

This Report is brought to you by...

The WOW Experience

Overdelivery is our Specialty!

Where Vision and Value Go Hand in Hand with Information and Opportunity!



Other Companies Make Promises -- We Make Dreams Come True!
We Offer QUALITY CONTENT in Every WAY, TYPE and FORM

- Exclusive WOW Private Label Releases
- Private Label Products
- Public Domain Products
- Master Resale Rights eBooks
- Master Resale Rights Software
- Bestselling Audio eBooks by Top Authors
- Non-Fiction Audio eBooks
- Exclusive WOW Affiliate Products
- Resale Rights Products
- Exclusive WOW Private Label Reports
- eBook to Audio Conversion Software
- Resale Rights Generation Software



And, of course, if you want it all tied up in a neat website package, with *all the work done for you*, we have our NEW [Niche Empire Builder Software](#) – the Niche Real Estate Business Builder's Dream Come True!

Niche Empire Builder

The Complete Done-it-For-You Niche Real Estate Business Builder's Dream Come True!

www.the-wow-empire.com

The WOW Content Club

Your Full Spectrum Content Provider

If Content is King,
The WOW Content Club is the Kingdom
You Have Been Searching For!



www.wow-content-club.com

WOW Profit Packs

Help Yourself to Hundreds of Brand New, Blockbuster Products at Bargain Basement Prices!



www.WOWProfitPacks.com

Enjoy this Free Niche Report, compliments of WOW Enterprises
For Many More Free Reports, simply click on the links below.

www.TheWOWExperience.com

www.NicheEmpireBuilder.com

www.WOW-Content-Club.com

www.WOWProfitPacks.com

**You Want A Baby But You Can't Seem To
GET PREGNANT.
Is There Any Hope Or, More Importantly, Help!**

Topics Covered:

Learning About the Infertility Problem

Is There Any Hope of Increasing Your Fertility?

Female Hormone Testing: An Important First Step

Using Natural Methods to Increase Fertility

Increasing Fertility Through Your Diet

Does Alcohol Diminish Your Chances of Becoming Pregnant?

Up Your Fertility Odds By Decreasing Problems

Increasing Fertility Through Supplements

Increasing Fertility Through Natural Herbs

When Will It Happen? When to Expect Positive Results

You Want A Baby But You Can't Seem To GET PREGNANT. Is There Any Hope Or, More Importantly, Help!

Learning About the Infertility Problem

When it comes to infertility, the sad fact is that more and more couples are finding themselves wondering why they can't have a baby. Although it is very worrisome and it can just be a fluke, for many it is anything but. Today, there is an estimated 25% of couples that are looking to conceive that will not be able to. That is a high number and one that has risen significantly over the last few years. Why? That is for another time, but before you can look at what could be happening to you, educate yourself on what could possibly be wrong in the first place.

It is estimated that many of that 25% of couples will end up turning to some form of fertility treatment to conceive. They will learn through their doctors what is happening within them. Take a look at some of the things that could potentially be something that is harming you.

The second highest percentage of cases (26%) is couples that find that there are male problems causing the infertility. These can range from any number of things. Next, you have ovulatory failure (20%) which will include such things as polycystic ovary syndrome. Tubal damage and then endometriosis are following up with the next percentages.

So, what is the leading cause of infertility? The problem here is that it could be that there are multiple problems or, and more likely this is the case, the causes just can not be explained fully. This leads to nothing but frustration and aggravation. Yet, that doesn't mean that you need to fall in this 30% of the bracket.

There are many doctors providing all types of different fertility treatments that can help many people. In many ways, the doctor will be able to determine just what it is that is causing your problem and then you will work with him to determine the best course of action to take.

One thing for you to remember is that, yes, there are thousands of people that will seek help and some will not find it. But, you are guaranteed not to find success if you don't seek out a reason, educate yourself and find the right solution. When you do this, you will improve the quality of life you have and enhance your chances of conceiving again.

Is There Any Hope of Increasing Your Fertility?

Many women and men are faced with the wonder of why they haven't been able to get pregnant just yet. The fact is that there are millions of people that have to face this challenge on a daily basis and not many of them will realize that they need to get a bit of extra help for it.

The good news is that with today's latest medical technology and the education that is out there, many people that would not otherwise be able to have a baby can make it happen. Are you able to do this?

One of the largest worries that people have is that they are somehow inadequate. This is simply not the case. As you know, not everyone is structured in the same way and for those that are facing the dilemma of not being able to conceive, it can be devastating. Yet, there are many reasons to believe that there is hope out there for you.

What can you do?

