

# Fertility Resource Guide

*The Ultimate Handbook for  
How to Get Pregnant*





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# Is conceiving a baby as simple as having unprotected sex?



Maybe...Maybe Not.

The journey to parenthood for some happens quickly. For others, it takes more time and requires learning new information, a few lifestyle changes, and adjusting how you approach intimacy with each other.

Our goal with this Essential Resource Guide for Getting Pregnant is to share with you the essential information needed to get pregnant.

Did you know the average healthy couple has about a 25 percent chance of achieving pregnancy each month? One in six couples experience fertility issues and may need to consider fertility treatments. The good

news is, there's a wide variety of factors you can improve that will enhance your ability to conceive, including age, diet, environment, weight and [sperm health](#). The more a couple knows and understands about the woman's [menstrual cycle](#), the better chance they have of getting pregnant.

Our first piece of essential advice –enjoy the baby-making activities. If you don't achieve pregnancy the first time or two, relax. Follow this guide, use the tools and give yourselves at least a year.

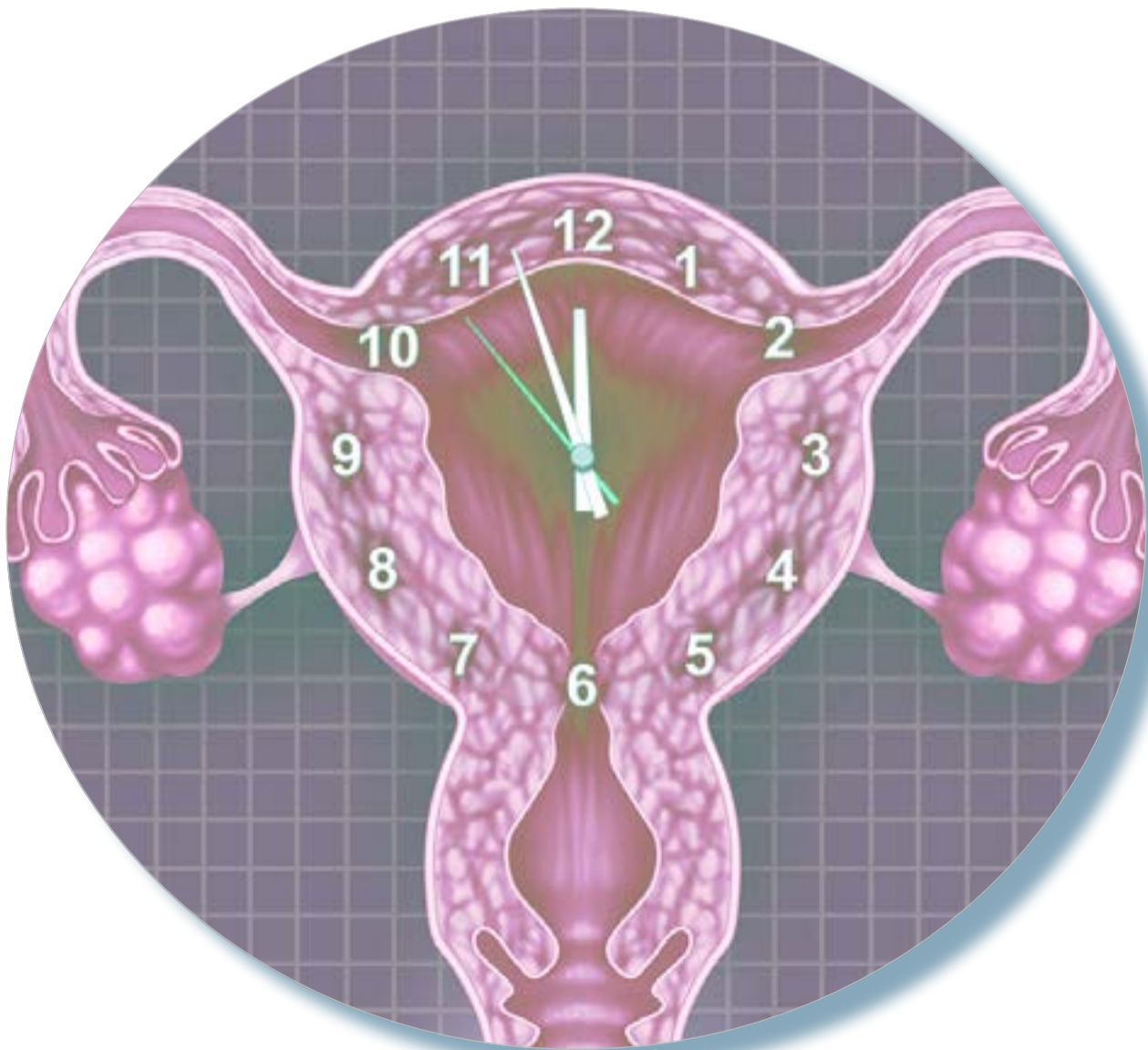
**Here's wishing you a wonderfully healthy pregnancy journey.**

