

Discover How to Maximize Your Chances of Getting Pregnant

Wanting to get pregnant is just the first step in a long road that lies ahead of you. For some, things fall into place rather easily, especially the pregnancy itself. In fact, some people have trouble *not* getting pregnant.

But for many others, they quickly discover that getting pregnant may not be as easy as they first imagined.

Depending on a variety of factors, you may find that it is slightly tricky, or even close to impossible, to get pregnant. While, granted, on occasion the problem is really very serious, most times it is something that can be dealt with – and pretty easily at that.

All that you need is to approach it in the right way, so that your chances of getting pregnant are really maximized, and this means developing an understanding of pregnancy itself, and dealing with the factors that are behind it.

Over the course of this guide, we're going to go through a comprehensive discovery process of many different things that you can do to help maximize your chances of getting pregnant.

By giving you all the know-how, you should not only have a better understanding of pregnancy itself, but you also should be able to get out there and start doing something about getting pregnant – almost immediately!

Before we jump into all that, it would probably be a good idea to go over a quick recap of what pregnancy actually entails. Sure, it is the kind of stuff that you probably learnt in a sex education or biology classroom back when you were a kid, but just consider this a 'refresher' course that is going to set the stage for learning how to get pregnant.

Are you ready to get started?

Brief Introduction to Conception

Naturally, you know by now that pregnancy is the process by which women carry children to term, and then deliver them. Yes, that's right, children are born – not brought over by storks during the night.

However, seeing as the focal point of this entire guide is about how to actually get pregnant, what we're interested in is what actually goes on to cause pregnancy, and this is, as you may have guessed, known as 'conception'.

Or, in other words: Fertilization.

Basically, for human beings such as us, fertilization is the union of an egg and a sperm. As you can well expect, the females provide the eggs, and the males provide the sperm, and the union takes place within the female womb.

And yes, sex is precisely the process by which the sperm is inserted into the female body, before it journey's to the womb and causes conception.

Although all of this is fairly basic stuff, you might have guessed by now that there is really a lot more to conception than just this. After all, if it was just a question of having sex, then there'd be no issue at all.

In fact, there are several issues involved with this process.

Firstly, any ejaculated sperm need to actually make it to the womb, and not all will most of the time. But far more importantly, even once sperm do make it that far, there actually needs to be an egg there for fertilization to occur.

That is one of the key prerequisites for any pregnancy to occur: A woman needs to actually be at a stage of her menstrual cycle where an egg has been released and is ready for fertilization. Otherwise, it simply cannot happen.

On top of that, at certain points, the chances of fertilization are vastly increased, meaning that your chances of getting pregnant would be best at certain times.

Further to this, there are other factors to. For example, even once a woman is ovulation, and sperm does get where they should be, that does not necessarily mean that fertilization is going to occur.

Sometimes, for a variety of reasons, it does not. Without getting too medical, it would be best if you think of it this way: For some reasons, the sperm might not be able to get into the egg in order to form the 'union' that it needs to.

End of the day, you now have a rough enough idea of what conception entails.

By this point, you probably even have pinpointed at least one of the topics that is going to form a big portion of what this guide is about. Yes, that's right: Finding out when the best point in time for fertilization to occur.

Soon enough, we'll get to that, but for now, there's some starting points that should help increase your chances of getting pregnant. Really, they're the very first port of call that you should be considering, and so we should definitely deal with them right now!

Preparation to Increase the Chances of Conception

Knowing as you now do (and probably already did!) that both men and women have roles to play in a successful pregnancy, it makes sense that there are specific items in terms of preparation that each should undertake.

Bear in mind that these are, as mentioned, the sort of things that should be done as quickly as possible.

So, as soon as you're done with this section, you should be willing to start at least making an effort to get some of them done. Sure, you could wait till you're done reading this guide, but don't forget!

Some of what we're about to discuss will be based on the factors that play a role in conception. Admittedly, we haven't really discussed these in depth, but they're the kind of thing that you'll become very accustomed to as we go along.

