

Infertility Tip Sheet

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I am the biological mother to three adorable children. I am also a woman whose health history dictated that I would probably not end up as a biological mother. I avoided two near hysterectomies and grew my own uterine tissue back that had been surgically removed during the removal of a fibroid tumor that was 8 times larger than my uterus itself. In addition to my own medical history, my husband was classified as completely infertile; a condition that exists when a man's sperm count is below 20 million sperm. I have personal experience in beating the odds when it comes to getting pregnant.

Over the years, I have shared my tips with other women who have successfully used the tips to get pregnant. I offer these tips not as medical advice in any capacity, but as a springboard for you to cross the threshold from wanting to be a mother into motherhood. As long as credit is given as listed above, the contents of this document may be freely shared on websites, blogs, and in publications. Credit constitutes the copyright symbol along with the author's name, title and website address as listed above.

1. Make a solid, unwavering commitment to become a mother

Be resolved that you will become a mother no matter what the physicians tell you. Use a physical piece of jewelry, like a necklace, to remind you of your commitment. If you use a necklace each and every time the clasp rolls to the front of your neck, say a prayer or a positive affirmation as you move the clasp back to the back of your neck. If you don't wear jewelry, find some other visual structure that will cause you to remember what you are committed to causing in your life – motherhood.

In addition to making a rock solid commitment make sure you have a positive, can-do attitude. Remember if you think you will become a mother, you probably will. If you think that you won't ever become a mother, you probably won't. Attitude is everything in life. Just ask the coaches whose teams get to the Super Bowl. Keep your attitude in check on this journey remembering it is a journey. Why not enjoy the ride?

2. Find a reputable physician to work with

Make sure you don't have a medical condition that could be in the way of getting pregnant or staying pregnant. Find a reputable physician and do the medical testing available to check out different conditions that could be in the way. There is a wide variety of new medical testing available today so take advantage of it.

3. Rule out celiac disease which can be a source infertility

Most physicians do not realize that undiagnosed celiac disease can be a source of miscarriage. The increased risk of miscarriage for a woman with undiagnosed celiac disease is 800-900% higher than the general population. Your physician is

not likely to know this. If you have fertility issues, do yourself a favor and get tested for celiac disease promptly.

4. Relax because evidence has shown that this works

In a 1996 article that appeared in a magazine called Natural Health, a Harvard doctor who worked for the Mind-Body Program for Infertility at Harvard Medical School, wrote about the significance of relaxation to taking care of infertility issues. The article was by Alice D. Domar and Henry Dreher who are the authors of a book titled Healing Mind, Healthy Woman: Using the Mind-Body Connection to Manage Stress (Henry Holt & Company). That article was printed over a decade ago and there is new information that asserts the same premise: use your mind to overcome your health issues.

5. Use visualization

Visualization has been used in cancer treatment for many decades. I remember reading about it in the Reader's Digest when I was a young teenager. Visualize the egg and sperm connecting in a joyous celebration of causing new life. It has often been said, what you can't see – you can't have. If you can't visualize yourself getting pregnant, chances are you may not end up pregnant. Obviously this is not the case for everyone. If you are having difficulty getting or staying pregnant, use your most powerful tool, your mind, to create a vision of the future.

6. Bump up your nutrition

Vitamin companies know that most Americans are lacking in one or more nutritional elements required for optimal health. Is it no wonder that we are a society that is generally speaking, sick and tired? If you are having infertility issues have a nutritional profile done by your physician. Medical nutritional testing is available in today's technological world. If your doctor does not know about this, find a new doctor who does. Use every tool available to you.

Get the nutritional testing done and then have a doctor advise you on what, if any, supplements to take. I do recommend by the way that you take any supplements in liquid, chewable or powder form as many vitamin supplements end up in the sewer system and not in your body. Make sure you discuss with your physician the need for omega 3, 6 and 9 essential fatty acids and that you have enough of these essential nutrients in your diet prior to pregnancy.

7. Get in great shape

Being overweight or underweight can impact your odds of conception. Use your pre-pregnancy time to get in great shape. Build muscle and lose fat. Find an exercise routine that works for you. Walking is an easy way to start moving more.

8. Stay in bed after 'relations' to improve the odds

Give those little swimmers or the sperm the optimal chance to make it to the egg by staying in bed as long as possible after sexual relations. Be sure to empty your

bladder before sex and stay lying down as long as you possibly can. Use that laying around time to visualize the sperm and egg connecting in a joyous reunion!

9. Get busy doing other things

Nothing is worse than waiting around for a package, a paycheck or anything else for that matter. Keep yourself busy doing productive things that you enjoy not the things that make you suffer. The happier you are with what you are doing the better off you are.

10. Get plenty of sleep

Make sure you are getting plenty of quality and restful sleep. If sleeping is a problem for you then download my free tip sheet on sleep and you can watch the video I made on the same topic. The only time your body can repair itself is when you are sleeping. Sleep is essential to good health.