



100 GETTING *Pregnant* TIPS

TIPS ON GETTING BLESSED
WITH A NEW LIFE

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1. What to think about prior to getting pregnant.

Before even thinking of getting pregnant, you should recognize the fact that raising a child is a huge responsibility. Aside from that, there are also things that you may have to give up for it. Thus, prior to getting pregnant, you must have the commitment and the discipline to go through it properly, so that it would be a pleasant experience for you.

2. Plan for pregnancy carefully.

It is best if you and your spouse can plan for pregnancy carefully, so that you would be able to cover all the bases. See to it that you both would have the time to take care of the baby, once he or she is born. Aside from that, you should also make sure that proper steps are taken, so that you would have a healthy pregnancy and be safe in your delivery.

3. You must have the desire to have a child.

In order to get pregnant, you and your partner should have the desire to have a child. In other words, both of you should know what you want, so that you would also be more motivated in taking the steps towards it. By having the desire to have a child, you and your partner would be able to do the right things at the right time and be able to conceive a baby very soon.

4. See your doctor.

Prior to getting pregnant, you should visit your doctor first. This way, you can ask him if you are in shape to get pregnant soon. It is important that you do this, since there are times when a doctor would not advise a particular person to get pregnant for being out of shape. Aside from making sure that you are on the safe side, your doctor can also provide you tips on how to get pregnant fast.

5. You must tell your spouse about it.

If you have the desire to get pregnant soon, then the first thing that you have to do for it is to inform your partner about it. Without telling your spouse that you want to get pregnant, then he would not be able to play his part to get you what you want. Always remember that both of you play an important role in conceiving

a child. Thus, both of you should be on the same page, in order to do what you need to do to get pregnant.

6. Become more familiar of simple facts about your menstrual cycle.

To get pregnant very soon, one of the things that you can do to achieve it is to become more familiar of facts regarding your menstrual cycle. By doing that, you would know what days in the month you would be most fertile. Do your research about it and share the information with your spouse.

7. Know the best sex positions for getting pregnant.

Keep in mind that in order for you to get pregnant, sperm should be deposited to as close to your cervix as possible, when you make love with your partner. A couple of sex positions that would allow your partner to have better access, would be the missionary and the rear entry. By performing sex in these kinds of positions, you would be improving your chances of getting pregnant soon.

8. Get pregnant early.

Getting pregnant early is actually a good idea. Thus, if you have just gotten married and you are thinking about getting pregnant, then let your spouse know about it soon. The sooner you put action into it, the better chances you have in getting pregnant. This is because, women's fertility goes down as they age. Thus, the younger you are, the better it is for you to get pregnant.

9. Never give up.

Always remember that some people get pregnant easily, while others do not. Thus, if you and your spouse have already tried a lot of times to get achieve it and you are still not successful, then you should not give up. If you have having a hard time in getting pregnant, then see your doctor, so that he can recommend solutions for your issues.

10. Relax.

In order to get pregnant, you should not get yourself overly excited it about. Aside from that, you should also avoid becoming tensed. You should know how to relax, so that you can gain relief from stress. The more relax you become, the more you

would be able to enjoy the activities you need to go through in order to have a baby in your womb.

11. Stop taking your pills.

If you are taking pills as your contraceptive, then it is time to stop using them. Always keep in mind that your body would need time to revert back to its natural state, before you get pregnant. Thus, you should stop taking pills as early as possible, so that you won't have to wait for a long time to become fertile and pregnant.

12. Make love with your spouse more.

The more times you make love in a week, the better chances you have in getting pregnant very soon. Thus, you should try to have sex with your spouse as many times as you can in a week. Doing it more would greatly improve your chances of getting pregnant. However, make sure that you both have ample rest, so that your body would be in good shape.

13. Don't try to get pregnant, just to fulfill another person's wish.

It is very possible for someone to be pressured in having a baby by her relatives. With that, you need to think about what you are trying to achieve for a good amount of time, so that you can check if it is really you who want to have babies or someone else. If you just want to get pregnant because of being pressured by someone of having kids, then it is best not to proceed with it.

14. Make sure that you enjoy sex.

Without semen, you can never get pregnant; thus, you have to make sure that you and your spouse are enjoying what you do when you are both in bed. In other words, make your love making as enjoyable as possible, so that you can get pregnant soon. This is important, since you both need to be completely aroused, in order for the semen to enter the egg.

