

## IUI and Infertility

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Maybe you can combine it with fertility diet practice and lifestyle change. It is most observed that women who are obese seem to get a hard time getting pregnant. Also men who are heavier produce little semen. So, for a couple to conceive, they should attain the ideal body weight. Avoid also caffeine and alcohol as they are known as liquid contraceptives according to nutritionists. Also avoid sweeteners because they can prevent ovulation. Come to think of it; maybe our diet and our lifestyle is the culprit of our infertility. You may visit your nutritionist first before you visit your Ob Gyn. Watch the video here on this page [IUI and Infertility](#) .

Now go! Look for a Nutritionist, hunt for a good acupuncturist, and visit your Ob Gyn.

These three, combined, might give you a better chance of having your own child a couple of years later. Plus give yourself time to relax. Dont ever get pressured for the idea that you race against time. The more you are conscious with time, the more pressured you get. Just take your time.

Dont get stuck in [Infertility stress](#) . It is one of the villains in conception. If a child comes, then he comes. If he doesnt, then, its not meant to be. Remember that conception on the other hand is not just a product of science.

Business Opportunities