

Want Fertility? Lose Weight and Experience Motherhood

Women's fertility is a touchy subject and perhaps even the more if it's linked with the weight gain. Women who are having a hard time getting pregnant can link their fertility with their weight gain. Unlike the ancient science, modern science favors a svelte figure ideal for fertility.

Being overweight sabotages your chances of pregnancy. It is because when there is a weight gain, there is a hurdle in the process of conception, the central portion of your body sends the hormonal messages to the uterus and ovaries to carry out the egg production. And, if you are overweight, these signals will not reach the brain and will get misinterpreted by your ovary that may add to the overproduction of testosterone. Overproduction of testosterone again interrupts the process of ovulation. So, even if you are fertile, you might not be able to conceive due to weight gain.

But you need not be daunted by the weight gain. It doesn't take a lot of efforts to get back in shape and to adjust your fertility signals. Even losing 5 to 10 % of your total body weight may help you a lot to adjust your fertility signals. However, it may be worth mentioning here that not a single research proves that losing weight may double the chances of pregnancy, though it does help in the pregnancy issues.

In some cases weight loss can ensure conception and may vary from person to person, due to their different body structure and so other factors. There are some women who are positively affected by weight loss, while, there are other women who are least affected by the weight gain or loss.

To reduce your weight gain, your diet should be enriched with a lot of nutrients with an exclusion of fat and cholesterol. To get a svelte figure, you must practice a healthy exercise and healthy regimen. To maintain the proper diet schedule, you must seek the advice from the nutritional consultation. Also, you must curb the bad habit of hitting the bed late as it would help you remain stress free.

If you are keeping a check on your eating habits and health, then to control the weight gain may not be a daunting task. In such case, you will start avoiding processed food, sugar and have a less intake of cholesterol and fat level. Also, if you reduce your weight, you may enter pregnancy stage at a comfortable position without much complication. Women who have even lost a little weight have improved their fitness level and the chances of conception may be improved considerably.

And, in case, you are not able to shed or retain your weight, despite of exercises and strict regimen, then you must know its root cause as to why you are having trouble in losing and maintaining the healthy BMI.

To conclude, the soaring level of obesity in today's world has triggered a new infertility crisis among women. Recent reports in this field have indicated the infertility epidemic will leave more couples struggling to deliver a child and problems related to fertility. Problems of infertility may be eased to a large extent when women before going for medical treatments to get pregnant will opt for checking weight gain.

About the Author

If you want to become pregnant but not able to conceive, it might be worth reading on the need to keep in shape to boost [fertility](#) and to increase the chances of [pregnancy](#). Internet may prove to be a good source of information.

Source: <http://www.mmm-ec.org>