# Chapter 1

## Timing is Everything

Mr. Sperm must meet and fertilize Miss Egg in order to produce a baby. Ovulation is the key function to understand in order to conceive. A couple can decrease the time to conception by knowing [when she ovulates](#), and by having intercourse in the few days before and on the day of ovulation.

There are many ways to predict ovulation – charting basal body temperature (BBT), watching for cervical mucus changes, using urine-based ovulation prediction kits (OPKs) or an electronic fertility monitor.



*Ovulation is when her body releases the egg from the ovary into the fallopian tube.*



# Knowing When You Ovulate is the Key

Ovulation is when her body releases the egg from the ovary into the fallopian tube. This is the brief period (about 24 hours during her 3-to 5-day fertility window) during her cycle when she will be at peak fertility (most likely to conceive a baby). This release occurs about halfway through her cycle, around day 14 for an average 28-day cycle. Cycles vary between women and can be as short as 25 days and as long as 35 days.

## How to Calculate Her Fertility Window: Ovulation Prediction Methods & Tools

The American Pregnancy Association website features an [ovulation calendar](https://americanpregnancy.org/ovulation-calendar) to estimate her fertility window. We recommend Fairhaven Health's products to more precisely predict her most fertile time of the month and determine success.

**OvaCue Fertility Wireless Monitor** is the most advanced and accurate means of ovulation prediction. This device easily and accurately predicts ovulation up to 7 days in advance and confirms when ovulation has occurred. The OvaCue does this by tracking electrolyte level changes in your saliva and cervical mucus. It's simple to use, takes only a few seconds each day with no messy urine testing or any additional products (i.e. test sticks) to buy. OvaCue is reusable. There are no additional product components to buy or fees to pay. This is important given it may take more than one month to achieve pregnancy.



# Ovulation, cont...

## Ovulation Prediction Methods & Tools

**Urine-Based Ovulation Tests** identify the spike in her luteinizing hormone (LH surge) that happens roughly 24 to 48 hours prior to ovulation. A successful conception generally occurs within 36 hours of the LH surge. This test allows you to properly time intercourse. LH Ovulation tests come in both [midstream](#) (encased in plastic and held directly in the urine stream) and less expensive, but equally accurate, [test strips](#) (which are dipped into a urine sample).

**Basal Temperature Charting (BBT) Method:** Fertility charting involves taking and recording her waking temperature with a [basal thermometer](#) and charting her fertility indicators over several months. This will help you better understand her fertility cycle and help determine ovulation dates.

OvaGraph is the official charting app of Toni Weschler's best-selling book, *Taking Charge of Your Fertility*. OvaGraph is free – no download or subscription fees. Visit the [OvaGraph website](#) and download the free iOS or Android app.



# Chapter 2

## Optimizing Your Fertility

### Enhancing Her Fertility

Evidence shows a link between [healthy nutrition](#) and improved fertility in both men and women. Dietary choices, alcohol intake, tobacco and drug use, and exercise may have direct effect on your ability to conceive. Here you'll find helpful information about how nutrition and lifestyle impact your fertility.

Each partner should maintain a healthy weight and consider adopting healthy lifestyle choices three months to a year before trying to conceive a baby. Here are a few suggestions.



# Enhancing Her Fertility, cont...

## Pre- pregnancy nutrition for her

Begin making healthy changes three months to a year before conception. Three essential areas will improve mom's and baby's health.

