



*If you're one of millions of women today that are trying to get pregnant, but can't and you want to beat infertility naturally, here are 6 natural ways to do it.*

## 6 Ways to Beat Infertility

According to the Center for Disease Control and Prevention (CDC) 7.3 million women between the ages of fifteen and forty-four are reporting infertility (defined as the inability to become pregnant for at least twelve consecutive months). The rate of infertility continues to increase in America and around the world. Many blame the toxins in our modern world polluting the body and compromising precious functions such as fertility, pregnancy, and child birth. And they might be right as the scales are tipping toward

increased infertility with increased use of pesticides, Rx drugs, refined foods, chemically cleaned drinking water, and stress.

**If you or someone you know struggles with infertility, there are powerful and natural ways to overcome it.**

Many times if a woman or couple tries to become pregnant and is unable to they think there must be something wrong with them, something pretty serious. However, that is usually – even most often – NOT the case.

The most common cause of infertility is stress. When our bodies are stressed they shift from growth mode into protection or survival mode. When we are constantly in survival mode the body can only maintain itself, so one of the first things to go is our ability to reproduce. Reproducing is not essential for our day-to-day survival, just our long term survival. With that in mind, a person's ability to conceive is a great indicator of their overall health.

If medical problems have been ruled out or if you simply haven't gotten that far yet, there are a number of all natural ways to combat infertility and promote fertility. **These approaches are simple, inexpensive, and are great ways to promote your overall health too.**

## 6 All Natural Fertility Promoters

### 1. Decrease Stress

You'll often find decreasing stress as a solution to infertility at the bottom of the list. It's here first because in today's world we live with high stress and continually underestimate its impact on our health. This is the perfect time to take a look at your priorities, determine what causes you the most stress and eliminate it from your life if at all possible. **If you're stressed out your cortisol levels are elevated which leads to not only**

**infertility but all sorts of other physical and mental problems.** Here's how to naturally reduce stress and get back into growth mode:

- [B-Complex with Potassium](#)
- [SFF](#) – Stress Free Formula
- [Kidneys/Adrenals](#) – Hormone Booster to reduce cortisol
- [Balance](#) – Repairs digestion

## 2. Healthy Diet and Balanced Sex Hormones

The body relies on a vast array of hormone functions every day for basic functioning, and when it comes to fertility, pregnancy and childbirth hormones are front and center. The hormones involved from before conception to birth are critical to not only becoming pregnant but also having a healthy pregnancy and childbirth experience. What we eat contributes to our bodies' chemistry, in particular to our hormones.

Eat [Peak Frequency Foods](#), which are specific whole, organic foods that have minimal processing, and **avoid refined sugars, salts, grains, and especially oils.** There are lots of natural, unrefined versions at the health food stores. **DON'T eat foods that have been genetically modified and are conventionally grown with pesticides – they can both take away your fertility – eat organic and as much raw as possible. Stay away from energy drinks and cola nut drinks which turn off sexual hormones – drink more water. Add healthy fats to your diet such as avocados, extra virgin olive oil, coconut oil, and unsalted organic butter. Stay away from animal proteins such as chicken and beef that are filled with growth hormones that put your adrenals into stress mode - eat bison and wild salmon instead.**

Balance sex hormones with:

- [Fertility Goddess](#) – for females
- [Successful Seamen](#) – for males
- [Peace](#)
- [Hutalhex](#)
- [Noni](#)
- [Angelica](#)

## 3. Exercise to Balance Hormones

Some people can immediately feel the difference in their hormones (even though they may not know this is what it is) when they engage in exercise. The mood improves, they sleep better, and they may even experience an increase in their sexual appetite. All of these changes occur with changes in hormones. For example, the 'feel-good-hormone' serotonin increases with exercise.

For becoming pregnant it's vital to engage in regular exercise in order to get your hormones in order – or in other words balanced. Try dancing, yoga, walking in the park, or wrestling with the dog as fun ways to get hormones working. From the release of the egg to the condition of the sperm and its ability to reach and fertilize the egg, hormones play a role in just about every process when it comes to conception. Be sure you do some cardio exercises as well as strength training.

#### **4. Chiropractic Care for Fertility**

Going to the chiropractor may not be the first thing you consider when you want to become pregnant, but recent research shows it just may hold important keys to the current infertility problem across the nation.

Chiropractic care is based on wellness of the entire body, not simply treating one symptom with a drug or surgery as we so often do today. When it comes to fertility chiropractic care can really make a difference for many people.

According to the International Chiropractic Pediatric Association (ICPA) research shows that any misalignment in the spinal column can impact nerve impulses. When it comes to infertility, blocked neurological signals can seriously impact the pituitary as well as hypothalamus creating problems with hormone balances which often lead to infertility problems. It's vital to have a healthy spine in order to have a healthy reproductive system.

#### **5. Decrease Your Exposure to Toxins**

Our toxic world offers many products that alter hormones in your body with detrimental effects. Plastics, for instance, are known to mimic estrogen in the body resulting in an increased risk for certain cancers such as breast cancer and infertility – so store food in glass and don't cook in the microwave, especially in plastic.

Anything you put on your skin will be absorbed into your bloodstream. Check your body, skin, and bath care products, for dangerous toxins – if it sounds like it came from a factory, don't use it and replace it with natural ingredient products. You can rate many of your products on the Environmental Working Group's cosmetic safety database.

If you want to become pregnant it's crucial to eliminate your exposure to many (if not all) of these dangerous toxins. Not only will this help to balance your hormones you'll also be creating a toxic-free environment for your baby to grow and thrive.

#### **6. Make Space in Your Life**

First for you, then for the anticipation of the little one to come, try anticipating the changes that will come with a new little one in the house. Start by making space for some alone and quiet time for yourself, perhaps in a warm essential oil scented bath, or with a good book, or under the trees in nature will begin to create space and time for when your offspring arrives, and will extend the invitation for your future son or daughter to come into the space you've created. Take time to imagine, day dream, or fantasize about what he or she might look like, their hair and eye color, their personality, the way you'll welcome him or her into your family, and all the love and joy you'll share.

The costs of traditional drug and surgery treatments for infertility are not only costly financially, they can take a physical toll down the road for both the parents and conceived child.

As with many of the other health problems we're experiencing today it's best to get back to the basics. Don't underestimate the power of nature and these six steps to increase your fertility.