

Pregnancy Miracle Book Free Download Report

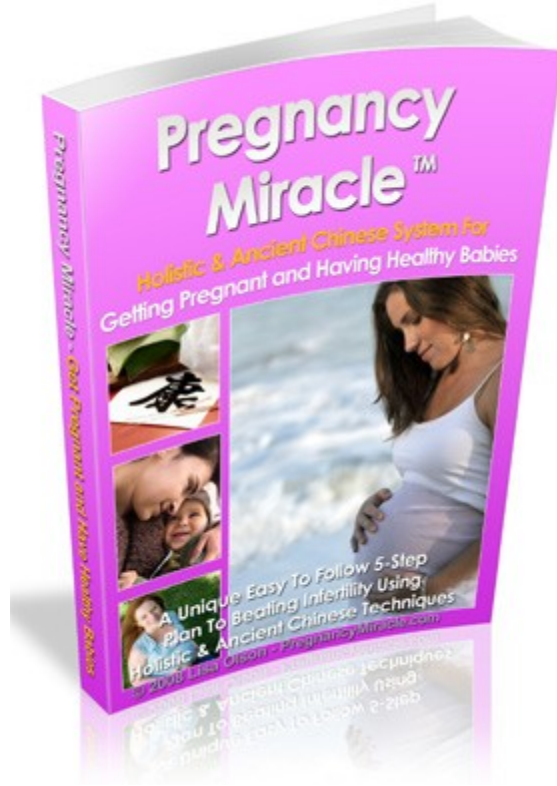


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Pregnancy Miracle Ebook Review

Why Is Pregnancy Miracle The Best Selling Infertility Cure Book In Internet History, With Thousands Of Satisfied (And Now Proud Mothers) Women In 127 Countries Worldwide?

Pregnancy Miracle is the #1 best selling infertility Cure ebook in the history of the Internet for a reason...

Thousands of women of almost every age have completely reversed any infertility issues they had and got pregnant naturally, without drugs, risky surgery or "magic potions" simply by using the clinically proven, scientifically-accurate step by step method found inside this amazing Pregnancy guidebook.

Lisa Olson, a certified nutritionist, health consultant and author has not just pumped out yet another "pregnancy program" into an already over-saturated market. Lisa's Pregnancy Miracle can be more accurately described as an "Pregnancy Bible." It is quite simply one of the most comprehensive, complete, and precise guides to infertility freedom you will ever read. What makes it so much different than other pregnancy publications on the market?

Well first of all, it's not just a "infertility help" program, it's an infertility cure program. This may seem like semantics or wordplay at first, but once you've read just the first chapters, there will be no doubt in your mind that pursuing "help with your pregnancy" is not only the wrong goal, it may be the reason that you've failed to get pregnant until now. Pregnancy Miracle shows you exactly why you should fix the internal problem that's hindering your chances of getting pregnant and then goes on to show you exactly how to do it.

Secondly, what makes Pregnancy Miracle different is the amount of attention that is paid to each and every element required to get pregnant the natural way. Pregnancy Miracle not only thoroughly discusses the lies, myths and fallacies surrounding a very confusing subject, it is simply the most detailed book about pregnancy and infertility, Chinese Medicine and holistic health ever written.

The Pregnancy Miracle book is quite extensive (250 pages of rock solid content) which focuses on 100% natural method for getting pregnant quickly. That means there aren't recommendations for harsh prescription drugs or surgeries with nasty side effects. In Pregnancy Miracle core formula section (The 3 step system) - Nothing is held back. In this section, Lisa gives a detailed overview of each step, and then dives into the specifics in a perfect chronological order. There are also outstanding charts and checklists which make it very easy to know where you are at in the program and follow it.

Because the Pregnancy Miracle program is not a quick fix 'fairy tale' cure but a complete holistic solution aimed at eliminating the root cause of fertility problems (regardless of your age) and ensure you will get pregnant quickly, it does take work and persistence to complete. "The dictionary is the only place success comes before work" says Lisa, as she emphasizes the "no quick fix" philosophy behind the entire book.