15. Stay away from coffee.

Staying away from intoxicants such as coffee, can improve your chances of getting pregnant. This is because, both you and your spouse's hormones would be transported in an easier manner, if your blood is free of such substances. Thus,

you both should avoid drinking coffee hours before making love, so that you would get pregnant soon.

16. Be aware of the symptoms of pregnancy.

Before you become pregnant, you should become more aware of the symptoms of pregnancy. This is because, being pregnant is not a joke. You need to have professional help when you are pregnant, since you want to have a more pleasant delivery. Thus, the moment you observe symptoms of it, then you can immediately take a test and visit your doctor.

17. Talk about sex more often.

To increase your chances of getting pregnant, you need to become more aware of sex. With that, it is best if you can talk with your spouse about sex more often. The more you talk about it, the more you get excited in doing it. By becoming more excited, you would desire to have sex with your spouse more, which can result to getting pregnant fast.

18. Fix your schedules.

There are couples that could not have sex as many times as they want, due to their hectic schedules. Aside from that, some of them also are not able to do it as often as they want due to their different schedules. Thus, you have to find a way to match each others schedules. Aside from that, see to it that you can have more bonding time, so that you would have a chance to make love more.

19. Your menstrual cycle.

If you have regular menstrual cycle, such as going through it every 28 days, then it is easy to determine your ovulation period. All you have to do is to count 14 days starting from the first day of your period to achieve that. However, if you have irregular menstrual cycle, then the best thing that you can do is to obtain an ovulation kit for it.

20. Take a pregnancy test.

Pregnancy tests kits are available in many supermarkets and pharmacies nowadays. Thus, you can make use of it whenever you want to. It is best to take a pregnancy test first, once you observe symptoms of being pregnant. If you get a

positive result, then that would be the time to tell your spouse about it, and visit your doctor.

21. Be prepared of the changes.

Before you become pregnant, you should keep in mind that you would go through certain changes with it. One of which is the fact that your image would change. You should be prepared in going through these changes, so that they won't get you bothered, once you experience them.

22. Get enough rest.

In order for you to become more effective in getting pregnant fast, you should provide your body with enough rest. Thus, you should get at least 8 hours of sleep each night. By doing that, not only would you ensure that you are in good condition, but it would also make you more energetic the next day, which would help you when it comes to lovemaking.

23. Always think positive.

Keep in mind that in order to get pregnant, you should be convinced that you have the ability to achieve it. In other words, you should always think positive, so that you would see yourself becoming pregnant soon. By thinking positive, you would encourage a more positive atmosphere between you and your spouse, which would greatly help in conceiving a baby soon.

24. Have sex before your ovulation period.

Knowing your ovulation time would greatly help in getting pregnant. However, you may be confused on when to have sex in relation to it. It is actually best to start making love days before the day that you would ovulate. By doing this, you are increasing your chances of becoming pregnant, since your partner's sperm can last longer than your egg.

25. The calendar method of predicting ovulation.

Some couples rely on the calendar method in order to predict ovulation. However, you need to keep in mind that this method assumes that you undergo the regular 28 day cycle. In other words, since lots of women actually do not have

regular cycles, then the said method can become ineffective. With that, it is still best to make use of ovulation predicting kits, since they are more accurate.

26. Throw your contraceptives away.

If you and your spouse have been used to making use of contraceptives, such as condoms in having sex, then it is time to throw them all away. This is because, he might accidentally make use of one, even when you are trying to get pregnant. By throwing them away, you no longer have to worry about forgetting what you want to achieve, and enjoy having sex more.

27. Don't see sex as a job you need to do to get pregnant.

There are some people who have sex just to ensure that they get pregnant. However, this is actually not the most effective way of getting pregnant. It is best that you and your partner enjoy sex, so that you can conceive a child soon. Enjoy sex as much as you can by planning it, so that you would become more effective.

28. Better orgasm.

Keep in mind that the more you attain orgasm, the more chances you have in getting pregnant. This is because, when a woman attains orgasm, her movements would pull the semen into the uterus more. In other words, it increases the chances of the sperm to fertilize the egg. Thus, you should work with your spouse as a team, so that you would be able to achieve more orgasms, and increase your chances of getting pregnant.

