

The 7 Harmful Pregnancy and Fertility Myths...



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If you have been trying to get pregnant and have been disappointed with the results or should I say 'lack of results', then don't dismay or give up just yet.... As you read further down this page, you will begin to understand how you can take control of your fertility by making simple changes to improve your odds of conceiving. Getting pregnant is a complex puzzle and they may work for some but not for everyone

Here are the 7 fertility myths and tips that will increase your chances to successfully conceive. When it comes to fertility, there are a lot of myths in existence about what causes it, who is affected and how it's treated. When you're worried about an already sensitive issue, the last thing you want to confront is false information, so here we debunk some of the common fertility myths

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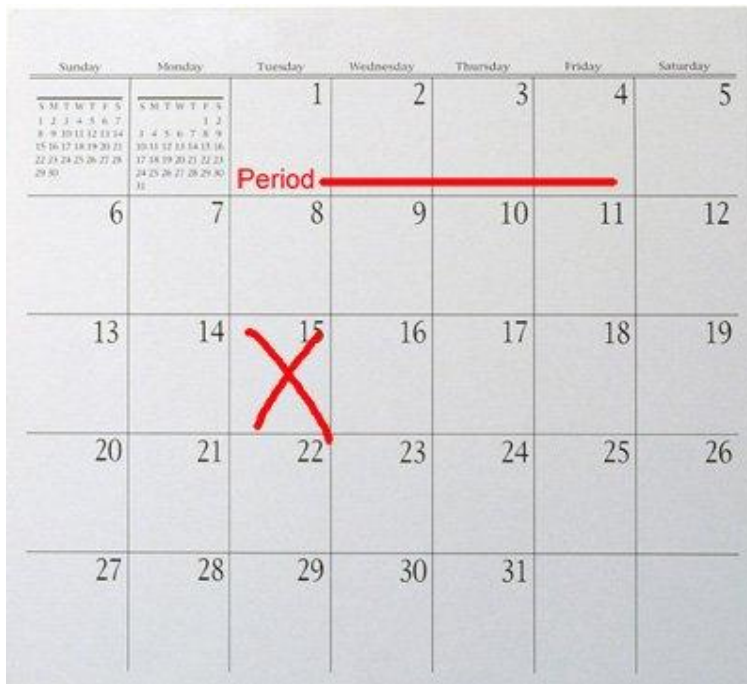
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“7 Harmful Pregnancy and Fertility Myths ...How They Slash Your Chances of Conceiving or Carrying a Baby to Term!”

You may not have put a lot of thought into getting pregnant. Not everyone plans, charts, or tries to predict ovulation. A lot of couples just let nature take its course and see what happens. On the other hand, some couples purchase bbt thermometers, ovulation kits, and plan intercourse on a schedule, but still don't get pregnant. There are several misconceptions about ovulation and when to have intercourse. These myths and misconceptions could be keeping you from getting pregnant.

Myth number 1: It's impossible to tell the exact moment when you're fertile.

The truth: Quite simply, this isn't true. It IS possible to tell the exact moment when you're fertile; you just have to know exactly what to look for. Many of these signs are hidden and secret, and so it's easy to overlook them.



So how can you predict and know when you're ovulating?

When an egg is released from your ovary, you'll notice a change in your cervical mucus. It will be very wet and have a clear, egg-white look and consistency. Your body creates this so sperm can swim easier and reach your precious egg. You may also notice mild cramping, breast tenderness, bloating, and an increased sex drive. Here's another cool thing — if you take your temperature every morning as soon as you wake up, you'll see a slight increase in temperature when you ovulate. Your cervix also changes position. It rises and softens when you're ovulating, due to the increase of oestrogen in your body.

Since your cycle can be shorter or longer than 28 days, you can ovulate anywhere from day 10 to 18 of your cycle. You should also know that the day you ovulate is *not* the only day you can get pregnant. Since sperm can live up to five days inside you, you're actually fertile for about 11 days of your cycle.

Word of Caution: Many things can affect basal body temperature. For your chart to be useful, make sure to take your temperature every morning at about the same time. Things that can alter your temperature include:

- drinking alcohol the night before
- smoking cigarettes the night before
- getting a poor night's sleep
- having a fever
- doing anything in the morning before you take your temperature — including going to the bathroom and talking on the phone

Myth number 2: When you're trying to get pregnant, it really doesn't matter what you eat or what kind of lifestyle you lead.