Eat Well and Maintain a Healthy Weight- carrying around too little or too much fat can upset hormone balance and negatively impact fertility. Here are some guidelines to eating for fertility:

- Eat foods that are nutrient-dense, rich in fiber and free from added sugars. Choices such as whole grains, vegetables, whole fruits, low-mercury fish, beans and nuts are all fantastic additions to your fertility diet.
- Avoid sugary and refined carbs including sugar-sweetened beverages (including fruit juices), candy, white bread and sugar-sweetened cereal.
- Avoid trans fats such as margarine and highly processed soy, corn, canola and cottonseed oils. Opt for minimally processed oils rich in healthy fats such as high quality fish oils and olive oil.
- Mix your protein sources so you are consuming a balance of plant and animal sources. Eating eggs can fuel your body with choline, a nutrient that is required in larger quantities during pregnancy. Low-mercury fish, such as Safe Catch, can help your body take in anti-inflammatory

DHA omega3 fatty acids. The American Pregnancy Association recommends Safe Catch and offers many easy-to-make recipes on our website. Supplement to fill in nutritional gaps, especially [folic acid](#), [iron](#), [DHA](#) and [iodine](#).

## Supplements

The American Pregnancy Association recommends filling in nutritional gaps with a full spectrum, natural fertility and prenatal multivitamin that contains 100% or more Daily Value of key vitamins and minerals – including vitamins B, D, iron, zinc, iodine, and folic acid starting before you become pregnant.

Fairhaven Health offers several dietary supplements to help moms-to-be improve their pre-conception/ pregnancy nutrition and support hormone balance, cycle regularity and egg health.

- **FH PRO for Women** is designed to support reproductive wellness by supporting healthy hormone balance and offering antioxidant support.
- **FertilAid for Women** is designed for healthy women who are trying to get pregnant and includes herbs to support hormone balance and cycle regularity, as well as key nutrients.



# Enhancing His Fertility

## Enhancing His Fertility

It takes two to conceive a baby and that means his sperm health is a vital key factor in your ability to achieve a pregnancy. Sperm health refers to his sperm count, motility and morphology. If any of these three measurements fall outside of normal ranges, conception may be difficult.

- **Sperm count** is the number of sperm cells present in a milliliter of semen. Anything below 20 million sperm per milliliter of semen is considered to be a “low” sperm count.
- **Sperm motility** is the forward, swimming motion of sperm. In order for a sperm to reach the egg after ovulation, it must travel quickly through the female reproductive system, which requires a strong swimming action. “Normal” sperm motility is typically defined as 50% of observed sperm, or at least 8 million sperm per milliliter of semen, showing good forward movement. When sperm motility is low, fewer sperm are able to reach the egg, making conception less likely to occur.
- **Sperm morphology** is the size and shape of sperm. Abnormally shaped sperm may have difficulty fusing with the egg, which decreases the chances of successful fertilization.

Sperm counts have decreased significantly over the past few decades and continue to decline by as much as 2% each year. Age, stress, exposure to environmental toxins, and deficient diets can have a detrimental effect on sperm count, motility and morphology.



# Enhancing His Fertility, cont...

## Enhancing His Fertility

The good news is that there are [lifestyle changes](#) as well as certain vitamins, minerals, antioxidants and amino acids that can help strengthen these sperm parameters. Here are some guidelines to support his sperm health:

- Stop smoking or using recreational drugs
- Limit alcohol intake
- Reduce your exposure to environmental toxins by avoiding personal products, cookware, and household products (cleaning and gardening supplies) that contain so-called “endocrine disrupting” compounds (e.g. BPA, parabens, phthalates)
- If you are overweight, lose weight through moderate calorie restriction and moderate exercise
- Increase intake of fruits and vegetables
- Include low-mercury seafood choices twice a week
- Avoid highly caffeinated energy drinks
- When eating dairy foods, opt for low fat or fat free options instead of full fat
- Focus on DHA-rich foods, like canned sardines, to support his fertility naturally (Note: If canned tuna or salmon is being included in his diet to help increase intake of this important omega-3 fatty acid, Safe Catch options should be chosen to ensure the potential intake of mercury is the lowest possible.)
- Include lycopene-rich foods in your diet, like watermelon, tomatoes, guava, and other foods that are naturally pink or red
- Include walnuts in your diet, as eating these nuts have been linked to improved fertility parameters
- Supplement your diet with key antioxidant nutrients that can help prevent free radical damage to sperm cells



# Enhancing His Fertility, cont...

## Enhancing His Fertility

The American Pregnancy Association recommends bridging nutritional gaps with a complete preconception multivitamin that contains 100% or more Daily Value of key vitamins and minerals for men.