29. Avoid the woman on top position.

Although lots of women enjoy the woman on top position, this should not be practiced, especially when your partner is about to attain orgasm. This is because, in this position, gravity would pull the sperm back towards the ground, which can prevent it from penetrating the egg. With that, it decreases the chances of you getting pregnant.

30. Have more sex to improve your husband's ability to get you pregnant.

Having more sex can actually improve your spouse's ability in getting you pregnant. This is because, the more times that you do it, the better your

husband's sperm becomes, when it comes to quality. Thus, it is time to do it as frequently as you can, so that you would be able to hit your goal soon.

31. Limit movement after having sex.

Going through lots of different movements after making love with your spouse can have a negative effect in getting yourself pregnant. This is because, certain movements, such as standing up, can actually make the sperm leak out. Thus, wait for 15 to 20 minutes first, before you get up and start moving around, to ensure that this is not the case.

32. Make love making special.

The more you enjoy sex, the better it would be when it comes to getting pregnant. Thus, you need to do certain things, in order to make it special. For example, you can make your room more romantic, by lighting candles inside of it. Aside from that, you can also do positions that your partner really likes. Always remember that the more your husband enjoys sex, the higher number of sperm would be ejaculated. Thus, it improves the chances of getting your egg fertilized.

33. What the husband can do.

One of the things that your husband can do when it comes to getting your pregnant, is to limit his masturbation, especially a day or two before the date when you are planning to make love. This is because, this would greatly help in increasing his sperm count. Aside from that, it would also get him more excited in making love with you.

34. Take prenatal vitamins.

Prenatal vitamins can actually help you if you are trying to conceive. This is because, it can actually boost your fertility. Aside from that, it also ensures that you already have the necessary nutrients, in order to go through the first trimester of your pregnancy in your best shape.

35. Never douche after making love with your partner.

When you douche after having sex with your spouse, it can actually decrease your chances of getting conceived. This is because, such an activity can wash out the

sperm, which has just entered your body. Thus, never douche yourself after having intercourse, so that you can get pregnant soon.

36. Avoid oral sex prior to making love.

Lots of experts advice their friends not to engage into oral sex before having sex with their partners. This is because, there are some bacteria in the mouth, which can stick to the organ and damage the sperm upon ejaculation. Thus, it is best to prevent going through oral sex, so that you can ensure optimum sperm quality.

37. Picture yourself as being pregnant.

In order to effectively convince yourself that you can get pregnant, you should picture yourself as being one. This is because, it can help you in believing in yourself that you can do it. This would result to making you more motivated in achieving your dream. With that, it is best to picture yourself as being pregnant, so that you can achieve it soon.

38. Forget anal sex for a while.

If you both like to experiment, and one of the things that you enjoy is having anal sex, then it is best to forget it for a while. This is because, if you do it either before making love or at the middle of it, bacteria from the anus can stick to your partner's organ and be carried into your vagina. Not only would this practice affect the quality of your partner's semen, but it can also put you at risk for infection.

39. Make your relationship spark.

One of the best ways to get pregnant fast is to make your relationship spark some more. In other words, you should go on dates more frequently. Eat out in romantic restaurants, go for walks in the park, and watch more movies. By doing all these things, you would be building up both your sexual desires, which can make both of you more effective in bed.

40. Watch films that are suspense or thrillers.

Lots of people can attest that watching movies or films that are suspense or thrillers can make them have more desire to have sex. In other words, rent out or purchase DVDs that are suspense, so that you can watch them together with your

spouse. Turn off the lights, while you are watching it, so that you can immediately make love after.

41. Go on a vacation.

It is very possible that your daily work stress can affect your chances of getting pregnant. Thus, it is a good idea to go on a vacation with your spouse, so that you can relax. Pick a very romantic place, preferably near the sea or at the mountains, so that it would boost your desire to make love more.

42. Watch your weight carefully.

Always keep in mind that if you become overweight, your fertility would drop. In other words, it is best to watch your weight carefully. Not only would this increase your chances of getting pregnant, but it would also ensure that you are at your best health.