If there is any drawback to the Pregnancy Miracle ebook, it's that it contains so much information, that some readers may find it a bit overwhelming. Those who are looking for a quick start type of pregnancy program, might be a bit intimidated at first. The good part however, is that even these types of readers can feel confident and assured that it will be worth the effort because this will literally be the last book they ever have to buy on the subject.

Who will benefit most from Pregnancy Miracle?

In the broadest sense, anyone and everyone who wants to get pregnant naturally and regain their natural inner balance will benefit from Pregnancy Miracle. This ebook is honestly for everyone. Even women without fertility issues. This is a total health rejuvenation program better than 98% of the nutrition and alternative health books on the market. In fact, the advice in this ebook is guaranteed to help you with any other health condition you might have, especially if you suffer from hormonal disorders, digestive problems, insulin related disorders, allergies and acne.

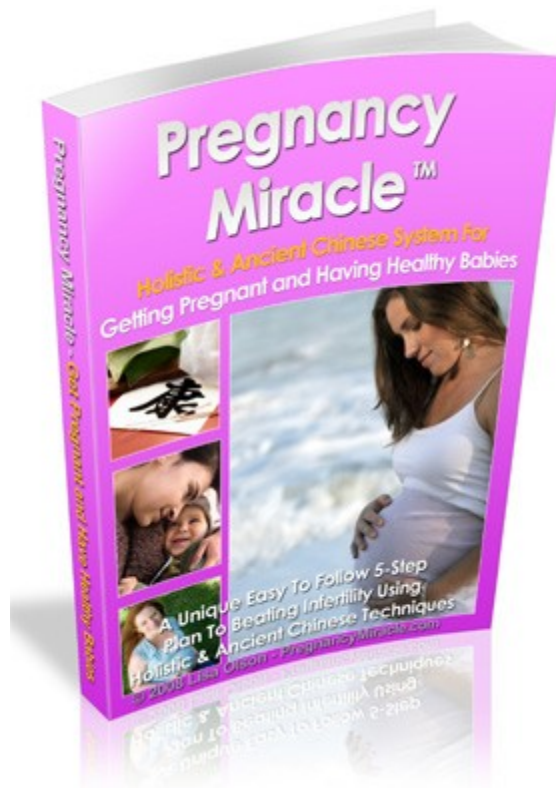
In terms of graphic design, Pregnancy Miracle is a clean and professionally formatted PDF e-book. It is well organized and ideal for printing and reading in the comfort of your own home.

This impressive and unique publication has changed many lives and the hundreds of inspiring testimonials and success stories are found on the Pregnancy Miracle website archives as proof.

The Bottom line?

Anyone looking for a quick fix solution to getting pregnant, anyone looking to be told fairy-tales, and anyone looking for a "magic bullet", pills, over the counters, 'get pregnant in 2 weeks' hyped up programs should not waste his or her time with Pregnancy Miracle.

On the other hand, anyone searching for the truth about pregnancy, fertility issues and alternative health and who is ready and willing to put in some work and make the lifestyle changes necessary to get pregnant fast and give birth to healthy children, will find Pregnancy Miracle to be one of the best investments they ever made in their lives. [Click here](#) to learn more about Lisa Olson's Pregnancy Miracle



Signs of Infertility

What exactly is infertility?

The problems with either conceiving a child, or with carrying out the pregnancy to its eventual fruitful end, fall under the definition of infertility. Infertility is the incapability of an individual to become pregnant, in case of females, or the incapability to induce pregnancy, in case of the males. The inability of an individual to carry out a pregnancy to its full term is also dubbed infertility. How does one recognize infertility? What are the signs of infertility?

Signs of infertility are not always evident. Most people go through life without knowing there is a problem with their reproductive systems, attributing failed pregnancies to providence. In fact, miscarriages are the most common indicator of infertility. Signs of infertility in women:

In women, the signs of infertility are more readily recognized as compared to men. Endometriosis causes the lining of the uterus to grow outside the uterus.