The truth: What you eat and the lifestyle you lead are critically important to getting pregnant. The foods you eat and how you take care of yourself has a HUGE impact on whether or not you succeed in falling pregnant. (Did you know that damaged fats found in thousands of processed foods can increase the risk of fertility problems by 70% or more?)

And yes, I'm sure you may know someone who drinks and smokes and falls pregnant without even really trying. The truth is it's much easier for some women to fall pregnant than for others. But even though these women may fall pregnant while not taking proper care of themselves, they are increasing the chances of pregnancy complications as well as having a baby with malformations, abnormalities and behavioural problems such as attention deficit disorders or even other serious health problems such as infertility and asthma.

By taking the time to restore yourself to optimal health, you increase your chances of falling pregnant AND of having a healthy, happy, perfect baby with no health or behavioural problems.

“Harvard Universities School of Public Health says “Fats hidden in thousands of foods can increase the risk of fertility problems by 70% or more...”

“Eating as little as one doughnut or a portion of chips a day can have a damaging effect. The scientists behind the study have advised women who want to have a baby to avoid the fats, known as trans fats. They are used in thousands of processed foods, from chocolate to pies, as well as takeaway meals. They have no nutritional value but are included simply to extend the shelf life of food. It is very difficult to know the precise amount of trans fats in any food because it does not have to be put on the label.”

Melbourne Herald Sun, 21st Jan 2007

Myth number 3: You can't treat endometriosis or polycystic ovarian syndrome, having these conditions means you can't get pregnant.

The truth: While it can be difficult to treat endometriosis or PCOS, it is NOT impossible. Many couples who had previously given up on having a baby now have beautiful, healthy children. At the very least, they end up free of hormonal imbalances, acne, irregular cycles, and painful periods, even if they don't end up having a baby. And that's the worst case scenario.

Myth number 4: If you have ever suffered a miscarriage or more than one miscarriage, your chances of a successful pregnancy are greatly reduced.

The truth: There is some truth in this myth. And unless you do something about it, that will be the case. You can drastically reduce your chances of having a miscarriage or the chance of recurrent miscarriages. If the root cause of miscarriage is not treated, then your chances of a successful pregnancy are greatly reduced. But once the root cause of a miscarriage or recurrent miscarriages is addressed, then you can dramatically increase your chances of a successful pregnancy.

NOTE: It takes skill and experience to uncover these root causes. Often, due to the nature of them, they are overlooked by most practitioners and even doctors.

Myth number 5: Medical interventions such as IVF are your only options if you are having trouble getting pregnant.

The truth: Look, please let me make this clear, I'm not here to knock IVF in any way. IVF has its place and has helped many couples achieve their dream of having a baby. But IVF has its drawbacks, with many babies experiencing ongoing health problems and complications.

In addition, IVF may have a negative impact on the health of the mother as well. (Not to mention the cost – financial, but health-wise as well.)

What's frustrating to me is so many people think IVF and other medical interventions are their only and usually first option when they are not, and certainly shouldn't be a first choice because every couple and their prospective child can benefit from proper preparation prior to a conception attempt. Try all natural, safe and non-invasive alternative first.

Not only that, going through natural alternatives helps you to prepare your egg to be of best quality in preparation for IVF. But here's the BIGGIE. What many couples don't realise is... if you do require assisted reproduction techniques because of your medical history or any other reasons **you can use pre conception natural care in conjunction with IVF to increase your chances of conception and reduce the likelihood of complications.**

Research by Foresight, the Association for Preconceptional Health Care in the United Kingdom shows 47.1% more couples have babies when combining preconception health care with IVF as opposed to IVF alone. The two are not mutually exclusive by any means. In fact they can be very complimentary.

“IVF children 'are twice as likely' to suffer poor health”

“Children born following IVF treatment are almost twice as likely to suffer ill-health, experts have warned. A study of hundreds of seven-year-olds has revealed that they are admitted to hospital much more frequently than other youngsters of the same age. While many of their illnesses were common to all children, those born through fertility treatment suffered more fits and more conditions connected to the brain and immune system.”