43. Your cervical mucus.

When you take off your underwear, and you notice a slippery stuff on it, then that would be your cervical mucus. It is said that when you have cervical mucus, you are fertile. Thus, if you are observant enough, then you would be able to know the best days to make love with your partner. Watch out for your cervical mucus, so that your efforts would pay off soon.

44. No more lubricants.

There is no need to make use of lubricants when it comes to getting pregnant. This is because, certain brands of lubricants can actually damage sperm. Aside from that, it can also lower down sperm count. Thus, it is best to avoid lubricants as much as you can when you make love with your spouse. If you really need to make use of it, then make sure that it is sperm friendly.

45. Don't overcomplicate things.

There are times when couples overcomplicate things in trying to conceive. In other words, some may want to abstain from having sex, so that they would be able to do it at the right time of the month. However, one of the best things to do is actually just to have more sex. Thus, it is time to simply make love with your spouse more, and make sure that you enjoy it.

46. Quickies can also help.

Quickies can actually help when it comes to getting pregnant. This is true, especially when you do it early in the morning. This is because, men's hormonal levels are pretty high in the morning. In other words, if you go through morning quickies, then it increases your chance of conceiving a baby.

47. When to see a specialist.

There are couples that are thinking of visiting a specialist when they are not able to conceive after a certain period of time. This is actually a good idea, but some are confused about when is the best time to do it. In general, it is best to visit a fertility specialist when you have already tried for a year and are not successful in it. However, if you are already in your mid-thirties, then it is best to visit one after six months of trying.

48. Your husband's weight.

You should make your husband aware that his weight can also affect your chances of getting pregnant. This is because, when he becomes overweight or underweight, it would actually affect his sperm count negatively. It is best that he maintains his ideal weight, so that he would have better sperm count, which is a factor that can affect your chances of conceiving.

49. Avoid soy products for now.

Lower sperm count can occur, if your spouse eats more soy foods. Thus, it is best to avoid soy products for now, so that you can ensure that your man is well capable in getting you pregnant. Make him aware of it, so that he can also watch what he eats, when he is at work.

50. Keep your husband away from his cell phone.

Cell phone emissions have been found to affect the quality of the sperm, as well as a person's sperm count. With that, you have to make sure that your husband's phone is not near his scrotum most of the time, so that his sperm would not get affected. Aside from mobile phones though, laptops can also have the same effects on sperm.

51. Gain more knowledge.

Gathering more information about pregnancy is one of the best things that you can do in order to get pregnant. Not only would you be able to learn about the techniques that you can follow to become pregnant, but it can also help you have healthy pregnancy. Enhancing your knowledge about pregnancy can be done by asking your friends as well as professionals in the field. On top of that, you can also do your research online.

52. Make sure your husband takes a supplement that is loaded with zinc.

Attaining good sperm count or high testosterone levels should be one of the things your man has to focus on. In order for him to achieve that, it is best that he takes a supplement that is loaded with zinc. This is because, zinc deficiency can lower down his sperm count. Make sure to choose a supplement made by a reputable company, so that you are assured of the quality.

53. Eat citrus fruits.

Citrus fruits, as well as green leafy vegetables are usually loaded with vitamin C. It is a good idea if you eat lots and lots of them, since they can help reduce the stress on your egg cell. Aside from that, vitamin C is also known to increase sperm mobility.

54. Make healthy lifestyle changes.

Many couples today are not able to conceive due to their unhealthy practices. Some people stay out for most of the nights, which results to constantly lacking sleep. Aside from that, many are also used to eating processed foods, which is unhealthy. See to it that you cut down on these bad habits, so that you would become healthier, and get pregnant soon.

55. Eat more and more vegetables.

Vegetables should be one of the main food groups that you put your focus on, when it comes to your diet. This is because, they are mostly filled with lots of nutrients needed by your body to improve its condition. With better body condition, you would also become more fertile, which results to getting pregnant easier.

56. Get enough exercise.

If you want to get pregnant, you should condition your body for it. One of the things to do is to get enough exercise. There is no need to go through intensive forms of workout routines. Just keep it light, as long as it can control your fats. It is best to keep your body fat down, since excessive amounts of it can disturb your reproductive cycle.