Plus, to discuss them in a lot of detail would mean getting very technical, and unless you want a crash course in biology, it's best that we steer clear of that for now.

Anyway, to kick things off, let's look at the preparation that women should undertake to initially boost their chances of conception.

Preparation for Women

Being a woman, the role that is played in pregnancy is a very major one, needless to say. In conception, that role is no less important, as it is the woman's primary task to supply the egg for fertilization.

As we explore the steps that a woman could, and should, take in order to maximize their chances to get pregnant, you'll notice that a lot of it does tie in to what we discussed earlier regarding fertility.

Don't worry if your grasp on fertility isn't entirely firm yet – we'll be covering it in greater depth later.

For now, here's some of the steps that you should be starting to carry out:

1. Stop All Forms of Birth Control

Sure, it doesn't take a rocket scientist to figure out that the very first thing that you need to do is to stop any birth control measures that you may be on. But depending on

the type of birth control that you've been taking, you might find that there are other factors that need consideration.

For example, while an intra-uterine device (IUD) or 'the pill' generally have no long-standing consequences, other birth control forms, such as Depo-Provera, the birth control injection, may anything from 9 months to a year before they stop being effective.

Plan accordingly, because if you're on some form of birth control that requires you to cease well in advance, well, you should definitely stop it sooner rather than later.

Consult a doctor or pharmacist if you need any further advice regarding the specific type of birth control that you're on. And don't worry – if you're just on the pill, as most people are, it isn't going to affect your chances of getting pregnant once you stop.

Once you've dealt with your birth control, you've taken the first firm step toward getting pregnant.

2. Try to Reduce Stress

Although the jury is still out regarding the specific affects of stress on fertility, and hence, the chances of getting pregnant, various studies have shown that a link of sorts does exist.

Anyway, being stress free is generally a good idea all in all.

Basically, if you can, try to both avoid stressful situations as much as possible, and learn how to relax yourself in those unavoidable times when you will inevitably get stressed.

Some techniques, such as meditation, massages, and the like are certainly good ways to get started. Of course, simply taking deep breaths and trying to calm yourself is just as good, provided you are the sort of person for whom that suffices.

Assuming that for whatever reason, you're constantly faced with potentially stressful situations, you might want to find more stable outlets by which you can relieve your stress.

End of the day, being stress free is definitely something that could help you to get pregnant, so try hard!

3. Quit Smoking

Despite the fact that it is easier said than done, quitting smoking is without a doubt the best thing that you could do.

For a woman, the risks that smoking presents in terms of pregnancy are numerous, and fearsome. Firstly, not only does it affect a woman's general fertility, but smoking has also been shown to dramatically increase the chances of miscarriages occurring.

But the risks don't just stop there. In fact, it gets worse.

Babies of smokers end up bearing the brunt of the effects, and tend to weigh less on birth. Also, there is a big risk of them being born prematurely, which in itself, can carry a lot of other risks along with it.

Studies have also gone to show that these children often end up suffering from various effects that are tied in with second hand smoke. Some of these effects include things such as asthma, bronchitis, and even, in some bad cases, cancer.

All of these risks really do paint a pretty grim picture for smokers. And, even though they're just 'risks', and hardly set in stone, the question that you should be asking yourself is: Why risk it?

So, if you are able to, start to try to quit smoking right now.

Today, there are many aids that can help you do so, from nicotine patches, right on to inhalers, and other aids. Most doctors would readily be able to assist you with any further advice.

4. Ensure that You Are a Healthy Weight

Some assume that being a 'healthy' weight means that they need to lose weight. This isn't true in the slightest. In fact, it is just as bad being underweight as it is overweight, so don't just go on a diet for no reason!

Data has displayed that women who are their ideal weight get pregnant more easily than their fellows who are either under, or over, weight.