Fairhaven Health offers a number of doctor-designed fertility supplements to support sperm health.

- **FertilAid for Men** a popular, patented male fertility supplement since 2003 to support healthy sperm count, motility and morphology. A 2-in-1 powerful male fertility pill PLUS male prenatal vitamin, it offers a wide spectrum of key fertility ingredients including L-carnitine, zinc, CoQ10 and methylfolate to support sperm health.
- **CountBoost and MotilityBoost for Men** are companion products to be taken along with FertilAid for men who are trying to conceive. These supplements contain additional antioxidants and other ingredients that have been shown to positively impact these specific parameters. Packages are available for men wanting to take all three supplements in an effort to increase their numbers.
- **FH PRO for Men** is a premium male fertility supplement designed to support sperm health. This powerful antioxidant-based fertility pill includes a comprehensive formula of more than 25 ingredients, including L-carnitine tartrate, zinc, CoQ10 and lycopene, plus a preconception vitamin that includes methylfolate. FH PRO for Men was shown in a clinical study to improve sperm count, motility and morphology.
- **FH PRObiotic for Men** is the first probiotic supplement targeted specifically for male fertility support. This convenient, once-a-day oral probiotic replenishes friendly bacteria. Healthy bacteria balance is important for overall health, including sperm health. This formula includes six unique strains of friendly bacteria for a total of 7.5 billion CFU (Colony Forming Units).