Bacterial infections may begin around the uterus and spread to other reproductive organs, resulting in infertility. Fibroids in the uterus are indicative of infertility. Tumors in the cervix often cause stenosis, or narrowing of the cervix, which is a common indicator of infertility.

Ovulating before the tenth day and after the twentieth day of one's monthly cycle, pre-menstrual spotting, menopausal symptoms, etc. are indicative of luteal phase defect, and thus in turn are signs too.

Irregular menstrual cycles are the most common indication in females that they might have some problems with fertility. However, an irregular menstrual cycle is not conclusive in itself, but it is definitely one of the signs of infertility.

Issues regarding body weight are often indicators of being infertile. For a woman, being too thin, or anorexic, will definitely hinder pregnancy, since the body does not have the proper nutritional requirements, or the required strength.

Alternatively, obesity can also be a sign. Obesity is accompanied by hormonal imbalance, which affects the reproductive system and pregnancy. Signs of Infertility in Men:

Like females, in males too, either obesity, or anorexia, is an indication that he is infertile. Apart from these, anatomical defects may also be signs of infertility. Undescended testicles, or damage to scrotum and the gonads, are possible indicators too. Wearing tight undergarments, or exposing the testicles to heat, may render the person unable to produce the required number of sperms, or unable to produce sperms altogether, resulting in infertility.

Determining the signs of infertility:

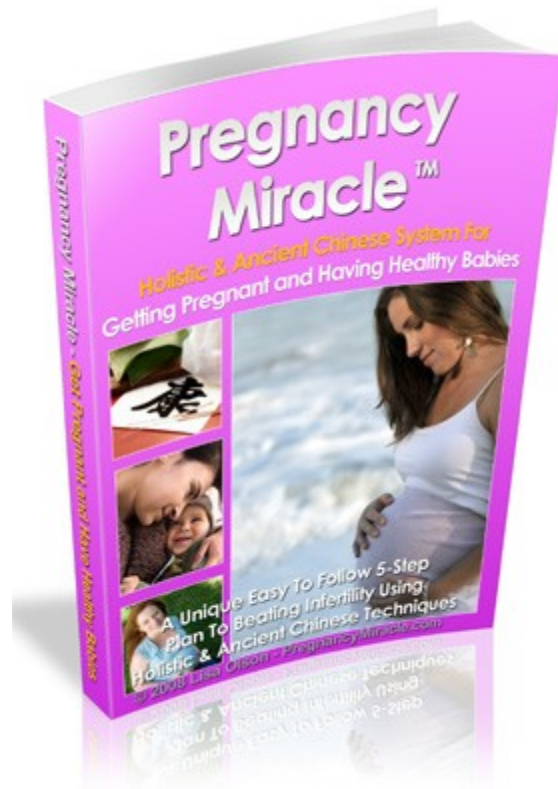
There are many medical procedures for detecting the signs that help to determine whether an individual is infertile or not. Doctors usually prescribe one or more of the following medical tests:

Hysterosalpingography. A dye injected into the vagina is monitored to check for blockage in the fallopian tubes or uterus.

Laparoscopy. If disease and other physical problems are present in the ovaries, fallopian tubes, or in the uterus, infertility is suggested. This may be detected through laparoscopy.

Infertility is a problem which can be solved if it is addressed in the holistic way, which is, using a multifaceted method of healing. Getting regular health checkups, taking supplements to combat existing problem, exercising and stress reduction techniques are only part of the holistic solution to infertility. The holistic approach is not only a surefire way to increase your chances of conception it also guarantees a safe and healthy pregnancy.

This article is based on the book, "Pregnancy Miracle" by Lisa Olson. Lisa is an author, researcher, nutritionist and health consultant who dedicated her life to creating the ultimate pregnancy solution guaranteed to permanently reverse the root of infertility, help you get pregnant quickly and naturally and dramatically improve the overall quality of your life, without the use prescription medication and without any surgical procedures. Learn more by visiting her website:



The Real Cause of Infertility

Infertility can be defined in two ways: as inability to conceive after a year of regular sexual intercourse without contraception, or as repeated ectopic pregnancies, miscarriages or perinatal loss. Male and female specific factors account for about 30% of the infertility causes (individually); the combination of male and female causation leads to an additional 20% and the remaining 20% are caused by uncertain origins.