57. Buy a book about pregnancy.

Buying a book about pregnancy is one of the things that you should be doing soon, if you want to get pregnant. The book would not just educate you on the things that you can do to conceive a child, but it would also tell you more about the things that you can experience when you become pregnant. By doing that, you would be well educated about it, which can also make you more aware of what you are trying to accomplish.

58. Become motivated in making healthy changes.

If you have committed yourself to make healthy changes in your life in order to become pregnant, you should have the motivation for it. To achieve that, you should request your spouse to join you in making the changes. When you do it together, making healthy changes would become easier to attain. Aside from that, it would also strengthen your relationship.

59. Kiss and makeup.

Although it is not a good idea to pick a fight with your spouse when you try to get pregnant, one advantage of it is when you reconcile. Kiss and makeup as soon as you can after a fight, so that you can increase your chances of conceiving a baby. One of the best things about making love after a fight is that, you and your spouse would usually be more passionate about it.

60. Talk about getting pregnant with your spouse.

Talking about getting pregnant with your partner is not a bad idea. This is because, it can open up discussions about the things that you want to do in order to achieve your dream of having a child. With that, you would both become more excited in making your plans into reality, which would be beneficial for both of you.

61. Smoke cessation.

Smoke cessation is a vital step that you need to take, in order to get pregnant. This is because substances in cigarettes can decrease your fertility levels. Aside from that, if you get pregnant, your baby may not have the best health while developing in your womb if you still smoke. Thus, it is time to put a stop to your smoking habit, so that you can get pregnant soon.

62. Do not forget to take prenatal vitamin.

Even before getting pregnant, it is also a good idea to take prenatal vitamins for it. This is because, it does not only ensure that your baby would become healthy. When you take a prenatal supplement, especially one that is loaded with folic acid, your health would not just be boosted, but also your fertility.

63. Track or monitor your cycles.

Tracking or monitoring your menstrual cycles is a good way to follow in order to get pregnant. This is because, it can help you determine the dates when you ovulate. Aside from that, it can also help you determine the date of being conceived. Thus, when you track it, it would not just help in getting you pregnant, but also help in determining accurate due dates.

64. Finding a new practitioner.

Even if you are not pregnant yet, if you know that you need to find a new practitioner, then it is best if you can do your search really soon. This is because, your practitioner, can help by giving you tips in getting pregnant. Aside from that, if you find one before getting pregnant, then by the time that you are, you would already be comfortable in working with her.

65. Talk to friends about pregnancy.

Talking to your friends about pregnancy, giving birth, as well as becoming a parent. This way, you would be able to learn a lot of facts about it. By learning more about these things, you would have a better way of deciding whether you really want to get pregnant soon or not.

66. Be aware of harmful chemicals.

There are certain chemicals that may be harmful to you and your baby. These substances can be found at your place or at work. It is best to know what types of

chemicals are in your surroundings, and see if they can harm you or your baby. If they can, then it is best to avoid any contact with them, so that you would be safe as well as your baby.

67. Brush your teeth more frequently.

When you get pregnant, it is very possible that your teeth could get weakened, especially if you are not able to supplement your body with lots of calcium. Thus, it is best to take good care of it, while you are not pregnant yet. With that, if you and your spouse are trying to conceive a baby today, then it is best to see your dentist, and practice good oral hygiene.

68. Stop drinking alcohol.

Drinking alcohol can actually bring down your fertility levels by 50 percent according to recent studies. Thus, you should stop drinking alcoholic beverages as soon as possible. This should not be practiced by you alone, but your spouse should also be aware of it.

69. Tell medical professionals about your goals.

It is best to tell any medical professional that you come across with that you are trying to get pregnant. This is because, if one is not aware, then he may subject you to tests and chemicals, which can harm the baby. By telling the medical professional of the possibility that you are pregnant, you are ensuring that your baby would be safe.

70. Load up on calcium.

Make sure that your vitamin-mineral supplement is loaded with calcium. This is because, once you have a child inside your body, he or she will make use of your calcium supply in order to get his skeletal system developed well. Thus, if you lack calcium, then your bones and teeth may suffer once you get pregnant.

71. Think that you are pregnant.

Act like you are pregnant, if you want to get pregnant. This is because, it is very possible that you are already carrying a child in your womb without knowing it yet. Thus, if you think that you are already pregnant, then you would be able to avoid certain things like drinking alcohol and smoking easier.

