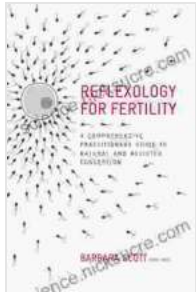


# The Ultimate Practitioner's Guide to Natural and Assisted Conception



## Reflexology for Fertility: A Practitioners Guide to Natural and Assisted Conception by Barbara Scott

★★★★☆ 4.9 out of 5

Language : English  
File size : 8476 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 321 pages



Infertility is a common problem affecting millions of couples worldwide. The inability to conceive can be a source of great distress and anxiety.

Fortunately, there are a wide range of natural and assisted conception treatments available to help couples overcome infertility and achieve their dream of having a child.

This guide will provide practitioners with a comprehensive overview of natural and assisted conception, including information on fertility, ovulation, and different assisted reproductive technologies (ARTs).

## Natural Conception

Natural conception occurs when sperm fertilizes an egg inside the woman's body. The process of natural conception is complex and involves several steps, including:

- Oogenesis: The development and release of an egg from the ovary.
- Spermatogenesis: The production of sperm by the testicles.
- Ovulation: The release of an egg from the ovary.
- Fertilization: The union of an egg and sperm.
- Implantation: The fertilized egg attaches to the lining of the uterus.

There are a number of factors that can affect natural conception, including age, lifestyle, and medical conditions. For example, fertility declines with age, and women over the age of 35 are more likely to experience infertility. Smoking, alcohol consumption, and obesity can also reduce fertility.

### **Assisted Reproductive Technologies (ARTs)**

ARTs are medical procedures that help couples overcome infertility. ARTs can be used to treat a variety of fertility problems, including:

- Ovulation disorders
- Tubal factor infertility
- Male factor infertility
- Unexplained infertility

There are a number of different ARTs available, including:

- Intrauterine insemination (IUI): This procedure involves placing sperm directly into the uterus.
- In vitro fertilization (IVF): This procedure involves fertilizing an egg outside the body and then transferring the fertilized egg into the uterus.

- Intracytoplasmic sperm injection (ICSI): This procedure involves injecting a single sperm directly into an egg.

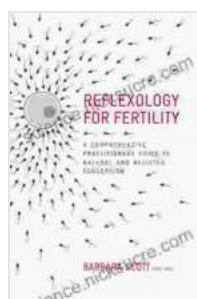
## Choosing the Right Treatment

The choice of which ART to use depends on a number of factors, including the cause of infertility, the woman's age, and the couple's preferences. It is important to discuss the different options with a fertility specialist to determine which treatment is right for you.

## Success Rates

The success rates of ARTs vary depending on the type of treatment and the cause of infertility. However, the overall success rate of ARTs is about 30%. This means that about 30% of couples who undergo ARTs will achieve a live birth.

ARTs can be a life-changing treatment for couples who are struggling to conceive. However, it is important to remember that ARTs are not a guarantee of success. It is important to discuss the risks and benefits of ARTs with a fertility specialist before making a decision about whether or not to pursue treatment.



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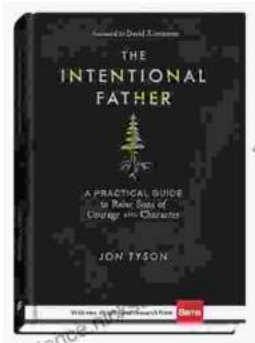
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