

5 Ways to *Dramatically* Improve Your Odds of Getting Pregnant

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Avoid the top mistakes couples make when trying to conceive

1. Get your timing right

A research study conducted in 2012 showed that 68% of women in a fertility clinic felt they had timed intercourse correctly in the year preceding their referral to the clinic. However, when the women's perceptions of their fertile time were compared



against physiological data from the clinic, it was discovered that **less than 13% of women had correctly identified their fertile time!** This research supports our own findings at Red Tent Sisters. Sadly, we are not taught much about how our bodies work when growing up. This combined with misinformation from period tracking apps and OPK strips often leads to ill-timed intercourse or insemination. It is important to chart your cycle



using a robust system like the one we teach at [Red Tent Sisters](#) – the Justisse Method of Fertility Management. Ideally you should also get professional support to interpret your charts to pinpoint BOTH ovulation and

the days when your body is most capable of supporting sperm survival and transport.

2. Don't Kill the Sperm!

Mainstream lubricants and even very natural lubricants like [coconut oil](#) will kill sperm (not enough to be considered a contraceptive but enough to sabotage your baby-making efforts). If you're going to use lubricant, make sure you use a sperm-friendly lube like [Yes! Baby](#) or [Pre-Seed](#).

3. Give Yourself Time to Recover from Hormonal Contraception

There is conflicting research in the literature about the extent to which hormonal contraception impacts fertility. However, in our

clinical experience we've found it takes on average 6-9 months to regain a healthy menstrual cycle after discontinuing oral contraceptives or other forms of hormonal birth control such as the NuvaRing or the Mirena IUD. Factors such as diet, lifestyle, and length of contraceptive use all impact a person's recovery, especially since hormonal contraceptives deplete essential nutrients. It is important to give yourself time to heal. We also recommend seeking professional guidance to heal the gut and replenish those essential micronutrients, otherwise you could be setting yourself up for recurrent miscarriage, infertility or further damage to your health through the use of fertility drugs.

4. Learn how to override your stress response

If you have already been trying to conceive for a while, you'll know it is hard not to stress about the process. People's well-meant advice to "just relax" can feel extremely dismissive – not to mention downright impossible. However, it is true that stress is a major cause of infertility. The body perceives stress as a survival threat (this was true in our ancestral days when stress took the form of a predator but is less relevant now when our stress comes in the form of things like work deadlines) and as such it turns off all non-essential bodily functions – including, yes, fertility. Stress can cause delayed or absent ovulation, shortened luteal phases, and adrenal and thyroid fatigue, to name just a few. Unfortunately relaxing isn't something you can

“just” do. It takes effort, practice and commitment to override the body’s natural survival mechanisms. Research supports the efficacy of various



approaches to reducing stress such as meditation and yoga, so choose a relaxation practice you enjoy – and commit to doing it daily.

5. Get your inflammatory response under control

Just as your body prioritizes your work deadline because it considers it a life-threatening danger, so also does your body prioritize internal threats such as toxins, allergens and pathogens. These microscopic invaders set off our immune system – and again, our body will channel energy and resources away from reproduction and fertility in order to bolster this army of defense. Thus, if you are consuming food you are sensitive to, or being exposed to a larger than normal

load of toxic chemicals on a daily basis, then your body will likely have a low-grade level of chronic inflammation. To make matters worse, we tend to overeat certain fats (Omega 6 and 9) that contribute to inflammation, while not eating enough of the omega 3 rich oils that contribute to anti-inflammation. So, if you know you're allergic or sensitive to a particular food, cut it out of your diet. Better yet, consider getting a food sensitivity test done (we can provide you with one through Red Tent Sisters) and make sure you replace all those household and beauty products with [non-toxic alternatives](#).

Interested in learning more?

Some fertility boosting actions, like changing your lubricant, are easy - you can do that today! However, some things are a bit trickier so you may want to seek the support of a holistic practitioner. We have a variety of options here at Red Tent Sisters, including the [Baby-Making Kick-Start Package](#). You may also enjoy reading more of our [blog posts](#) or watching our [videos](#) on the topic of natural fertility. As always, if you have any questions please email us at thesisters@redtentsisters.com!

Love,

Kim & Amy