72. Make sure your vitamin supplement contains phosphorus and vitamin D.

Calcium is actually one of the nutrients that would be needed by your body once you get pregnant. However, your body needs adequate amounts of phosphorus and the sunlight vitamin, in order to absorb calcium well. Thus, you must see to it that your supplement contains these nutrients, so that your body can utilize calcium.

73. Make a calendar of activities.

You and your spouse should come up with a calendar of activities, in order for you to get pregnant. This will allow you to properly plan out every step that you want to take into becoming a pregnant woman. Aside from that, by making a calendar for the things that you want to do, it would serve as your guidance, in order to achieve what you want.

74. Start your own blog about pregnancy.

If you want to become more motivated in getting pregnant, then you can actually start a free blog about pregnancy for it. When you create a blog, it is very possible for likeminded individuals to post their comments on it, which can help you attain your goals. Aside from that, you can also ask some of them for questions, in order for you to become pregnant soon.

75. Avoid eating processed foods.

Processed foods are usually loaded with toxins as well as empty calories, which can make you fat as well as put your health at risk. Thus, it is best to check out your refrigerator, and see to it that you don't have processed foods left. Focus more on natural foods, so that you would become healthier, which can help you in getting pregnant fast.

76. Drink 8 glasses of water each day.

Drinking adequate amounts of water each day ensures that you are well hydrated. Aside from that, it also helps in flushing out free radicals from your body. In other words, drinking 8 glasses per day would boost your health; and, with better body condition, you should be able to get pregnant very soon.

77. Having sex every day.

Some people think that having sex every day can reduce the chances of getting pregnant. However, this is actually untrue. The reason for that is, men can actually replenish their whole supply of sperm in a 24 hour period. In other words, if you make love to your spouse every day, then he is well equipped with good sperm count that can get you pregnant soon.

78. Don't go on a strict diet.

There are certain diet programs today that are strict and can make you consume lesser amounts of calories than you need. This is actually not a good program to follow when you try to get pregnant. This is because, eating lesser amounts of calories can actually lower down your body's metabolism; and, when that happens, you may no longer have enough energy to have sex with your partner as often as you want.

79. Go natural.

Whenever you feel heartburn, constipated, or nausea, it is always best to go with natural remedies for it. This is because, natural means of solving these problems would not lower down your fertility levels. Aside from that, you don't want to take any kind of medication when you want to get pregnant, since it is also possible that you are already pregnant without being aware of it.

80. Wake up early in the morning.

Waking up early each morning can increase your chances of getting pregnant. This is because, when you do it, you can have more time to get in shape by walking or jogging at the park prior to reporting for work. Aside from that, if you have the urge, you can also get your partner convinced for a little lovemaking just before breakfast.

81. Men should ejaculate regularly.

If you and your spouse could not make love at least once in every 48 hours, then your husband should see to it that he ejaculates every 2 to 3 days. This is actually a good practice, which can help in maintaining optimum sperm supply. Aside from that, it would also boost his immune system.

82. Eliminate stress.

Stress is one of the biggest factors that can affect your chances of getting pregnant. Thus, it is a good idea to find out ways to eliminate it. There are lots of things that you can do in order to achieve that. You can go to a spa to get a massage, watch a movie, or listen to good music. Do these activities together with your partner, so that it would become more meaningful.

83. Keep your husband's testicles cool.

Experts say that a man's testicles is placed outside the body in order to keep them at desirable temperatures most of the time. In other words, it is not a good idea to expose them to heat, since it can result to dead sperms; thereby, affecting overall sperm count. Let your husband wear boxer shorts, so that his testicles would be cool.

84. Elevate your hips after making love.

When you lie down on your bed to relax after having intercourse with your partner, it is best that you elevate your hips. You can do this by placing a pillow under your hips, to get it elevated. This would prevent sperm leakage, and increase the sperm's chances in fertilizing the egg.

85. Baby sit your friend's baby.

Baby sitting your friends baby can increase your desire in having one. Aside from that, it would also help you learn more about caring for a newborn baby. Moreover, it can also give you a chance to chat with your friend about how they were able to get conceived, and maybe even get a lot of tips from her.