Daily Mail UK, Thursday 23 July 2007

“Higher Risk of Ectopic Pregnancy...”

“Ectopic pregnancies comprise a well known risk of IVF. In the general western population the incidence of ectopic pregnancy is 2%, whilst the incidence of ectopic pregnancy after IVF is around 5% but as high as 11% in selected groups with tubal factor infertility.”

Lesny, P., Killick, S.R., Robinson, J. & Maguiness, S.D. 1999, “Transcervical Embryo Transfer As A Risk Factor For Ectopic Pregnancy”, Fertility and Sterility, vol. 72, no. 2, pp. 305-309

Myth number 6: It's impossible and nothing can be done to treat low sperm count and low sperm motility, you have to do In Vitro Fertilization (IVF) or Intracytoplasmic Sperm Injection (ICSI).

The truth: This is one of the greatest myths. Unfortunately, created and perpetuated by main stream doctors who unfortunately can't do much to treat the condition other than refer couples for procedures such as ICSI or IVF.

Don't be talked into expensive IVF or ICSI programs until you've at least tried natural methods of building healthier sperm. This is probably **one of the easier conditions to work with**. It's a lot easier to build healthy sperm than to deal with many others serious conditions that affect a couple's ability to conceive such as endometriosis or polycystic ovaries syndrome or immunological infertility.

Myth number 7: It's impossible to treat unexplained infertility because the cause is not known.

The truth: I have successfully helped many cases of unexplained infertility, from where I stand, taking a holistic approach to a couple's health it is usually one of the easiest things to treat when it comes to fertility. From a natural point of view, every aspect of your health is taken into account, and the underlying root cause of your fertility problem is addressed without a specific need to unveil the exact cause.

You see, **unexplained infertility is just what the name implies**. It's difficult to pinpoint, so the medical establishment just labels it "unexplained."

But to me, the condition is easily explained. **Because if your body is not in optimal health, infertility is usually the result**. In other words it's a symptom rather than a cause in its own right. Changing this picture is what Big Fat Positive System is all about. I work with you to restore a state of balance to your body, and to your hormonal system.

The Shocking State of Our Health as a Nation...

Right now in the Western World...

- One couple in six is infertile
- **One woman in five will suffer a miscarriage**
- One baby in ten is born prematurely
- **One child in thirty is born with a congenital defect**
- At least one child in ten suffers from learning or behavioural problems
- **And one child in five suffers from asthma**

It's a silent epidemic!

So why is it this way?

Why are these statistics so shocking?

Quite simply, it's our lifestyle. **Western societies live an extremely unhealthy lifestyle...** and we are beginning to pay the price. We have lost touch with "Mother Nature" and her gentle ways.

For example, foetal alcohol syndrome (FAS) was first recognised in the USA in 1973. FAS can result in babies that are underweight and under length at birth, slow growing and have difficulty thriving after birth, an abnormally small head, joint and limb abnormalities, with possible mental retardation and/or behavioural problems such as hyperactivity.

Since then, Foetal Alcohol Effect (FAE) has also been recognised. This term applies to babies not as severely affected by alcohol as those with FAS, but whose intelligence, growth and behaviour have still been significantly retarded due to alcohol consumption by the parents.

A number of reports have concluded that alcohol is particularly harmful to both men and women prior to conception, and studies show that even one glass is enough to reduce fertility by 50% as well as severely affect a developing embryo causing damage to both sperm and ova.

So we've been aware of the dangers of drinking alcohol to our unborn children for a long time... but what about the other dangers?

Other Environmental Factors Affecting Fertility and Poor General Health...

In today's world, we are constantly exposed to environmental pollution including chemical, radiation and heavy metal exposure, polluted water, toxic farming methods, poor nutrient levels in our soils and subsequently in our foods.

Despite the massive rise in obesity, **we are actually starving for fertility boosting nutrients**. Some health experts believe the rise in obesity is partly due to our bodies craving missing nutrients, so we eat more than we need in a desperate attempt to supply our body with the nutrients it is missing.

Eating more is simply our way of compensating.

Compounding this problem is our excessive use of sugar, caffeine and alcohol which all deplete our body of vital nutrients and devastate our fertility, our sedentary lifestyles, the rise of fast foods and take away foods with little or no nutritional value, weight and hormonal problems, and the constant stress of our fast paced, modern lifestyles.