FertilAid Supplement Stack



# Chapter 3

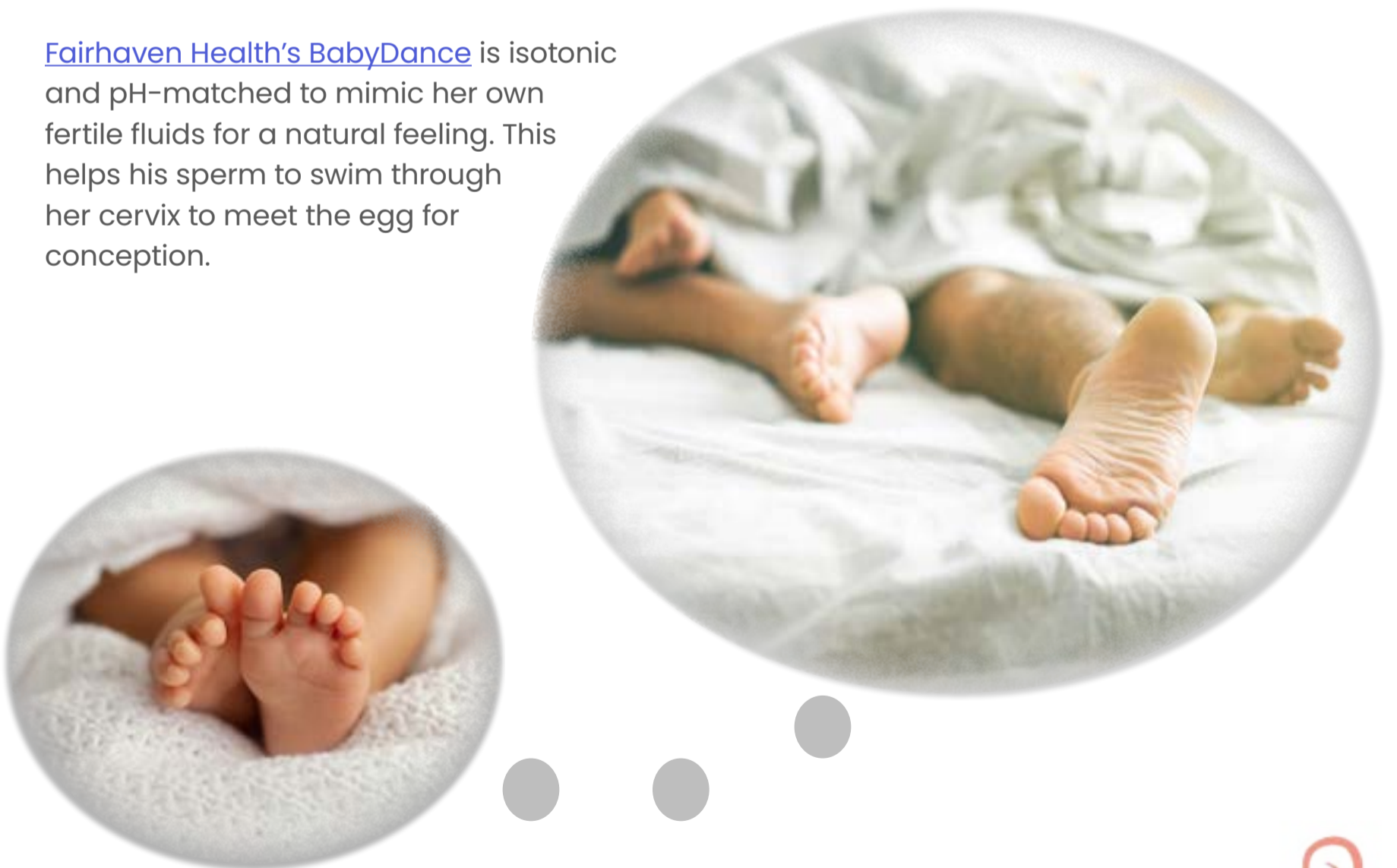
## Vaginal Lubricants

### The Best Vaginal Lubricant is Also Sperm-Friendly

When you are trying to conceive, lovemaking sometimes tends to be less romantic and spontaneous, and more of a chore. Using a lubricant can help make the experience more comfortable and pleasurable for her, but most everyday lubricants have a low pH and very high salt concentrations that are harmful to sperm. Using one of these everyday lubricants may prevent conception.

The American Pregnancy Association recommends Fairhaven Health's fertility-friendly BabyDance lubricants. Every batch of product is tested and guaranteed to be safe for sperm and eggs.

[Fairhaven Health's BabyDance](#) is isotonic and pH-matched to mimic her own fertile fluids for a natural feeling. This helps his sperm to swim through her cervix to meet the egg for conception.



# Chapter 4

## It's Go Time: Timing Sex for Pregnancy

This may seem obvious, but worth stating. If she is using hormone-based birth control like the pill, complete the current birth control cycle before discontinuing and give her body a few months to adjust to the change. If she is using an intrauterine device, have her doctor remove it. If you are using condoms, spermicide or other non-hormonal methods, discontinue use when you're ready to conceive.

### Frequency of Intercourse

Now that you know when she is ovulating, plus the fact that sperm can live inside her body 3-5 days, have intercourse (sex) once a day:

- Two days before ovulation
- One day before ovulation
- The day of ovulation

This timing is for men with normal sperm counts.

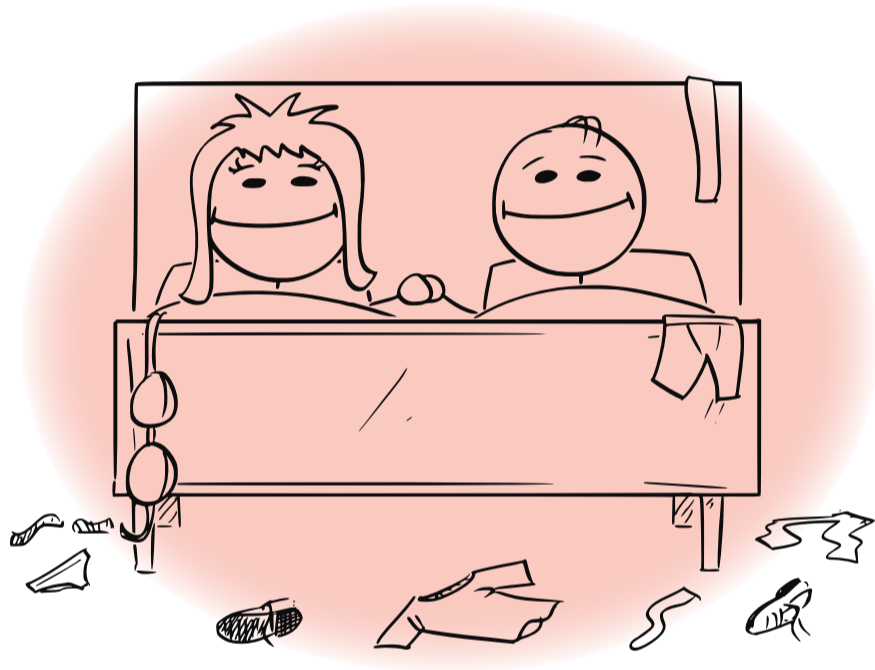
Having sex more than once a day does not increase

your odds. It will only decrease his sperm count. Give him at least 24 hours to regenerate. If he has a low or marginal sperm count, then sex every other day (36 hours) is probably best. This gives his body time to produce more sperm and improve your odds of success.