If you need to lose weight, then you might want to do so through exercise combined with a diet, rather than just a diet alone. Overall, the benefits of exercising are great, and so you should take full advantage of them!

On the other hand, if you need to gain a little bit of weight, well, indulge a little in terms of food!

Each of these 4 steps that we've discussed should be taken into account and implemented as quickly as you can. Of course, if you're a man then this doesn't apply, at least not in the way that we've outlined. But there are some things that do...

Preparation for Men

From what you already know about fertilization, the role of the man is to provide sperm that are strong enough to reach and penetrate (and thus fertilize) the female's egg.

With this in mind, it shouldn't be too much of a leap to realize that any and all preparation that you undertake needs to be centered on that core idea: Ensuring that your sperm is of enough strength to do what needs to be done.

Of course it isn't that simple. No matter what, a single sperm's chances of success are slim, to say the least. That's why, in a single ejaculation, countless sperm are unleashed at once. And the exact number of these sperm varies from person to person.

So, apart from just strengthening your sperm, increasing the number that is unleashed would be equally beneficial to your chances. This 'number' is referred to as the sperm count.

Let's look at what you should be starting to do:

1. Quit Smoking

Just to start on familiar ground, let's discuss smoking a little. Now, you already know how it affects women, so there's no need to go over that again, but there are other affects that should worry men.

Mostly, this revolves around the simple fact that smoking has been proven to cause reduced sperm counts.

Furthermore, even secondhand smoke from a man can cause a woman to face all the affects of smoking itself, which just continues to compound the situation. Bear in mind that this works vice versa too, i.e. secondhand smoke from a woman can cause a man to have a lower sperm count.

However, the good news is that if you do manage to kick that smoking habit, you can expect your sperm count to increase dramatically. In some cases, this increase has even been recorded to be up to 800%, which is, as you can probably appreciate, nothing less than astounding.

So quit smoking, quickly!

2. Get Sufficient Vitamins and Minerals

Depending on how balanced your diet is, you may or may not have problems in this regard. In particular, you should be watching your Vitamin E and C intake, as well as whether or not you're getting enough zinc.

All of these nutrients have been shown to help increase the well being and mobility of your sperm, strengthening them, and also upping the chances that they'll manage to fertilize an egg.

Assuming you're not able to change your diet to get enough of these vitamins and minerals, then you should perhaps consider taking supplements that could help you achieve the same desired affect.

So long as you're getting the nutrients somehow, you should be fine.

3. Dodge Toxins, and Stop Recreational Drug Use

Overall, toxins and recreational drugs have a very adverse affect on sperm in men, both in terms of the sperm count, and their strength. Due to this, you should definitely dodge toxins as much as possible, and stop taking any recreational drugs that you might occasionally indulge in.

Some recreational drugs even end up lessening the male sex drive, which could be a very bad thing indeed, especially if you're already facing problems conceiving.

As far as toxins go though, what you should be worried about are things like heavy metals, pesticides, and other chemicals. Constant exposure to such things can cause other problems too.

Keep this in mind, and try, as much as humanly possible, to limit your exposure to both these things.

4. Try to Avoid High Temperatures

When exposed to high temperatures, you could very well find that your sperm production is negatively affected – as studies have shown.

A few points of interest in this regard would be to, first and foremost, wear loose underwear that doesn't trap hot air. Apart from that though, you should also avoid long hot baths, saunas, and other such things.

Anything and everything that could expose you to high temperatures should be avoided.

5. Exercise in Moderation

In essence, the amount of exercise that you should be aiming for is something along the lines of 'enough, but not too much'. Don't overdo it.

While getting some exercise can be helpful to your reproductive health, going to extremes could actually reduce your sperm count. This is due to the fact that over-exercising actually reduces the amount of testosterone in your body – and that will result in a lower sperm count.

Basically, keep it in moderation, and you should be able to enjoy the benefits of exercising, without its potential ill effects.