When one is dealing with infertility, as much as it is important to strictly follow the rules of the treatment, it is equally important to make sure that you have the

correct diagnosis of the root cause of your condition. In this article you will find a broad outline, enumerating the various probable causes of infertility.

Why it is important to determine the causes.

Infertility may be caused due to a multitude of factors at a time, or it may be the result of perhaps the deviation of a certain single factor from its premeditated path. Since misdiagnosis can often lead to further fertility complications, the very first step of treating and curing infertility depends largely on indentifying the root cause right in the beginning of treatment.

The broad causes of infertility in females may be listed as follows:

Anovulation: In females, ovulatory problems are the most common causes of infertility. The failure to ovulate may be due to a number of factors:

- Hormonal imbalance is the most frequent cause of anovulation; when the ovaries produce immature eggs, pregnancy becomes impossible.
- Women with polycystic ovaries suffer from a decreased secretion of FSH and increased secretion of LH and testosterone; therefore polycystic ovarian syndrome may lead to anovulation in women.
- Approximately 20% of the cases of infertility occur due to the malfunctioning of the hypothalamus, the gland which controls hormonal stimuli, resulting in immature eggs. The pituitary gland is responsible for the regulation of LH and FSH, and its malfunctioning produces immature eggs.
- Damage to the ovaries caused by previous surgeries, ovarian cysts, tumors and infections may lead to production of immature eggs as well.

- Premature menopause and follicular problems are also responsible for anovulation.

Improper functioning of fallopian tubes: Viral and bacterial infections of the fallopian tubes are the primary cause of their malfunction.

Appendicitis and colitis are abdominal problems which lead to blockage of the fallopian tubes. Tubal damages may also be caused by previous surgeries, which render the tubes incapable of passing eggs. Ectopic pregnancy, which occurs within the tube, is a potential threat to life that also causes tubal damage. Congenital tubal defects are rare, but not impossible to come across as causes of infertility.

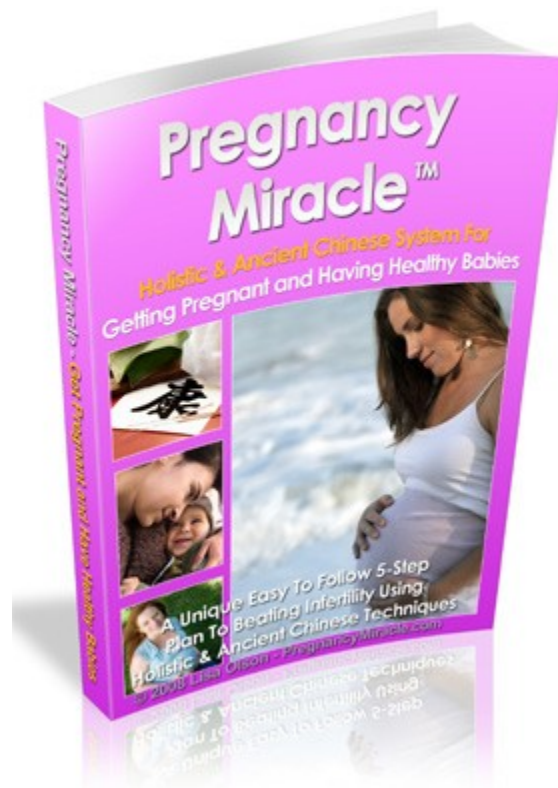
Use of drugs: Smoking, drinking and using other drugs have been known to decrease the chances of getting pregnant.

Problems in the Immune system: This problem includes autoimmune reactions in the body and the creation of antisperm antibodies which exterminate sperms. Natural killer cells, which when present in excess, can damage the embryo in the uterus. The antinuclear antibodies cause inflammation of the uterus when present in excess. The presence of antisperm antibodies in the female's body kills off the sperms before they can fertilize the egg.