### Best Time of Day for Pregnancy Sex

Hopefully you're morning people, at least a few days each month. That's because his sperm levels are likely to be higher in the morning. Remember, basal temperatures are lower in the morning and that's true for him too. Cooler testicles produce more sperm and spunkier swimmers. Plus, men's hormones peak in the morning, which is why he often wakes up with an erection.

Don't despair if you're not into morning intercourse. Most men have plenty of sperm ready at any time of day, including the evening hours. The key is to be relaxed and in the mood for intimacy.



## It's Go Time!

## The Best Positions to Achieve Pregnancy

The goal during intercourse is to get his sperm as close to her cervix as possible so the sperm and egg can meet.

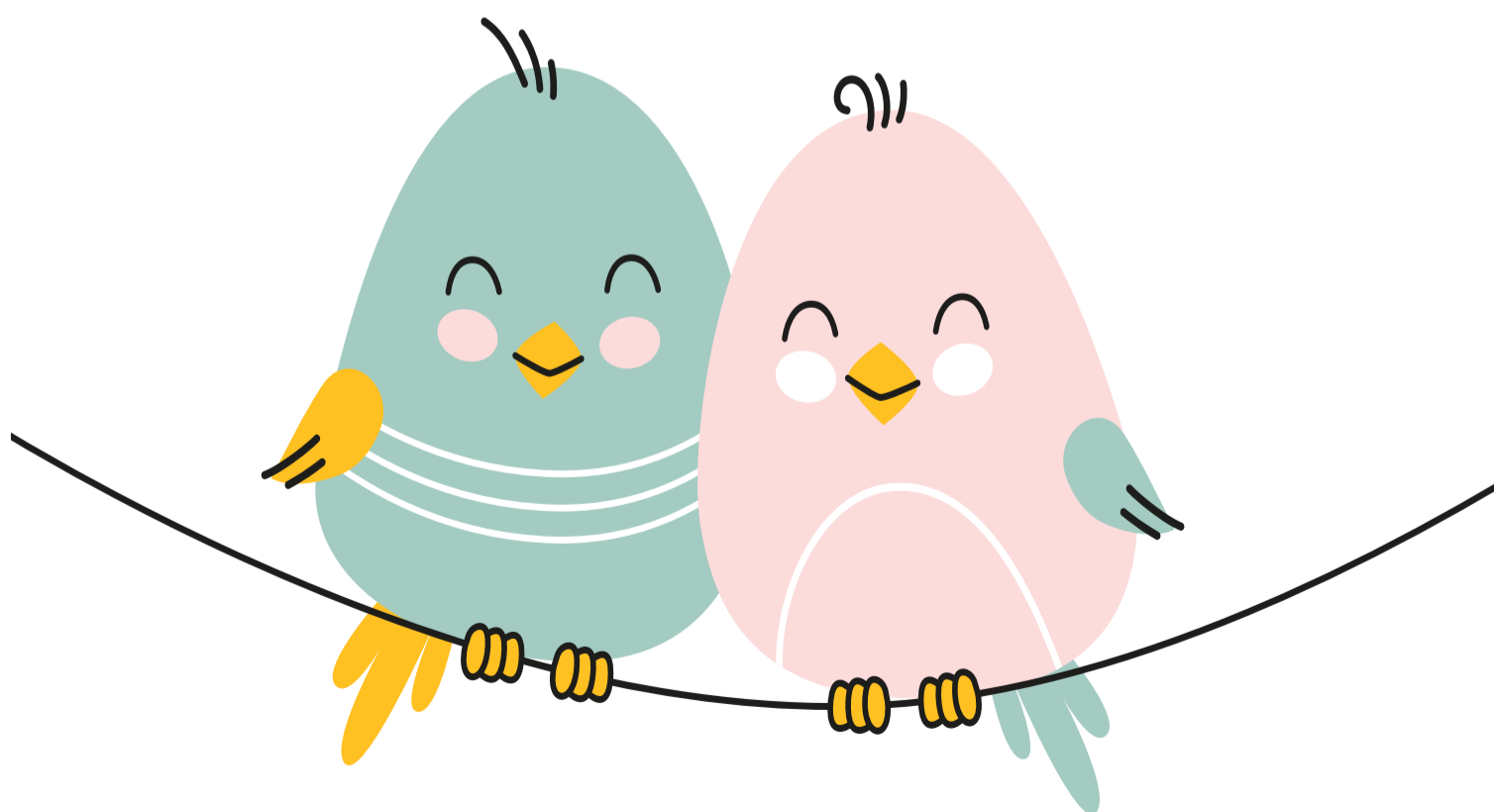
According to fertility expert Dr. Marc Sklar, the best sexual position depends on the position of her uterus. It may be in a normal position or it may be anteverted (tilted forward toward the abdomen) or retroverted. For example, for an anteverted uterus, she may need to be on top so she can control the angle of insertion.

