

Zita West's Comprehensive Guide to Fertility and Assisted Conception

Infertility is a common problem, affecting up to one in six couples. Fortunately, there are a range of fertility treatments available to help couples conceive. In this guide, fertility expert Zita West provides an overview of the different fertility treatments available, as well as advice on how to improve your chances of conception naturally.



Zita West's Guide to Fertility and Assisted Conception: Essential Advice on Preparing Your Body for IVF and Other Fertility Treatments by Zita West

★★★★☆ 4.5 out of 5

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What is infertility?

Infertility is defined as the inability to conceive after one year of unprotected sex. It can be caused by a variety of factors, including:

- Female factors, such as ovulation problems, blocked fallopian tubes, or endometriosis
- Male factors, such as low sperm count or poor sperm quality

- Unexplained factors, which account for about 20% of infertility cases

What are the different fertility treatments available?

There are a range of fertility treatments available, depending on the cause of infertility. These include:

- **Ovulation induction** drugs can be used to stimulate ovulation in women who are not ovulating regularly.
- **Intrauterine insemination (IUI)** involves placing sperm directly into the uterus, bypassing the cervix.
- **In vitro fertilisation (IVF)** involves fertilising eggs outside the body and then transferring them back into the uterus.
- **Intracytoplasmic sperm injection (ICSI)** is a type of IVF that involves injecting a single sperm directly into an egg.
- **Egg donation** involves using eggs from a donor to fertilise with sperm from the intended father.
- **Surrogacy** involves using a surrogate mother to carry and give birth to a baby for the intended parents.

How to improve your chances of conception naturally

There are a number of things you can do to improve your chances of conception naturally, including:

- **Having regular sex:** The best time to conceive is during the fertile window, which is the 5-6 days leading up to ovulation. You can use an ovulation predictor kit to help you identify your fertile window.

- **Maintaining a healthy weight:** Being overweight or underweight can affect your fertility. Aim for a healthy BMI of 18.5-24.9.
- **Eating a healthy diet:** Eating a healthy diet that is rich in fruits, vegetables, and whole grains can help to improve your overall health and fertility. Some specific foods that are thought to boost fertility include pomegranate, avocado, and walnuts.
- **Taking folic acid:** Folic acid is a B vitamin that is important for preventing neural tube defects in babies. It is also thought to help improve fertility. Women who are planning to conceive should take 400 micrograms of folic acid per day.
- **Avoiding smoking and alcohol:** Smoking and alcohol can both damage your fertility. Aim to quit smoking and limit your alcohol intake to no more than two units per day.
- **Getting regular exercise:** Regular exercise can help to improve your overall health and fertility. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Reducing stress:** Stress can interfere with fertility. Find healthy ways to manage stress, such as yoga, meditation, or spending time in nature.

If you are struggling to conceive, there are a range of fertility treatments available to help you. It is important to speak to your doctor to discuss the best treatment option for you.

In addition to medical treatments, there are a number of things you can do to improve your chances of conception naturally. By following the tips

above, you can increase your chances of having a healthy pregnancy and baby.

About Zita West

Zita West is a world-renowned fertility expert and nutritionist. She has helped thousands of couples conceive and is the author of several books on fertility and pregnancy. Visit her website at www.zitawest.com for more information.



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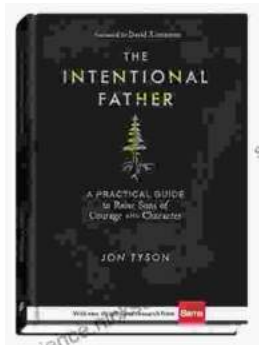
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