Although the causes of infertility are many, they are fairly easy to overcome, especially when diagnosed in the early stages. Using a holistic approach, comprising of the prescribed medicines, following a healthy diet, regular exercise, abstinence from alcohol, nicotine and other drugs, stress management,

acupuncture etc. guarantees positive results. Due to the complex and multifactorial nature of infertility, the problem can be solved permanently only by dealing with it in the holistic way, which tackles all the root causes of this condition rather than focusing on specific triggering elements.

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Infertility Treatments

Infertility is a global public health concern and affects approximately 10% - 15% of couples worldwide. This condition may stem from numerous anomalies in the body, ranging from infections and cysts in the ovaries and reproductive tract, to the disproportionate secretion of hormones by the glands. Infertility treatments are many, and are of various kinds. The best way to tackle it is to identify the exact cause of this condition and then alleviate it.

Available infertility treatments include:

Treating APA's. APA's cause blood clots and prevent implantation. A low dose aspirin therapy works wonders when treating APA's in the blood. For graver cases, anticoagulants are used to thin out the blood and improve blood circulation in the uterus.

Removing natural killer cells. Natural killer cells present in excess begin to attack the embryo. An intravenous treatment of gamma globulin, intralipid infusions and steroids are often used in this case.

Treating Antinuclear Antibodies (AA's). Abundance of antinuclear antibodies in the body is treated with steroids, intake of herbs that increase circulation, intake of antioxidants, zinc supplements, alkaline generating food and reducing the levels of stress. Balancing the responses of the immune system is the key to treating AA's.

Treating antisperm antibodies. To suppress the reactions in the body caused by antisperm antibodies interacting with the sperm, low doses of steroids are often made use of.

Treating age related infertility. Since age is a possible threat to female fertility, infertility treatments involving care of the kidneys and the spleen will help a woman keep the age related problems of pregnancy at bay.

Treating infections that hinder pregnancy. Antibiotic treatments to exterminate the harmful bacteria from the body are recommended by most doctors who conduct IVF's. Nutritious food and immune enhancing supplements are used to prevent harmful bacteria from growing in the body. When detected in one partner, antibiotic treatments for harmful bacteria must be carried out in both partners since they are likely to have infected each other during intercourse.

Treating the high prolactin levels in the body. Normally, to treat the elevated levels of prolactin in the body, natural remedies are suggested. These natural remedies include the intake of vitamin B, zinc and magnesium supplements, exercising, staying away from alcohol, and lowering the levels of stress. The intake of rebalancing hormones like Chasteberry, etc. is also helpful. Qi moving herbs are also quite helpful in these cases.

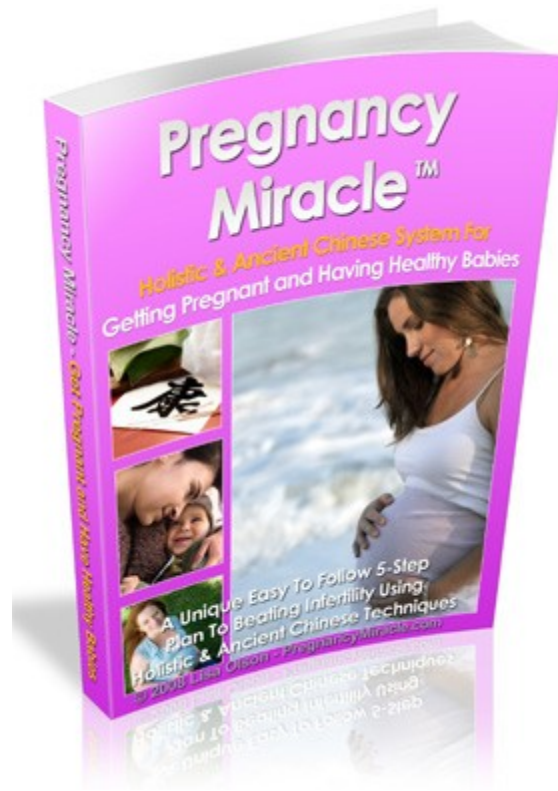
Treating leutal phase defects. In case of dealing with leutal phase defects, fertility drugs like Clomid, etc. are prescribed for boosting the levels of progesterone, which enable pregnancy. However, medicines such as these are bound to have side effects, and to avoid these said side effects, it is always beneficial to opt for natural methods of treatment. Traditional Chinese Medicine offers good help in these cases.