- Educate yourself in infertility, in increasing your chances and in maintaining a healthy lifestyle.
- Take the time to find a doctor that you can truly trust, not only that you think knows what they are talking about.
- Spend time talking about other options if in fact you can't conceive on your own. This will open the doors to more hope and positive thoughts no matter what the outcome.
- Don't be afraid to say there may be a problem as soon as you think there may be. The sooner, the better the solution will be.
- Take the time to communicate all of your feelings, good and bad about the situation to your spouse. They need to hear that you are feeling the same as they are.

Today, millions of people face the possibility of not being able to conceive. Instead of saying that you are less than perfect, find a way to make it happen. Determine what is wrong and take your time in finding the right solution for you and for your family. For many of those out there wondering about the what if situations, it is time to take action now and really increase your chances. You can find many benefits in increasing fertility when you take a closer look.

Female Hormone Testing: An Important First Step

As a woman, it would be so wonderful to be able to say that it's not your fault that something is wrong and you can't conceive. The problem with that is that you really cannot say that, as more times than not, it is the woman that is faced with the problem. Yet, there are countless helpful methods and testing that can improve your chances of becoming pregnant by simply educating you on your condition. Although you may not want to make this step, it is an important one and many times, it does lead to important understanding that is, if nothing else, a step in the right direction.

One of the most common testing that you will need to do is called the Female Hormone Testing. This test is designed to help gauge your hormone level or give the doctor some idea of what is happening, when it is happening and why. This can help them by providing you with the necessary information to improve your chances. It provides the road map, so to speak to finding success through treatment.

The Female Hormone Test is almost always done for patients that are considering IVF or In-vitro Fertilization. Nevertheless, the test is as simple as taking 11 tests of saliva during the month. You will need to take these tests at very specific times during your cycle. You will then send the test directly to your lab to be examined. Your doctor may recommend having this done for a couple of months if in fact there is an error in the testing or you feel that you haven't had the process happen at the right times.

When the test comes back, it will tell your doctor just how much hormone has been in your system over the course of the month. It is specifically look at the level of hormone of estrogen and progesterone. These numbers can help them to determine why you may not be conceiving.

Possible problems that may be found including problems with maintaining the right level of progesterone, the cycle phasing problems, no ovulation problems or even early ovulation occurrence. These will lead your doctor to determine the right course of action for your specific case.

Using Natural Methods to Increase Fertility

Are you worried that something could be wrong and that may be why you are not able to conceive the child that you desperately want? For millions of people, there is this feeling of what if. The good news is that you can get answers and find the necessary help to improve your condition and give you new hope. In fact, you don't even have to do it through scary procedures and various strange methods. In many cases, the very best choice is the natural method.

Why does natural work best? There are several reasons why you will find natural means of enhancing your body's chemistry work the best. First off, realize that your body knows how to react to natural elements. It knows what is best for it and it knows what it needs. It easily picks up on these elements and uses them to their fullest ability while chemicals are not necessarily beneficial.

Secondly, the most common problem with patients that can not get pregnant easily is that there are multi factorial reasons. The fact is that there is likely to be a number of reasons that you can't make this happen. When those reasons pile up, even the best fertility treatment can not have any effect on you. Consider the fact that during a study at the University of Surrey that was done not too long ago. It found that patients that have had problems in the past with infertility that improved their lifestyle, improved their diet and supplemented their diet with nutrients were more successful at conceiving at the rate of 80% over those that did not.

Now, the scary part is that when you have to seek out the help of a professional in helping to you conceive such as using any method of assisted conception, the success rate there is a mere 20%. Strange though it seems, nature does know what's best this time around.

If you are looking for help in improving your health and lifestyle through these means, start out by analyzing what you could be doing wrong. Are you eating the right nutrients? Are you getting the right supplements? Are you smoking, drinking or living a stressful life? If so, then you are putting yourself at risk and keeping yourself from having a child.

Increasing Fertility Through Your Diet

What you eat plays a large role in your body's ability to conceive. There is no doubt that you will have to consider the fact that your health is dependant on what you consume and how it plays a role in your body. When it comes to fertility, you want to work with your doctor on determining what your exact concern is. Yet, even when you do this, you may not have determined the right methods to solving your problem. He or she could recommend a specific diet for you and your partner to help increase fertility. When they do this, definitely listen. If not, consider this diet.

One thing that you should take note of is the way in which you will be improving your health through your diet. If you need to balance the hormones in your body, these are the right choices to make.

