

Fertility Secrets

Having a baby should be the most natural thing in the world, but for some couples it becomes almost a nightmare when the longed for pregnancy just doesn't happen.

For these people the inability to achieve this ultimate desire in life is a devastating experience.

It is then that many couple's thoughts turn to IVF. But this means huge expense; long stressful waiting; disappointment and all the time the body clock is ticking away.

But before you commit to treatment that has only a 20% - 25% chance of success, what if there were steps you could try yourself....

Steps that don't cost thousands and thousands of pounds;

Steps that have brought success and the ultimate joy to many, many couples.

How about listening to an expert's opinion of IVF, I am sure you've all heard of Dr Robert Winston. He said.

"One of the major problems facing us in healthcare is that IVF has become a massive commercial industry, It's very easy to exploit people by the fact that they're desperate and you have got the technology which they want, which may not work"

Now that doesn't encourage anyone to have confidence in the people who are supposed to help, does it? Especially when you are aware of the fact that one in six couples will need to seek help to have a family.

Few of us ever stop to consider that we may have any difficulty conceiving. The reality, however, is as we mentioned. That one in 6 couples will seek medical help to have a family, and one in 10 will go on to have assisted conception treatment.

So before you consider going down that road.... What can you do to help yourselves to become pregnant and hopefully avoid getting involved in long, stressful and expensive treatment that has only a 20 – 25% possibility of success?

Are you aware that in the vast majority of cases fertility drugs and IVF treatment are unnecessary, and what's more – they could even hinder your chances.

Did you know that there is a 79% chance your current lifestyle habits are making you infertile? It's true.

Did you know there are certain natural, ancient and oriental techniques that can increase your chances of conceiving a baby by up to 3000%?

And these are just a few of the intriguing (and often ignored) secrets that are kept from you.

The truth about IVF.

Why IVF is often useless...or even worse.

The only true and complete way to view infertility.

Ways to ensure your body is totally ready to conceive

Things you can do right now to increase your chances by 3000%.

Let's just study "Sally"

Sally is a typical young woman whose lifestyle might be very similar to yours. She is aged thirty-two, has been happily married for six years and has a good five days a week working in an office.

The income has provided her and her partner John, with one or two luxuries and has enabled them to save up ready to meet the inevitable expenses of having a new baby... but they are still waiting for that baby.

So what's wrong?

Every weekday, Sally gets up at 7.0 am, gets herself washed and ready for work and grabs a slice of toast on the way out. The drive to her place of employment, about six miles, is congested and a bit stressful but at least she has somewhere to park when she arrives.

Once in the office, Sally is expected to earn her wage and keeps her head down pretty much until lunchtime when she has a hurried snack with the other girls before returning to her desk.

About 5.0pm, Sally heads for her car and drives to the supermarket to buy something for the evening meal for herself and John. She arrives back home about 6.30pm after braving the evening rush hour traffic. She then has to set about preparing the meal before settling down comfortably to eat it in front of the TV. And now and again, the addition of a nice glass of wine helps her to relax.

This sets the pattern for five days of the seven, but at least weekends provide the opportunity for going out for a few drinks with friends and a lie in on Sunday morning, Saturday, however, is the only opportunity she has for house cleaning, clothes washing and even more shopping.

Does this sound familiar?

As soon as she gets out of bed Sally's body and mind is preparing for a stressful day. She does not take time to eat a proper breakfast and takes a bite on the run, not only leaves her with poor digestion but the snack is woefully deficient in nutrients so already she is stressed out.

Do you get the message because if you don't I strongly advise you to go at once to www.mywomensworld.com Where Tina will tell you a whole lot more about "Fertility Secrets".

About the Author

I know the information found on my website <http://www.mywomensworld> can be so very helpful.

Source: <http://www.healthcrazed.com>