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Pregnancy & Baby Index: Infertility: 10 fertility-boosting tricks to get pregnant

10 fertility-boosting tricks to get pregnant

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Ami Burns

If you're trying to get pregnant, chances are you're learning all you can about charting your ovulation, naturally increasing your fertility and increasing your fertility through assisted reproductive technology (ART). There are also many holistic treatments that may help you conceive. Here are 10 things you can do this month to get pregnant fast!

If you have been trying to conceive and get pregnant through traditional methods, such as **charting your ovulation**, taking your basal body temperature and using [ovulation](#) prediction kits, you may be wondering what else you can do to conceive more quickly. If you haven't been doing these things, check out the article, **5 Fertility basics to help you get pregnant naturally.**

Check out our top 10 fertility-boosting tricks to get pregnant and you just may be holding a [baby](#) in your arms before you know it.

1. Use holistic methods with traditional methods

"I do feel that holistic approaches are beneficial to patients when used in combination with traditional Western-medicine approaches such as in vitro fertilization (IVF) or intrauterine insemination (IUI)," says Melissa A. Esposito, MD, a board certified reproductive endocrinologist at **Shady Grove Fertility Center** in the Washington, DC area. "I do not advise that holistic approaches be used in lieu of traditional approaches, but have found that holistic approaches complement traditional approaches nicely and I do recommend them regularly to my patients."

Find out here how long you should try to get pregnant on your own before seeing a fertility specialist.

2. Eat well

Good nutrition is key to enhancing fertility. Cindy Bailey, Co-Author of *The Fertile Kitchen™ Cookbook*, recommends eliminating over-processed foods, caffeine and sugar from your diet when trying to conceive.

“Processed sugar negatively affects blood sugar and insulin levels, leading to hormonal imbalance—and the finely-tuned balance of our hormones is very important to conception,” Bailey explains. “On the flip side – the variety of important nutrients we get from eating a variety of organic produce, lean protein, healthy fats, good carbs and so on, helps nourish and support our bodies and our hormonal health—putting us in the best possible position for conception.”

Also read: The preconception diet: Eating right before pregnancy

3. Acupuncture

Repeated studies have shown acupuncture can increase the odds of IVF success when it is done before and after embryo transfer, explains Beth Heller, Director of **Pulling Down the Moon**, a holistic fertility center with locations in Chicago, IL and Washington, DC. “In addition, studies have shown that acupuncture can increase the thickness of the uterine lining, improve sperm quality and, of course, reduce stress.”

4. Yoga

“Yoga decreases levels of cortisol in the body, relieves stress and anxiety and can increase blood flow to the reproductive organs by loosening tight musculature and connective tissues in the hips, low back and groin,” says Heller.

Find out here how exercise affects fertility.

5. Massage

Who doesn't like a nice, relaxing rubdown? Massage offers additional benefits when trying to conceive, such as reducing stress hormones. There are techniques specific to the abdominal area that help the uterus prepare for pregnancy, according to Abigail Lynn, a Licensed Massage Therapist and Doula in Chicago, IL.

Find out here how stress affects your chances of getting pregnant.

6. Find support

If you're trying to conceive, and particularly if you've been diagnosed with infertility, it's important to know that you're not alone. You may find individual counseling to be helpful, or support groups may be available in your community. Support can also be found online including **RESOLVE** or The National Infertility Association, which is the only non-profit organization with a nationwide network mandated to promote reproductive [health](#) and to ensure equal access to all family building options for men and women experiencing infertility.

It may also be helpful to connect with other women in the same boat! **Check out our Trying To Conceive message boards, which include our infertility message boards and In Vitro Fertilization (IVF) message boards.**



7. De-stress

A recent study suggests that women who took part in a stress management program while going through a second round of fertility treatment had a 160% better chance at getting pregnant than with IVF alone. "Stress is fertility's worst enemy, says Bailey. "Meditation, yoga, deep breathing and moderate exercise can all help to manage daily stress."

8. Dance

"Belly Dance is the ancient ritual for fertility that's embraced by modern women," says Stephanie Larson, founder of **Dancing for Birth**. "It evokes the same movements that naturally occur during conception and birth—toning and strengthening a woman's body, especially her core and the muscles and ligaments which support her pelvic floor and reproductive organs."

9. Chiropractic

Spinal adjustment not only may alleviate aches and pains, but also may help you get pregnant. When doctors are unable to offer their patients clear explanations for their inability to conceive, a visit to the chiropractor may help, according to Dr. Adam Tanase, a chiropractor who is also the chiro expert for **MedHelp.org**. "In the case of women struggling to conceive, nerve imbalance may be causing malfunction of the fertilization process."

10. Coaching

Trying to conceive can be overwhelming, particularly for someone diagnosed with infertility. A visit with a specialized coach can help you remain calm, educated, proactive and open to all the different possibilities of achieving their dream of parenthood, according to Hope Firsell, a Fertility Empowerment Coach with **Nu Focus**.

"Individuals are able to make conscious decisions about how they want to proceed in their quest to become [parents](#). They become their own advocate, able to move through their journey more effectively, by being planful and conscious. Together we build a roadmap for how they intend to navigate through their own journey from a medical, spiritual, emotional and physical standpoint."

Build your own roadmap and chart your fertility with our customized preconception calendar.

No matter where you are on your journey to conception, keep in mind that there's not one particular type of treatment – medical or holistic – that may work for all women. "Certainly living a healthy lifestyle helps enhances one's chances of getting pregnant, says Dr. Esposito. "Unfortunately, many couples are doing everything 100% correctly and still suffer from infertility. I think the best thing to do is find an experienced practitioner at a reputable fertility center to identify the problem early and get the appropriate help."

Fun fact: Fertility-friendly **Pre-Seed personal lubricant** gently replenishes moisture without harming sperm.

Wondering if you could be pregnant? Find out the early signs of pregnancy here!

Check out all of our articles on trying to conceive here!

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