- Increase the number of fruits and vegetables that you consume. You are looking for deeper colored items and these are more densely packed with nutrients.
- Purchase and use only organic produce. Pesticides and other chemicals have been linked to fertility problems for decades. Just shop your trusted supermarket's organic section.
- Eat enough complex carbs. This is important. Replace any "whites" with improve choices. Look for whole grain products such as breads and rice. Consider whole meal breads and oats, too.
- Eat enough good fat foods which include fish, seeds, oils, and nuts.
- Eat your beans! You want to include lentils, soy products and chickpeas in your diet.
- Lower the amount of caffeine you consume as low as possible. Do the same for alcohol.
- Keep yourself hydrated with water, skip the soda.
- Make sure you are getting enough fiber in your diet.
- Eat less refined sugars. For something sweet, look towards fruits instead
- Don't eat foods that contain additives such as preservatives and chemicals.

Your diet is the foundation of your ability to become pregnant. There are probably other things that could be wrong too, but improving your diet is one of the best things that you can do to improve your chances of conceiving naturally. What's more is that you will also be improving the quality of your life while you are at it too.

Does Alcohol Diminish Your Chances of Becoming Pregnant?

What will just one beer do? How bad can it really be to have a glass of great wine after dinner? There are many people that find themselves wondering if they have to give up all of the foods that they love if they are to become pregnant. While it is important to limit your quantity of alcohol during the months that you are trying to conceive and it can be something you should think about for your lifetime for overall health, it doesn't have to be something you do forever. In fact, after having your baby, you can go back to any lifestyle choice that you may be interested in. In other words, give it up at least for right now.

Why is alcohol so bad for you? There are a number of reasons for it to cause a problem. First off, it is necessary to do this because alcohol that is consumed will reduce your chances of getting pregnant by a full 50%! That is a huge number and is one of the reasons why many people just don't conceive. If you can, cutting out all alcohol is the best thing for you to do during this time of your life.

If you just can't do that, you may want to consider limited the amount that you drink to at least five units less than what you are currently consuming in any given week. This is equal to about five glasses of wine. If you do this, you are twice as likely to become pregnant. It was proven in one study in which twice as many women got pregnant after limiting themselves in this manner over the course of six months.

Why is alcohol so bad? The fact is that alcohol will decrease the sperm count in the male. It also increases the number of abnormal sperm in the body. It also limits the mobile sperm. Still, there are more reasons. For example, when alcohol is consumed, your body is less likely to be able to consume much less of nutrients it needs to get pregnant including zinc. This mineral is the very most important mineral that the man can consume to be fertile.

The bottom line is that you need to give your body at least three to four full months of consuming less alcohol in order to conceive. During this time, the least amount of alcohol (preferably none) is recommended.

Up Your Fertility Odds By Decreasing Problems

You will find throughout your life that there are big "don't do it" signs that are invisible but there anyway. You know when something is not good for you and you know when you shouldn't be consuming it. Although this is the case, many people find themselves struggling with making the right choices so that they can increase their fertility. As worrisome as it can be, there are many "don't do it" signs out there that many do not realize are even there. In fact, if you are trying to get pregnancy, you need to make it a point to see them.

There are many things that you want to make sure you stay away from. Here are three things to avoid.

Xenoestrogens

Have you ever heard this word before? Most of us don't and that's the problem. This is a type of environmental oestrogens. It comes from things like plastic and pesticides. This hormone is very important to avoid as it can mess up your own hormones enough to keep you from becoming pregnant. During the time that you are trying to conceive, you need to take precautions to avoid coming into contact with these products. To keep them out of you, purchase only organic products to consume.

Caffeine

Can you skip that cup of coffee? The fact is that cup of coffee in the morning hours really does do some damage to your ability to become fertile. Just one cup of coffee per day is enough to lower your ability to conceive by some 50%. Sperm is especially at risk for problems when it comes to caffeine. You will want to try to stop drinking all forms of caffeine while getting pregnant which will include soda, coffee, strong teas and even chocolate.

Smoking

Smoking is one of the causes of infertility in many women. There is no doubt that smoking is bad for your health, but when it comes to getting pregnant, it is even more important to take note of. For women, it can bring on menopause early. For men, it can keep your sperm at a sluggish rate, or even increase the number of poor quality sperm that you have.

Helping your body to become the best place for baby is important. Here, you can easily cut out these stressors on your body's system and increase your fertility significantly.

Increasing Fertility Through Supplements

When it comes to becoming pregnant, it is almost essential for you to insure that you give your body the right nutrients that it needs. Even if you monitor every type of food product that you put into your body you still may not be able to get the nutrients that you need to improve the fertility in your body. Still, there are many ways for you to improve this.

As your doctor is likely to tell you, there are many nutrients that your body needs to have to maintain health and to improve your overall ability to conceive. Unless these elements are in the body, your body can't do its job successfully. In fact, their most important job is to balance your hormones.

What do you need? Here are some of the choices to get into your diet.

- *Folic acid:* Folic acid and other B complex family vitamins are extremely important for getting pregnant. Make sure that you have a supply of this not only during your pre conception period but throughout the time you are conceiving. It is necessary for keeping DNA codes in tact and for keeping your baby nice and healthy.

