – sex with a purpose. Done when my temperature dictated, it had become a means to an end result, lacking the excitement and the passion it had once held for us.

After more than a year of frustration our relationship began to feel the strain. I was moody and short-tempered, often on the verge of tears. I couldn't bear to watch other women's pregnant bellies grow while mine remained an empty tomb. My every thought revolved around what I was doing (or had done) wrong. What was wrong with me? Why couldn't I do what every other woman could accomplish so easily?

Tired of blaming each other for our inability to conceive we sat down and had a heart to heart talk and decided that it was time to get some answers. After putting off going to the OBGYN for fear of what we'd learn, we decided to face our fears and get tested for a variety of infertility issues.

Unfortunately, like so many other couples discover, the answers we desperately wanted – and needed – weren't going to be available to us. More frustrated than ever, we learned that there was no clear-cut reason for our inability to conceive. Neither of us exhibited any physical, physiological or biochemical reason to prevent a pregnancy. The experts didn't have a clue as to why we weren't pregnant and dubbed us with the term "non-specific infertility." They suggested that we de-stress and keep trying. Great! Hadn't that been what we were doing all along?

That's when I decided to take matters into my own hands. If the experts weren't going to find out what was thwarting our attempts at having a child, I was going to figure it out on my own – and fix it! So, I started to research every aspect of infertility. I read every book and research study I could get my hands on and began talking with hospitals and researchers worldwide about clinical trials and new treatment strategies being considered for couples like us. I was clearly obsessed with my mission and felt as if I'd go nuts if I didn't find an answer.

I began applying all of my newfound knowledge and before long was taking more than a dozen vitamin supplements and minerals every day – and having my husband do the same. I became convinced that pre-conception care for both the husband and wife were the key to conception. We started exercising, eating organic, avoiding toxins wherever we could and even had our amalgam fillings replaced with ceramic to avoid having mercury in our systems. We even began practicing Biorhythmic Lunar Cycle, which shows a woman her most fertile time by comparing the phase of the moon at her birth with the current moon phases.

After four-plus long years of trying anything and everything to get pregnant it worked! We had finally conceived! I couldn't believe my eyes as I stared at those two stripes gleaming from the pregnancy test strip. We'd done it! We were going to have a baby!

Unfortunately, our happiness was short-lived when our precious baby was miscarried at nine weeks. We were devastated. In an instant all of our hopes and dreams had vanished – again!

In the midst of our despair came one glimmer of hope: we had managed to conceive. Our efforts at pre-conception care efforts had worked. Now we had a new hurdle to overcome: carrying a fetus to full term. A mid-wife friend of mine assured me that we were on the right track. We could have a baby, if we kept trying – and learning.

Not long after that conversation, I discovered a very important piece of research. I believe now that it was the final piece to our puzzle and allowed us to not only get pregnant, but to carry our baby to full term – twice! After learning this new “trick” we conceived our daughter within a few short months. Our second pregnancy took less than a month to achieve. Ten years after beginning our quest, we were the proud parents of two beautiful, healthy children!

So what is the secret that we discovered and how did it make the difference to turn us from a desperate infertile couple into proud parents?

We're going to explain everything we've learned in the following pages so that you too can find your way toward the new world that awaits – the world of parenthood!

What This Book Is About and How It Is Organized

Pregnancy Miracle isn't your normal pregnancy guide. Sure, it'll teach you about the female and male anatomy and the reasons why so many couples are finding it difficult to conceive these days, as well as offer some traditional help along the way. But there's more. This guide is designed to take you on the journey of a lifetime; one that goes beyond learning what every doctor out there already knows, in order to help you find your own path to parenthood.

Every couple's story is different, yet every couple's story is the same: they long for a child they can't seem to conceive. If you're one of those couples, this book will show you how to break free from your own infertility issues by learning all the steps needed to attain a pregnancy miracle of your own:

About Human Anatomy and the Role it Plays in Infertility Issues

In Chapter One we'll go over the basics of the male and female anatomy including a review of male reproductive organs and the hormonal system; a woman's menstrual cycle; your individual genes; and how they can all affect a couple's fertility; as well as sex and how it can (and should) work when it comes to conceiving a child.

The basics About Infertility

what it is (and isn't); what causes it; who's to blame (and why); the signs to watch out for; how to determine fertility (basal body temperature; cervical mucus; lunar cycles; synchronization) and more ... much more!