86. Eat more fish.

Including fish into your daily meals can help a lot when it comes to getting pregnant. This is because, fish is loaded with protein that is not associated with fats. On top of that, it also contains omega 3 fatty acids, which can help you boost your immunity levels, as well as your fertility.

87. Let your husband eat more eggs.

Eating at least an egg a day can greatly help your husband in getting your pregnant. This is because, it would boost his energy levels in making love to you, due to its nutrients. On top of that, it also contains the rare protein called

albumin. Furthermore, the egg yolk contains essential fatty acids, which can boost his testosterone levels.

88. Cut down your caffeine intake.

Drinking coffee while you are trying to get pregnant is not a good idea. This is because, it can reduce your body's ability to absorb iron properly. Aside from that, if you have a habit to drink coffee even at nights, then it can also prevent you from getting enough rest. Thus, it is time to avoid coffee, as well as other drinks that contain caffeine in it.

89. Purchase something that would make you and your spouse enjoy sex more.

Purchasing something that would increase both you and your spouse's urge to have sex is not a bad idea. All you have to do is buy something sexy, such as a skimpy nightgown. By doing that, you would both enjoy having sex, without even thinking about getting pregnant.

90. Read stories of people who were successful in getting pregnant.

Reading stories of people who were successful in getting pregnant is one of the things that you can do to achieve your dream. This is because, such stories may offer valuable tips that you can follow. Aside from that, it would also inspire you more, and help you do the necessary things to get pregnant.

91. Let your friends know that you are trying to get pregnant.

When you want to get pregnant, keeping it a secret would not help you in achieving it. With that, it is best if you can let some of your closest friends know that you are trying to conceive. By doing that, they would be able to give you their support and encouragement. Aside from that, they may also give you some pointers in attaining your goal.

92. Eat yogurt.

Eating yogurt can boost your body's immunity levels. This is because, yogurt can increase your body's level of good bacteria, which means that the bad bacteria would not be able to disturb your system. Aside from that, it can also boost your fertility, which is why eating more yogurt is good when you are trying to get pregnant.

93. Grapeseed extract.

Vitamin C should be taken in order for your body to become more fertile. To ensure that vitamin C would become more effective though, it is best if you also make use of grapeseed extract. Aside from improving the effectiveness of the said vitamin, it can also give support and protection to the sperm.

94. Making use of evening primrose oil.

Having cervical mucus is one of the things you need to achieve to increase your chances of getting pregnant. One of the things that you can do in order for that to happen is to make use of evening primrose oil. Aside from making your body more capable of producing cervical mucus, it also ensures that the mucus would improve in terms of its quality.

95. Body basal temperature.

You would notice that you have ovulated if your body's basal temperature has increased. Thus, this is a good sign to watch, in order to determine your ovulation period. One of the best things about this method of determining ovulation though is that, it is easy to do, and you only need to have a thermometer for it.

96. Breast tenderness.

There may be times when you notice that your breast would feel tender. This is actually a sign that your hormones are working to get ready for a chance to get pregnant. In other words, it is a sign of ovulation. Thus, when you feel breast tenderness, it is time to tell your spouse to make love to you more often.

97. Read mature magazines with your spouse.

There are magazines available in the market today, which are filled with sexy stories that you and your spouse can enjoy. You should buy a good number of these magazines and read them together with your spouse. By doing that, you would increase both your urge to have sex, which would improve your chances of getting pregnant.

98. Laugh with your partner often.

Laughing with your spouse more often can actually improve your relationship. Aside from that, if you share jokes, especially those that are related to sex, then

you become more aware of it. The more closer you are with your spouse, and the more you enjoy sexy jokes, the more you would want to make love.

99. Let your spouse know what you want.

One of the issues of women when it comes to having sex is achieving orgasm. Achieving orgasm can actually increase the chances of getting pregnant. Thus, it is time that you tell your spouse what you want him to do while making love, so that he can ensure that you would be able to achieve it.

100. Never hesitate to get help.

If you and your spouse have been trying for a while, and still you are unsuccessful in getting pregnant, you should not hesitate to get help. Do not think that it is hopeless, since lots of couples are able to gain success in it even after a year or so. Ask your close relatives and friends for help. On top of that, you should also approach a professional for it.