For a retroverted uterus, the best

intercourse position is from behind.

The best way to determine the position of her uterus is to have her healthcare provider perform a pelvic exam and/or an ultrasound. Dr. Sklar explains the best positions in detail in his [Best Positions to Get Pregnant Fast and Easy](#) video.

Give this process time. It would be great if you conceived during your first try. But it usually takes a few cycles to achieve conception. Six to twelve months is the average. Be patient and enjoy this creation process.



# Chapter 5

## Are You Pregnant?

### Keep Testing

When you're trying to conceive, accurate [testing for pregnancy](#) is essential. Because home pregnancy tests measure [hCG in her urine](#) (human chorionic gonadotropin is known as the pregnancy hormone), The American Pregnancy Association advises testing seven days after a missed period. When it's Day 7, test with her first-in-the-morning urine. That's when hCG levels will be the most concentrated.

The American Pregnancy Association recommends Fairhaven Health's [BFP Early Pregnancy Tests](#) because their test strips are designed specifically for the women trying to conceive. Fairhaven Health offers two types of pregnancy tests:

- **BFP Pregnancy Midstream** Tests are held in the urine stream for 5-10 seconds then wait 10 minutes for the result.
- **BFP Early Pregnancy Test Strips** are dipped into a sample of collected urine instead of being held directly in the urine stream. This is the same type of test used in doctors' offices.

BFP test strips are popular with women trying-to-conceive because they provide the same early detection and accuracy as a midstream test, but at a much lower price. Plus, BFP means Big Fat Positive!



### Keep Trying

It's hard not to be disappointed if the test result is negative. Try not to dwell on that negative. Instead, think about what you can do to prepare for next month. Recalculate your fertility window. What about those lifestyle changes you haven't made yet? Most importantly, what essential things can you and your partner do to support each other?

### Celebrate the Big Positive

Now that you know you're pregnant the next big question is...is it a boy or girl? [Peekaboo At-Home Baby Gender Test](#) detects your baby's gender as early as 7 weeks pregnant, with over 99% accurate results. The process is quick with just 3 easy steps; register the kit, collect, and submit your sample, and receive your results within just 1-2 days after your sample is received at the lab. Note: this DNA pregnancy test is not currently available for New York residents or for customers living outside and United States.





“

Good Things are  
Going to Happen.

**Even Miracles  
Take Time**

# Product Index

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Science-based products for your journey to parenthood – from fertility through pregnancy, breastfeeding, and beyond.

*Use Discount Code APA15 for 15% off – can not be combined with other offer.*



The most accredited DNA Testing lab in the world. Accurate, affordable, local DNA paternity testing.

*Use Discount Code APA15 for 15% off – can not be combined with other offer.*



Canned Tuna made for kids, pregnant women & everyone. The only brand to test every tuna for mercury. No additives or fillers, just pure tuna.

*Use Discount Code APA15 for 15% off – can not be combined with other offer.*



# Product Index

## Fertility Products



### [Digital Basal Thermometer](#)

Provides temperature readings, plus memory recall and a peak temperature indicator for fertility charting.



### [Ova OvaCue Fertility Wireless Monitor](#)

The most advanced and accurate means of ovulation prediction. OvaCue easily and accurately predicts ovulation up to 7 days in advance and confirms when ovulation has occurred.

## Lubricants



### [BabyDance Fertility Lubricant](#)

BabyDance mimics your body fluids and contains no ingredients harmful to eggs or sperm.