Start to try to put these preparatory efforts into action as soon as possible. As you've noticed, some of them will need working on, but at the end of the day, the rewards are certainly worth the effort that you put in.

Naturally, a joint effort is the best kind, and both the man and woman in a partnership should be doing their part to ensure that the best chances of a pregnancy can be achieved.

Having gone over this initial preparation, let's move on to something that is at the very core of how to get pregnant, and really, an extension of the fertilization concepts that we've been discussing earlier.

Measuring and Planning Fertility

Already, you know the basics of fertility and how it works. Just to quickly recap and reassert what you know though, here's the lowdown:

Every month, an egg is, invariably, released, and this is called ovulation. As the egg travels down the fallopian tube, it is then the ideal time for fertilization to occur. However, this is, unfortunately, not a process that is very easily timed.

Although the standard rule of thumb is that women have a 28 day cycle, the truth is that for many women, this does tend to vary from month to month. Furthermore, even for those that do have a regular-as-clockwork 28 day cycle, the exact time when the egg is ideally positioned for fertilization can still vary.

As you might have guessed, this makes it tough to measure and plan for the 'most fertile' moment, and so you're going to have to rely on some other methods rather than merely counting days.

First though, you should know roughly how your cycle works in the first place.

Charting and Recording Ovulation Cycles

Okay, although this isn't the most reliable way of determining when you're most fertile, it is still a good starting point.

Generally, if you have a regular 28-day cycle, your ovulation is most likely going to begin 14 days after the day your last period began. That said, this can vary by as much as a few days, and is bound to vary more in women who don't have a regular 28 day cycle.

In such cases, the best way is to keep track of how long your cycles normally are. Then, pick the shortest one and subtract 18 from the number of days that it lasted. When your next period begins, add this amount of days and track that point in time.

For a week following that tracked point, you should be at your most fertile.

Sure, this is only an approximation, but the reason that it is such a good starting point is that it should help you get a rough idea of the period when you should start to try to notice, or measure, some of the other factors that we're going to be talking about now.

Measuring Basal Body Temperature

Simply put, basal body temperature is a temperature taken while the body is at rest. That means, in this case, that it should be taken immediately after you wake up, and before you carry out any sort of physical activity.

To do so, you'll need more than just a regular thermometer. Specialized basal thermometers are commonly sold, and these are going to be far more precise than the regular variety – which is what you need because the temperature difference that you're tracking is less than a degree.

Essentially the theory is this – during ovulation, a woman's basal body temperature increases anything from 0.3 to 0.8 degrees Fahrenheit.

So, by keeping track of the basal body temperature, you can pinpoint the exact point at which ovulation occurs.

In order for this to be most effective, you need to keep track of your basal body temperature over the span of two or more periods. Start recording your basal body temperature immediately after you get a period, and then continue to do so throughout.

Having a calendar, or chart, to keep track of the temperature on a daily basis is probably going to be of great help.

Once you've noticed the increase, and noted it, over the span of a few periods, you should be able to then predict when your ovulation is going to occur. After that, simply look to the two or three days prior to that temperature increase, and mark these down as your most fertile days!

Simple isn't it?

Just keep in mind that you'll want to regularly record your basal body temperature at the same time every day, and you'll need at very least 3 hours of sleep before you take a recording.

All in all, this method of measurement is much more effective than simply 'guessing', but there are other telltale signs that could also help you out even further...

Keeping an Eye Out for Cervical Mucus

Chances are, you've already noticed cervical mucus, even if you don't know what it is. At various times, you most likely have noticed that your underwear was damp.

In reality, this dampness is caused by cervical mucus, which will alter and be discharged to help sperm move towards the egg when you are most fertile. Keep this in mind because it means that once you notice it – that's your most fertile point.

What you're looking for is cervical mucus that strongly resembles raw egg whites. Initially, when you first notice cervical mucus discharges, it will probably be thicker, and creamier in color.

Eventually though, it will change, and spotting this change is what you need to accomplish.