- *Zinc*: Zinc is a leader in the must have department. Both men and women need it to improve their body's ability to increase fertility and also to prevent miscarriages. It is important because if it is not available, the problem can be due to chromosome changes in the body
- *Selenium*: This is an antioxidant that your body needs and will help you to keep birth defects and miscarriages from happening.
- *Vitamin E*: This too is an antioxidant that will lead to improved fertility when both the male and female consume enough. If you are having IVF done, men may be required to consume this vitamin as it has been shown to increase success a full ten percent or more.
- *Vitamin C*: Another antioxidant, this is an important vitamin for improving the quality of your sperm.

Other important vitamins and nutrients include L-Arginine, L-Carnitine, Vitamin A, and others. If you are unsure of what you should be consuming, consider what your doctor recommends. You should take a multivitamin to provide many of these nutrients and talk to your doctor about how much more is necessary to keep you healthy.

Increasing Fertility Through Natural Herbs

Are you a non believer in natural herbal products? Many people have found themselves puzzled by these products. Do they work? Why in the world would they work? The fact is that through thousands of years many of these health remedies have been used. Why would they be used and carried down all of those years if in fact they didn't work? This could be the time for you to begin looking at how herbs can improve your fertility. In many cases, they have been shown to actually lead to real success in improving your chances even when doctors and medications can not do so.

When you are considering herbal products, it is very important for you to do several things. First, consider the source. Second, consider the quality of the ingredients that you will be using. Third, insure that the herbs you consume are healthy for your specific health conditions and never consume more than is recommended. The herbal treatment is aimed at doing several things. The most common are improving your body's ability to regulate your hormones and secondly to improve your ability to ovulate.

One of the most common choices for increasing fertility through herbs is with the help of Agnus Castus. It is also called Vitex or sometimes Chaste tree berry. In any case, this herb has the ability to restore a hormone balance in your body. As you know, this can help to increase the fertility that you have. It has been very successful when it comes to those that have luteal phase defect or for those that suffer from high prolactin levels.

What will it do for you? Those that have studies this particular herb have found that it has helped to control heavy bleeding, regulate periods, helped to restore a period that has not fully cycled, and balances progesterone and oestrogen.

If an herbal supplement seems to be a good choice for you, first talk to your doctor about it. While many will not have the advice on which to take as they are not educated in that manner,

many will be able to tell you what not to take if you are going through IVF or other treatments. There is no doubt that many have found success with a number of herbal treatments.

When Will It Happen? When to Expect Positive Results

When you are working on improving your lifestyle and keeping your health up, you need to realize just when your possibility of finding success will actually hit. Although many people do not realize it, there is the need for time to take its toll.

Often times, people think that a day, a week or even a month is a long enough time to be "good" and find results. Unfortunately they are mistaken. What happens then is that they don't see results and instantly give up. Humans just aren't patient creatures! Nevertheless, it is important to understand this part of the infertility process.

Pre Conception

Before you can conceive a child, you need to have a well formed sperm cell and a well formed egg. Obviously, you need to make sure that they come together at the right time, but you need to consider what is happening too. If the sperm cell, for example, has not developed properly or has been subjected to some type of toxin in your body, when it is ejaculated, it will not be able to make a successfully landing, so to speak. The same goes for the woman. If the egg is not at its best shape and it just isn't at the right quality, even if a healthy sperm comes along, it can't form into the baby that you are after.

So, how long does it take? Remember this. It will take at least three full months for an immature egg to become mature enough. It can take longer, too. If it does not have the right environment for this to happen, at the time of ovulation, it will not be released or will not be a successful choice. For the men, it takes at least three months for you too to develop a healthy sperm cell that is the highest in quality and the most likely to fertilize.

Therefore, when you consider improving your lifestyle to help aid your body in the creation of good quality sperm and eggs, you need to give yourself a full four months or longer to find true benefit. This is frustrating, but it is necessary. That means that for those months, you need to improve the quality of your life, your health and the stress that you are under.

You are invited to pass this report along to as many people as you like, provided that you make no changes to it and that you give it away for FREE.

If you would like **your own Private Label Version of this report** and hundreds of others just like it on hot, high interest niche topics – all of which come complete with 5 custom cover graphics – [click here to visit our Niche Reports Resource](#).



WOW: Where Vision and Value Go Hand in Hand with Information & Opportunity!

Please click below to check out all of our entrepreneurial friendly sites and products.

= > <http://www.The-WOW-Experience.com>

Always something NEW on the horizon. Always something for YOU to use to grow your business!
That's what WOW is all about. Your success is our ultimate goal and our reason for growth.