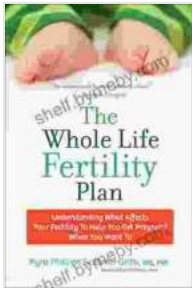


# Understanding What Effects Your Fertility To Help You Get Pregnant When You



## The Whole Life Fertility Plan: Understanding What Effects Your Fertility to Help You Get Pregnant When You Want To by Kyra Phillips

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1550 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 291 pages



Trying to conceive can be an exciting and hopeful time, but it can also be a stressful one. If you've been trying to get pregnant for a while without success, you may be wondering what's going on. There are many factors that can affect fertility, and it can be helpful to understand them so that you can take steps to improve your chances of conception.

## Age

Age is one of the most important factors that can affect fertility. For women, fertility starts to decline after the age of 35, and it declines more rapidly after the age of 40. This is because the number of eggs in a woman's ovaries decreases with age, and the eggs that remain are more likely to have chromosomal abnormalities. For men, fertility starts to decline after the age of 40, but it does not decline as rapidly as it does for women.

## **Lifestyle Choices**

Your lifestyle choices can also affect your fertility. Smoking, drinking alcohol, and using drugs can all damage your reproductive organs and make it more difficult to get pregnant. Obesity can also affect fertility by causing hormonal imbalances and ovulation problems. If you are trying to conceive, it is important to make healthy lifestyle choices such as eating a healthy diet, exercising regularly, and getting enough sleep.

## **Underlying Medical Conditions**

Some underlying medical conditions can also affect fertility. These conditions can include thyroid problems, diabetes, endometriosis, and uterine fibroids. If you have any underlying medical conditions, it is important to talk to your doctor about how they may affect your fertility and what you can do to improve your chances of conception.

## **Environmental Toxins**

Exposure to environmental toxins can also affect fertility. These toxins can include pesticides, herbicides, and industrial chemicals. They can damage your reproductive organs and make it more difficult to get pregnant. If you are concerned about exposure to environmental toxins, talk to your doctor about ways to reduce your exposure.

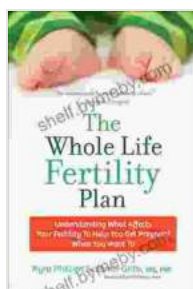
## **Improving Fertility**

If you are having trouble conceiving, there are a number of things you can do to improve your fertility. These include:

- Making healthy lifestyle choices
- Getting treatment for any underlying medical conditions

- Reducing your exposure to environmental toxins
- Taking fertility supplements
- Seeing a fertility specialist

If you are trying to conceive, it is important to be patient and persistent. It may take some time to get pregnant, but there are many things you can do to improve your chances. By understanding the factors that can affect fertility, you can take steps to optimize your chances of conception.



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