## Nutrition



### [Safe Catch Tuna](#)

Safe Catch Elite and Ahi, Wild Yellowfin are proven to meet Consumer Reports "Low Mercury" criteria set for pregnant and nursing women and young children.



# Product Index

## Nutrition, cont...



### [Safe Catch Wild Mackerel](#)

Northeast Atlantic Mackerel are the most prized, an amazing source of omega-3's and 14g clean protein, they make an exceptionally smart choice for pregnant and nursing women and young children.



### [Safe Catch Wild Pacific Pink Salmon](#)

Tested to a mercury limit 25 times lower than the FDA action limit, Safe Catch Wild Pacific Pink Salmon meets Consumer Reports "Low Mercury" criteria for pregnant and nursing women and young children.



### [Safe Catch Wild Sardines](#)

Atlantic Sardines are prized for their lean protein and omega-3 fatty acids, making them a great choice for pregnant and nursing women and young children.

## Supplements



### [CoQ10](#)

This potent antioxidant promotes cellular energy production, including in sperm and egg cells.



### [CountBoost for Men](#)

A companion product to FertilAid for Men, CountBoost is formulated with the ingredients most well-known to positively impact sperm count.



# Product Index

## Supplements, cont...



### [FertilAid for Women](#)

This 2-in-1 fertility supplement plus prenatal vitamin supports reproductive wellness in healthy women who are trying to conceive.



### [Fertile CM](#)

A dietary supplement to support female reproductive health by supporting healthy fertile cervical mucus.



### [Fertile Detox](#)

Supports reproductive wellness in healthy men and women by supporting the body's detoxification systems.



### [FH PRO for Men](#)

This powerful fertility pill delivers 25+ ingredients to improve sperm count, motility and morphology.



### [FH PRO for Women](#)

Formulated with over 30 ingredients including methylfolate, myo-inositol and d-chiro inositol to support healthy hormone balance and ovulation in women who are trying to get pregnant.



### [FH PRObiotic for Men](#)

The first probiotic supplement targeted specifically for male fertility support.



# Product Index

## Supplements, cont...



### [Male Fertility Supplement Starter Pack](#)

One month supply of FertilAid for Men, CountBoost and MotilityBoost.



### [MotilityBoost for Men](#)

A companion product to FertilAid for Men, MotilityBoost is formulated with the ingredients most well-known to positively impact sperm motility.



### [Myo + D-Chiro Inositol](#)

Combines two of the most popular ingredients for female fertility support in one bottle.



### [Myo-Folate](#)

Supports ovulation in healthy, trying-to-conceive women, each packet provides 2,000 mg of myo-inositol and 333 mcg of methylfolate.



### [Myo-Inositol](#)

Supports healthy menstrual cycles and hormone balance in healthy women. Also supports sperm health and male reproductive wellness.



### [OvaBoost](#)

Includes myo-inositol, folate and melatonin, as well as a blend of antioxidants to support egg quality and ovulation.



# Product Index

## Tests



### [BFP Early Pregnancy Midstream Test](#)

See positive results as early as 4 days before a missed period.



### [BFP Early Pregnancy Test Strips](#)

Unlike midstream test, these are dipped in a sample of collected urine.



### [BFP Ovulation Test Midstream](#)

Hold in your urine stream for at least 5 seconds. Within 5 minutes, your test result will appear.



### [BFP Ovulation Test Strips](#)

Test strips are designed to dip into collected urine.



### [Fertile-Focus Ovulation Microscope](#)

This saliva test IDs your fertile days by detecting the estrogen surge prior to ovulation.



# Product Index

## Tests, cont...



### [Peekaboo At-Home Baby Gender Test](#)

Peekaboo Gender Reveal Test detects your baby's gender in just three easy steps and as early as 7 weeks pregnant, with over 99% accurate results.



### [SpermCheck Fertility Home Kit for Men](#)

SpermCheck Fertility is a convenient at-home kit to check sperm count in just 30 minutes or less, with an accuracy rate of over 98% in clinical trials.





## Questions about Getting Pregnant? We're Here for You.

The American Pregnancy Association is a national health organization committed to promoting reproductive and pregnancy wellness through education, support, advocacy, and community awareness.

**Live Help: 1-800-672-2296 | [americanpregnancy.org](https://americanpregnancy.org)**