Treating tubal blockages. Laparoscopy is performed to remove small areas of blockage, however if that fails, In Vitro Fertilization is an option.

Treating sperm problems. Fertility drugs are available that enhance sperm production, and improve motility. Since sperm motility is one of the major factors affecting pregnancy, treatments in males are incomplete without looking into this.

Infertility treatments are possible with the whole new range of medicines that is available to the public these days, but it must also be kept in mind that these treatments can be painful, often come without harmful side effects and the results are far from guaranteed. On the other hand, following the holistic approach with a healthy diet, regular exercise, abstinence from alcohol, nicotine and other drugs, stress management, acupuncture etc. can almost guarantee positive and fast results.

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How to Get Pregnant Naturally?

Infertility may be broadly defined as the inability to get pregnant after trying for at least one year without using any birth control. In Western countries, infertility affects an estimated 15% of the population. While a part of them are trying to conceive using alternative methods like IVF, others prefer to optimize the chances of getting pregnant naturally. Trying to get pregnant naturally may be very important, since many couples and individuals who are diagnosed with infertility may be able to get pregnant without treatment (and hence should be defined as "subfertile" rather than "infertile").

When trying to get pregnant naturally, the most important factor is to understand the menstrual cycle and the timing of ovulation, which leads to the optimum

chances of getting impregnated. Usually, ovulation occurs around the fourteenth day, and hence, to get pregnant naturally, a couple should have as much sexual intercourse as possible between the twelfth and the fifteenth day. Different women have slightly varying menstrual cycles. Hence, to improve the chances of becoming pregnant, it is imperative to study one's periods, and calculate exactly when one ovulates.

Determining the signs of ovulation.

To check for the right timings of ovulation, a woman can do one, or many, of the following things:

- Keep a calendar. Keeping a calendar to chart the days is an easy and effective method to determine the right time to have sexual intercourse.
- Keep a check on vaginal fluids. Mucus discharge from the vagina usually becomes heavier, thinner, clearer and stretchy during ovulation when compared to the usual times.
- Feel the inside of the vagina. During ovulation, the cervix is softer and slightly more open than usual.
- Keep tabs on any sharp pain in the abdomen. Sharp pains in the abdomen, or some slight spotting, may be indicative of ovulation.
- Other physical conditions. Headaches, bloating, breast tenderness and pain may be signs of ovulation.

Having checked for ovulation, there are some other things that an individual can do to increase the chances of getting pregnant naturally. These include lying still for a while after having sexual intercourse, avoiding the bathroom for about thirty

minutes after having sexual intercourse, and most importantly, figuring out how many times one should have sexual intercourse.

Men often neglect their own part to play in this whole scenario. The sperms need to be of the correct constitution, correct shape and correct motility too, or else, however fertile the women may be, impregnation does not occur naturally. A way of ensuring that the sperms are undamaged is by wearing boxers instead of briefs. Boxers help in keeping the testicles from overheating and damaging sperms.

For both women and men, the anatomical and hormonal factors are not the only ones to be monitored and corrected. In most cases, failure to conceive may result from an improper diet, undue stress, the use of drugs like alcohol and nicotine, and even environmental factors such as proximity to harmful doses of pesticides. Abstinence from such factors goes a long way in ensuring a pregnancy.

One should always keep in mind that the holistic approach to solving a problem is the optimal way to tackle infertility. Getting regular health checkups, taking supplements to combat existing problem, exercising and stress reduction techniques are only part of the holistic solution to infertility which considers the problem as part of a whole unlike the conventional approach which tackles a specific body organ in its attempt to heal. The holistic approach is not only a surefire way to increase your chances of conception it also guarantees a safe and healthy pregnancy.

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