The Eastern View of Fertility and the Myths of Western Medicine

Modern medicine has made great strides in helping infertile couples finally conceive, but does it always work? No! Why? The answer is much simpler than using complicated medications and invasive procedures. Chapter Three will discuss the Eastern World's View on fertility and discuss some of the misconceptions held by traditional medical doctors in regards to fertility and a couple's conception options. This chapter will delve headlong into a discussion on fertility (does it really exist?) and move right into a comparison of both the Eastern and Western views on infertility treatments. Also included will be an in-depth infertility questionnaire for couple's to take to determine their best course of action.

The Steps to Getting Pregnant and Giving Birth to Healthy Children

If getting pregnant and delivering a healthy baby is what you're after, than Chapter Four will offer you the five most important steps to achieving that goal naturally. This includes an in-depth discussion on:

Achieving Balance, Harmony and Congruency for Conceiving Your Baby through a specialized two-step plan that can help enhance any woman's fertility.

Making the Diet and Exercise Changes Necessary to conceive, including vitamin and mineral enhancement; exercising; stress control; sleep optimization and clearing your home and your body of dangerous toxins.

Cleansing Your Energy for Conception Using Acupuncture and Acupressure techniques specifically designed to enhance fertility, as well as tips for balancing your Cycle Phase and Specific Condition with Chinese Herbs and utilizing basic Qi Gong exercises for strengthening your reproductive system and opening the Qi energy pathways needed to conceive.

Internal cleansing and liver detoxification.

Nurturing Your Organs and Enhancing Your Qi Through Acupressure and Qi Gong Exercises.

Within this chapter you will learn the importance of reading your body's signals and signs; keeping a fertility chart; predicting ovulation; and surviving the two-week wait.

Special Conditions and Other Infertility Related Disorders

As we've already discussed, no couple's story is exactly the same, which means treating every couple's infertility issues will be slightly different. In Chapter Six we will discuss some of the special circumstances you may be encountering including:

advanced age
unexplained infertility
secondary infertility
mechanical infertility
PCOS, Endometriosis, Fibroids, Ovarian Cysts
Cancer and Infertility
Tubal Ligation
and more ...

Learning More ...

In addition to learning the secrets my husband and I used to conceive our children, we've also decided to add several appendices to the book to discuss other options for couples including In-Vitro Fertilization; Using Yoga and Massage to Conceive; Homeopathic Help; and Healing Both Body and Mind in your quest to conceive.

While some couples may find it beneficial to read the entire book from cover to cover first, and then go back and review sections, which deal with their specific issues and concerns, some couples may opt to begin by reading the sections that best fit their circumstances. How you decide to use the information in this book is certainly up to you, just remember the importance of establishing a complete fertility plan that encompasses a variety of treatment methods to better your chance of having a healthy and happy baby!

Ready to learn more? Great! Let's get started ... boy, do I ever have a lot to tell you ...

Chapter One

All about You and Your Partner's Anatomy and How It Affects Your Fertility

If you're worried that chapter one is going to be one big boring health and science lesson, don't. Sure we're going to learn a lot about how our bodies work – and sometimes don't -- but it won't be a repeat of junior high health class. The stuff we're going to learn about now is all the stuff you absolutely need to know in order to get pregnant – and stay pregnant! Let's get started by taking a closer look at the way we are made:

What Makes Her Special

Women are complex creatures – in more ways than one! But nothing may be as complex as her reproductive organs. Here's a quick look at how a woman is capable of bearing children and why it's so important that each organ be in tip-top working order:

The Vagina

Having little to do with your ability to conceive a child, the vagina is considered more of a passageway for the penis and its sperm to enter the opening of the uterus where it can do the job it is intended to do.

One thing that can affect your ability to get pregnant is the hymen, a perforated piece of tissue found at the entrance of the vagina. While the vast majority of young girls have small openings in the hymen, which is later completely torn during the first sexual experience, a small percentage of girls may have an imperforate (or solid) hymen. This can cause blood from the monthly period to back up behind the tissue and into the fallopian tube, which can cause endometriosis, a major factor in female infertility.

The Cervix

The *cervix* is a tight muscle-like tissue found in the lower part of the uterus. Its main job is to hold the baby in place until delivery. However, it also guards against infection by forming a mucus barrier between your vagina and the inside of the uterus.

An incomplete cervix can be a cause for concern, since it is not closed enough to hold the baby in place, thus causing a miscarriage once the baby's weight presses against it, opening the cervix even more. An incompetent cervix can usually be fixed by suturing the cervix closed until delivery.