Is it any wonder that so many of us are having trouble getting pregnant?

Right now, if you are unable to conceive, it's simply nature's way of saying "You or your partner are not healthy enough right now to have a baby..." Can you see that? Because once you fully understand and embrace this concept, your chances of conceiving and then delivering a healthy baby goes right through the roof. That's the fantastic news! You just need to know exactly which area to tackle first. And that varies according to each person and what health and lifestyle areas need attention.

And here's another point to keep in mind.

Timing of intercourse is critical. Without getting in tune with your body it's almost impossible to predict the 12 to 24 hour window of fertility of a woman's body. Particularly as for many women it may be unreliable.

By following my system, by getting back in touch with your body, we'll be able to pinpoint with utmost accuracy the time to have intercourse... ultimately BOOSTING the chances of you falling pregnant!

"Miscarriage more common with low sperm counts..."

"Women experiencing miscarriages typically had husbands with lower sperm counts and 48% "visually abnormal sperm". Men who fathered normal pregnancies had 25% higher sperm counts and only 5% "visually abnormal sperm."

Drs. Mirjiam Furuhjelm & Birgit Johson - Dept. of Obst. And Gyn., Sabbatsberg Hospital, Karolinska Institute, Stockholm Sweden

International Journal of Fertility, 7 (1): 17-21, 1962

"40% of all infertility cases are due to the male..."

"40% of all infertility cases are due to the male."

Dr. Pat McShane, Department of Obstetrics and Gynaecology, Boston Massachusetts

"Lower sperm count increases risk of miscarriage..."

"The odds of having a miscarriage or child with birth defects rise dramatically when fathers have lower sperm counts. When the fathers' sperm counts were above 80 million they had only 1% birth defect rate compared with to 6% for the general population. Miscarriages were also lower for fathers with higher

sperm counts - 6% compared to 12% for the general population."

*Dr. J.K. Sherman, University of Arkansas Study
As reported in the Washington Star, January 7th, 1979*

"Smokers have lower sperm counts..."

"Smokers sperm counts are, on average, 13% - 17% lower than non-smokers."

*Dr. Marilyn F. Vine, University of North Carolina
Fertility Sterility Journal 6 (1): 35-43, 1994*

"Pesticides suspected of causing male infertility..."

"Men experiencing infertility were found to be employed in agricultural/pesticide related jobs 10 times more often than a control group of men not experiencing infertility."

*Dr. N.E. Skakkebaek - University Department of Growth and
Reproduction, Lancet, June 11th, 1994, p. 1474*

"Male infertility and chemicals in drinking water"

"Drinking water from Thames Water Supply in the United Kingdom was pinpointed as the cause of lower sperm counts and increases in abnormally shaped sperm. Common detergents were the chemicals suspected as causing the reproductive damage."

*Dr. Jean Ginsburg - London Royal Free Hospital, Lancet, Jan 22nd
1995*

And of course, simple environmental factors also affect women too. Did you know that drinking coffee decreases your fertility and increases your risk of miscarriage?

“Coffee increases miscarriage risk...”

“Coffee drinking before and during pregnancy was associated with over twice the risk of miscarriage when the mother consumed 2 to 3 cups a day.” And a 2001 study by Macquarie University Sydney shows that even 1 cup of coffee a day reduces fertility by 50%.

*Dr. Claire infante-Rivard, Department of Occupational Health
Faculty of Medicine, McGill University, Quebec, Canada Journal
of the American Medical Association*

“Coffee decreases fertility...”

“A study of 1,909 women in Connecticut found the risk of not conceiving for 12 months (the usual definition of infertility) was 55% higher in women drinking 1 cup of coffee per day. This climbs alarmingly, a full 100% higher for women drinking 2-3 cups per day and 176% higher for women drinking more than 3 cups per day.”

*Hetah (1990). This study referenced by Drs. Larry Dulgisz and
Michael B. Brachs Yale University School of Medicine
Epidemiologic Reviews, Vol. 14:83, 1992*

As you can see, simple lifestyle factors that you may not have considered may be contributing to your fertility problems. So that's the bad news.

The good news is this...

If simple lifestyle factors like drinking coffee for women or wearing tight underwear for men can decrease your fertility, making some **very simple changes can increase your fertility too**. That's the GOOD news!