By regularly checking your cervical fluid, either every day, or better yet, every time you visit the bathroom, you could record what you notice onto a chart – possibly even the same one that you use to record basal temperatures.

Following this, you should be able to further regularly pinpoint your most fertile point, and use this information to your advantage.

Bear in mind though, some feminine hygiene products, such as douches, can actually alter your cervical fluid, which will make it a lot harder (or even impossible!) for you to notice any changes occurring in them.

Also, any and all judgment of cervical fluid is bound to be fairly subjective, so it may take some time before you can actually start to know for certain that you're noticing the right thing.

Coupled with the changes that you notice in your basal temperature though, you should be able to, by this point, somewhat accurately pinpoint the times at which you're most fertile.

Alternative Measures for Fertility Prediction

If, after everything we've covered, you find that you still have issues predicting exactly when you're most fertile, don't despair. Today, there are a number of other alternatives that you can pursue, but none is as popular as the ovulation predictor kits that are most often used.

In theory, these kits work on simple logic: Before ovulation, the production of certain hormones increases within a woman's body. By testing for the presence of these hormones, it is actually possible to identify the time of ovulation, or even the period leading up to it.

Almost all over-the-counter prediction kits work in roughly the same way, and involve testing urine samples for hints of increased hormone production.

However, it is strongly recommended that you take a look at the instructions of the specific type of predictor kit that you're using, so that you're able to get accurate results. Some of these kits can be quite costly too, so if you're on a limited budget, you'd probably be better off sticking with the more conventional methods.

As accurate as the results from such kits can be though, there is one risk that many people actually end up falling afoul of – and that is that they end up trying to 'time' sex so precisely that they actually end up missing the most fertile point.

Don't make this mistake, and you should find that prediction kits are a true asset to have on your side.

Well, now that you know how to predict the most fertile point, you're almost there in terms of knowing the best ways to increase your chances of a pregnancy. But before we're quite done, you should know how to actually take advantage of this most fertile point...

Taking Full Advantage of Fertility

Being able to measure and predict, and therefore plan for, exactly when you're going to be most fertile is great – but taking advantage of that knowledge is very much necessary if you want to get pregnant.

Although you may think that this is the easy part, don't be fooled into a false sense of security.

While it is true that sex is, essentially, the method by which you take advantage of fertility, the truth is that sometimes it doesn't suffice. Sometimes, there needs to be other measures taken in tandem, to further increase your chances.

Here and now, we're going to walk you through some of the steps that you should be taking in order to make the most of all the planning that you've done.

Think of these steps as the sort of things that could prove to tip the scale of chance in your favor. Assuming you have tried before, and failed, to get pregnant, then some of these steps could make all the difference in your efforts.

Sexual Related Tips to Improve the Chances of Conception

Well, as you probably already realize, sex is at the very core of whether or not you end up getting pregnant. Keeping that in mind, you should know that there are several things you should also know about sex to ensure that you get the best results.

None of these tips are really very out of the ordinary, but they will each boost your chances a little, and in tandem, work together to help you to get pregnant.

Take a glance through the following:

1. Try to Have Sex Regularly

During the fertile period, you should be having sex as regularly as possible. In fact, there's no harm with having sex regularly throughout the year, and it will certainly be beneficial in terms of your efforts to get pregnant.

Despite the fact that you should have pinpointed the most fertile part of your cycle, trying to just hit that one target alone is, really, ill advised.

After all, if you happen to be off by even a little bit, you'll end up both being too late or too early, and thus all your efforts will amount to nothing.

On the other hand, if you're having sex regularly over that period, your chances of hitting the target are actually much improved. At very least you should come close multiple times, and this would up the possibility that you'll conceive.

In short: There's no such thing as too much sex.

One reason that many couples who are trying to conceive actually end up having less sex than they should is the folktale that it will lower a man's sperm count if he has too much sex.

This is, as mentioned, just a folktale. In reality, having regular sex is not going to affect any man's sperm count much, unless he has some preexisting condition that makes it so. If this is the case, then you should be consulting a doctor.