The Uterus

A woman's uterus, otherwise known as the womb, is typically a pear shaped organ designed to hold and nurture a baby for the nine months it takes to develop inside the mother's body.

In the past it has been highly believed that a woman with a retroverted uterus, or one that is flopped forward toward your pubic bone could not get pregnant. This is simply not true. However, there are some uterine malformations that can affect your ability to both get pregnant and to maintain a pregnancy long enough to give birth to a healthy baby. They include:

A *septate uterus*, which features a band of tissue called the septum which can partially or completely divide the inside of the uterus.

Bicornuate (two-horn) and *unicornuate* (one-horn) uteri feature either one (uni) or two (bi) narrower-than-normal cavities. Women with this type of uterus often miscarry once they do become pregnant.

Polyps, also known as benign fibroid growths in the uterus can interfere with a woman's ability to conceive, and need to be removed in order to increase their

chances of an embryo attaching to the uterine wall. Although, removing fibroids can leave scar tissue in the uterine cavity that can make it more difficult to get pregnant since a fetus can have a hard time implanting on scar tissue.

The Ovaries

The ovaries may be two of the most important organs needed to have a baby since they hold and protect the eggs needed for conception. Women do not make eggs throughout their lifetime. Instead, they are born with the amount they will ever have stored in their ovaries. Every month, some are lost due to a variety of biological reasons, while one or two are released for fertilization. If a sperm does not fertilize the egg, it is flushed from the body during the woman's monthly menses. Should one or both ovaries (and the eggs it contains) become damaged or diseased any time during her life, it can greatly affect her chances of ever bearing children.

The Eggs

Without healthy viable eggs, a woman has a zero percent chance of getting pregnant or giving birth to a healthy baby. Eggs are made up of some important factors including its Chromosomes, which contain the genes that will determine what your baby will look and act like; whether it will be short or tall; healthy or not; fat or skinny; and so much more.

A human egg is made up of three protective layers starting with the nourishing and protective cumulus layer; followed by the *corona radiata*, a protective single layer of cells covering the *zona pellucida*, or egg "shell."

A mature, ready-for-fertilization egg (also called an oocyte), contains only 23 chromosomes. Add that to the 23 offered by the male's sperm and your new baby's cells gets the 46 chromosomes needed to be perfect. Miss one or two

chromosomes and your baby with either have a serious malady or you will miscarry.

The Fallopian Tubes

Every month a woman's ovaries releases one or two eggs to be fertilized so it can grow in the safety of the womb. But, first, it must get there, travelling by way of the fallopian tube, which connects each ovary to the uterus.

Without healthy tubes, the egg can neither become fertilized (since a blocked tube will prevent the sperm from getting to it in the first place), or make its way to the safety of the nourishing womb. Tubes can be damaged in several ways, with the most common culprits being infection or endometriosis. While both tubes do not have to be clear in order to get pregnant, your chances of conceiving are reduced if one is damaged or blocked in any way.

Her Menstrual Cycle

If all of your reproductive organs are not working properly, they can affect your menstrual cycle and your ability to get pregnant. Unfortunately, when it comes to a woman's menses a lot of things can go wrong. But, before we begin to discuss all of the things that can negatively affect your menstrual cycle, let's first take a look at how it all works:

Step One

A woman's pituitary gland releases FSH -- a *follicle-stimulating hormone* -- after the monthly menses has ended. Meanwhile in the ovary, a dozen or so antral follicles (fluid filled sacs surrounding the egg), begin to grow. It is during this time that at least one egg matures.

In response to FSH and *luteinizing hormone (LH)*, the follicle is released by the pituitary gland, and begins to produce *estrogen* in the ovary. At the same time, the estrogen being produced in the ovary signals the uterus to thicken its lining in preparation for the egg's release. This is called the *proliferative phase* of the uterus.

In normal cases, one follicle grows faster than the others, producing more estrogen, causing FSH to decrease and the smaller follicles to stop growing. This signals the pituitary gland to release an *LH surge*, which makes the egg inside the dominant follicle mature.

Step Two

This causes the follicle to burst, releasing the egg which is picked up by one of the fallopian tubes. This is called ovulation.

Step Three

If all goes as planned, the mature egg will meet up with an eager sperm, resulting in an embryo that will now begin to travel down the fallopian tubes, toward the safety of the womb, where it will implant and grow for the next nine months.

Step Four

The leftover part of the follicle, now called the corpus luteum, now begins to produce progesterone, an important chemical to help the embryo implant properly in the lining of the uterus where it can grow. If an egg fails to implant here, the uterine lining will begin to break down and your monthly flow will begin again.

