

mira

How Can I Increase my Chances of Getting Pregnant?

Get checked: Go to your doctor to discuss any existing health problems and get screened for genetic diseases or address any other concerns you might have.

Timing is everything:

You need to know when you are most fertile plus when to have sex and how often to have it. Ovulation tracking devices like Mira can help you recognize your LH surge and quickly identify and understand your full fertile window.

Pay attention to your stress levels:

When you're stressed the body releases stress hormones and affects multiple systems that can lead to a number of health issues. It can also lower your sex drive, cause hormonal imbalances, and weaken your immune system all of which make it difficult to conceive.

Prioritize your health:

Lifestyle changes like maintaining a healthy weight, eating a balanced diet, and getting enough sleep are all factors that can contribute to your fertility.



What Are My Chances A

K Morrison



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