

## [HOW DO YOU INCREASE YOUR CHANCES OF GETTING PREGNANT](#)



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The best way to increase your odds of getting pregnant quickly is to make sure that you are having sex at the right time in your cycle. If you have regular cycles, you will ovulate around two

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However, don t assume that because your mum had three children without difficulty, you will be able to do the same. She probably started when she was 20, while chances are you are starting later.

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A number of prescription, over-the-counter and recreational drugs interfere with male and female fertility. Talk to your GP if you're concerned. The best time to get pregnant. You're most likely to get pregnant if you have sex within a day or so of ovulation, when your ovaries are releasing an egg.

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Once you ve made your decision, you ll probably hear a lot of contradictory information: but what are your chances of getting pregnant and how to optimize your chances of conception? Let s do a check-in.

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If you and your partner are having difficulties getting pregnant or if you are interested in knowing how you can increase your chances of conceiving, do not stop reading.

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If youre older than 35, conception may take over a year.1 The good news is there are many things both men and women can do to increase their chances of successfully conceiving a child. For

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Sperm can live up to three days in a woman's body, so you'll increase your chances of getting pregnant, even if you have sex three days before you ovulate. Take Your Temperature If you are trying to naturally calculate your cycle, take your temperature every morning before you get out of bed, and record it.

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### **Tips for Getting Pregnant BabyCenter**

When you're ready to have a baby, you can do more than just stop using birth control. Speed things along with these six conception tricks, and get the lowdown on detecting ovulation and timing sex for pregnancy. Plus, find out how to ease your body into baby-making shape with nutrition tips, health changes, alternative therapies, and more.

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### **How to Get Pregnant Simple Techniques That Will Help Increase Your Chances of Getting Pregnant**

These improvements are things you can do RIGHT NOW to turbocharge the process of getting pregnant and are the core information I wish to share with you today: 1.

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### **best chance of getting pregnant WebMD**

Not only can they help assure you that you are ovulating, "if you are having infrequent intercourse, this tells you when to have it to increase your chances of getting pregnant," he says.

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### **Boost Your Chances of Getting Pregnant JustMommies**

Double Your Chances of Getting Pregnant By JustMommies staff Researchers at the University of North Carolina have studied one method for trying to conceive that may actually double a woman's chance of getting pregnant.

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### **Women Often Miss Easy Way to Increase Chances of Getting**

Women Often Miss Easy Way to Increase Chances of Getting Pregnant. By Lauren Cahoon Roberts, Contributing writer | July 24, 2013 07:51am ET MORE; A woman looks at a pregnancy test result. Credit

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