It usually takes about 10-14 days for your body to mature an egg and release it. Ovulation for most women usually takes place between the 10th and 14th day after the start of their last period.

Understanding the importance of consistent ovulation is an important factor in determining why you may be having trouble getting pregnant. For instance, if you are getting your period 12 days or less after you ovulate, you may not be making enough progesterone to support a pregnancy. In contrast, if your cycles are very long, or even irregular, you may not be producing eggs often – or even at all!

Timing Is Everything

Remember, when it comes to getting pregnant, timing is everything, which is why it is so important to understand your menstrual cycle. The biggest mistake a woman makes is assuming that she is “normal,” and so is her ovulation. Most of us have been taught that ovulation occurs around the 14th day so we should be having lots of sex between days 12 and 15. While this may be true for *most* women, it isn't true for *all* women. If you've been trying for awhile to get pregnant, the best thing you may want to look at is exactly when you ovulate and when you're having intercourse.

Ovulation usually occurs 14 days before your period begins. So, if you have a 28 day cycle, then you can expect to ovulate on day 14 like the average woman.

But, if your periods are only 25 days apart, you're going to ovulate around day 11, so having sex on days 13 and 14 will be too late. Conversely, if you have longer periods (say 34 days), you won't even ovulate until day 20, so all that sperm from day 14 and 15 will be long gone by the time it's needed.

To better your chances of getting pregnant, be sure to study your periods; figure out when you actually do ovulate and then make sure that you get busy during the *right time* of the month! For some people, it's that easy!

Of course, it's not always that easy to get pregnant, especially if you have irregular periods. Menstrual cycles that are way off the scale of normal usually indicate an underlining fertility issue such as a lack of regular ovulation, which we'll discuss later. Right now, the important thing is to get in touch with your body and your menstrual cycle so you have the information and knowledge that you'll need as you continue through this book.

What Makes Him the Man You Need To Make a Baby

Like a woman, a man has several important organs needed to create a new life – your baby. Without healthy male reproductive organs even a woman who can easily conceive will not. Now, let's look at some of the things that can affect a man's ability to impregnate his wife:

The Penis

Does size really matter when it comes to getting your gal pregnant? No, not really, as long as the penis is big enough to get the sperm into the vagina and up toward the cervix.

However, function is very important in regards to a male's fertility. Impotence or an inability to either have or sustain an erection can make it difficult to create a pregnancy.

Other problems can occur when the penis is not formed correctly. It is important that the opening that lets the sperm out of the penis be at the center of the penis' tip. There are two main variations that can cause problems getting pregnant:

Hypospadias – affects about one in 300 men. It is caused when the opening is on the underside of the penis.

Epispadias is caused by the opening at the top of the penis, and is much rarer (only affecting one in 100,000 men).

Both of these conditions are associated with an unusual curvature of the

erect penis -- it curves up in epispadias and down in hypospadias – and can prevent the sperm from getting where it's needed in order to fertilize the woman's egg.

The Testicles

A man's testicles both produce and store sperm. It is vitally important for the testicles to be kept a few degrees cooler than 98 degrees for sperm to develop properly. That's why it is so important for men with one testicle larger than the other to be checked for both *hydrocele*, a collection of fluid inside the scrotum; and *varicose*, varicose veins in the testicle, which can both raise testicle temperature and cause infertility.

Unlike a woman's eggs, which are present at birth, a man continues to produce sperm throughout adulthood.

Although produced every day, it does take about two months for a man's sperm to fully mature. The process begins in the testes, where FSH and LH hormones begin making sperm and testosterone. Once the sperm mature in the epididymis, they travel through the vas deferens up to the seminal vesicle and the prostate, where they are submerged in semen and finally ejaculated through the urethra and into the woman's vagina during intercourse.

The Sperm

Without sperm there would be no babies. Without enough of them your chances of becoming pregnant lessen. Every time a man ejaculates, about - 200 million sperm are released. That should certainly be enough to fertilize one little egg now shouldn't it? Maybe not! Within a few hours that 200 million has dwindled to a paltry 100 million. Their job has just gotten harder.

The journey to the egg is long and difficult. First, the sperm needs to know in which direction to swim (statistics show that almost half go in the wrong direction – maybe they should stop and ask for directions!).

Next, they actually have to get moving. Many lag behind. Meanwhile, the woman's body isn't necessarily friendly, killing off thousands of others along the way. For the lucky few, success can be found, but only if they are strong enough and persistent enough to make it through the long arduous journey.

..