And when you combine those simple changes with powerful Big Fat Positive System, your chances of having the baby you want just got a whole lot better...

The bottom line is...

You should be looking at achieving conception and having a baby, in terms of being in peak health, in the same way as being in training for an Olympic event or even a Marathon

Here's what people are saying...



Hi, ***I used the steps to fertility plan*** you provided with the BFP. My boyfriend and I have talked about it and I desperately wanted to get pregnant. I have always been irregular. I stopped taking birth control about 4 months ago. Him and I have made the attempt and everytime I took a test it was always negative. I was a little frustrating and it sucks at the same time because we get excited but no good news.

I have always thought that I couldn't get pregnant because my periods were irregular and all over the place. With your recommendations my periods became regular and I happy to say that ***I am now pregnant with Baby No 1. Thank you very much Sharon. It would have taken many months of heartache*** using the hit and miss method we were using had it not been for BFP

- Kate 25, pregnant with irregular periods

" Guess What???? ***We are expecting.*** Today, we are 7 weeks and 4 days. Thank you for such a wonderful system. What a true inspiration. Thank you for giving us hope!!!!!! ***Your system was truly amazing.*** I pray that your BFP system will be a blessing to others"

- Rennie.

Despite a previous miscarriage, ***I got pregnant within two months using the strategies in the BFP program.*** The perfectly sequenced healthy diet was incredibly powerful in boosting my overall health in specific ways to enhance my fertility, and I found myself looking forward to every step of the process. Laurie's professional wisdom, warmth and genuine concern about pregnancy success nourished me every step of the way."

- Amy S, Over 40 - pregnant within 2 months

thanks, after approximately 8 months of trying, I missed my period and did a home pregnancy test: Positive. Three weeks later I went to see my obstetrician and, after the ultrasound, he asked me if I had taken any fertility drugs. ***I looked at the screen and cried as I saw two heartbeats! TWINS!!***

- Amy S

After three and a half years of infertility treatments, stress, and emotional upheaval, I decided on the Big Fat Positive. ***I began right away*** and the program challenged me to explore everything in my life, from my diet to lifestyle. After all the doctors who were interested only. ***I was amazed! In about three months, I was pregnant.***

- Miriam: 27 - pregnant within 3 months

" Just wanted you to know ***I enjoy BFP very much. And I LOVE the accompanying videos.*** I am so grateful you created this program. It has made a huge impact on my life -- ***I find myself applying it to all aspects of my life, not just my fertility.***"
- Janice H.



After a failed IVF attempt, I felt completely disconnected. I had no feeling of being a functional person, let alone a woman. ***After beginning Sharon's BFP program I began to feel whole, even balanced.*** It was an amazing experience. After using this program, I tried IVF again... and I was given the beautiful gift of a healthy pregnancy and the birth of a beautiful baby girl. ***I highly recommend the BFP Success program*** to anyone trying to conceive with fertility problems!"
- Ola, Pregnant after a failed IVF

Just to let you know that I am now 13 weeks pregnant and cannot thank you enough and will be sure to let others know about you. Thank you so much,
- Alison & Martin.

I just want to tell you ***THANK YOU for providing a much needed service that is very informative and refreshing for me and all women struggling with fertility*** (I don't think they mind me speaking on their behalf).

- Bridgette



My husband and I had been trying to get pregnant for four years without success, suffering two miscarriages along the way. As a forty year woman, I knew that the clock was not only ticking, but almost expired. I spoke to friends who had tried assisted reproductive techniques, but the medicines just sounded so toxic and intrusive to me, so I opted to try a more natural approach first.

Bringing my body back in to balance with some lifestyle changes, dietary changes and some suppliments you recomended. ***I am thrilled to be pregnant I am so thankful for your help.***

- Christina, 37yrs. old

Are you hungry for more?

I certainly hope so because I have more. Big Fat Positive System gives you a safe, NATURAL way to boost your chances of having the child of your dreams...

Go to <http://bigfatpositivesystem.com> and order NOW

To Your Massive Success,

Laura Anderson

P.S. I can't wait to hear your results once you start using your BFP system! Please drop me a line and share your success story. Get this course and change your life forever. Go to <http://bigfatpositivesystem.com> and order NOW.