Normally, the reduction in sperm count due to regular sex is so minute that it is negligible.

Essentially, having sex regularly is definitely the way to go.

2. Stay Off Artificial Lubricants

Many people don't know this yet, but artificial lubricants have been found to be toxic to sperm, and can definitely hinder your chances of getting pregnant.

Normally, the existing acidic secretions in the vagina do kill off sperm naturally, however, during the fertile period, the cervical mucus that is excreted helps to protect the sperm.

By using artificial lubricants, you're basically going to be 'blocking' the sperm from reaching the safety of the cervical mucus, and thus, they're going to end up dying in the acidic secretions instead.

Bottom line: As far as possible, stay off any artificial lubricants.

If you really do need some form of lubrication, then try using warm water, which won't interfere with the sperm's ability to reach the cervical mucus. Or, as a final resort, just using a very, very small amount of KY jelly mixed with water should not have too big an adverse effect.

Still, the best way is definitely to go all natural!

3. Choosing the Right Position

Don't get confused – you can get pregnant if you have sex in practically any position that you like, but some positions have been shown to increase your chances slightly – and that could make all the difference.

In a nutshell, positions that require the sperm to defy gravity and swim 'upstream, so to speak, such as sitting, standing, or with the woman on top, are definitely the sort of thing that you should avoid.

On the other hand, the simplicity of the missionary position is definitely something that helps out.

All in all, if you are having problems conceiving, and you do often use some of the aforementioned 'gravity defying' positions, then maybe you could try switching back to plain ol' missionary for a while.

4. Don't Use a Douche After Sex

Honestly, this really is just common sense, but using a douche after sex is going to negatively impact your chances.

Douching will inevitably alter the pH (acidity and alkalinity) levels of the vagina, and thus, as you already know, could end up killing sperm. Furthermore, any cervical mucus might be flushed out, which is what helps sperm to travel to the uterus.

End of the day: Don't douche!

5. Keep Sex Fun

Now, one of the key things that many people often end up forgetting in their quest to get pregnant is to simply have fun. Sex is meant to be fun, and you should definitely try to keep it that way.

If you get too serious, stressed out, or tense about getting pregnant, then you're going to end up finding that sex is less fun, and more of a chore.

As a result, you're also probably going to end up having less sex overall than you otherwise would, which is going to be detrimental to your chances of getting pregnant. Also, as you know from way earlier, stress in itself could also lower your chances further.

Try new things, and be sure to take into account the needs of your partner, so that both of you end up having a great time.

Should you be able to keep sex fun, and carry it out as often as possible, you'll find that you will probably have little or no problem getting pregnant!

All of these sexual related tips form the core of your efforts to get pregnant. And, as promised, none of them are particularly tough to carry out, are they?

Of course, apart from sexual related tips, there are a few other things that can also help to boost your conception chances, and before we leave you to your own devices, how about we skim through some of these...

Other Tips and Advice to Help Get Pregnant

Already, we've covered a lot of methods that should help maximize your chances of getting pregnant. Now, we're in the final lap, and its time that we go over a few last efforts that can, and should, be undertaken.

Bear in mind that these are no less important than anything else that we've discussed so far!

Some of these tips are the sort of thing that we've already covered, but should definitely be reiterated, as you'll see:

1. Keep Healthy

On the whole, keeping healthy, both through exercise and a balanced diet, could definitely help your efforts to get pregnant. And, even more than that, these healthy lifestyle choices will also help you and your baby during the pregnancy itself.

If you can, try to cut out any caffeine from your diet as much as possible.

2. Cut Out Smoking, Recreational Drugs, and Alcohol

Already, we've discussed why smoking and recreational drugs are bad, and it should come as no surprise to you that alcohol is just as bad. Both of these habits can affect your chances of getting pregnant, and more importantly, could also affect the health and well being of your baby if you do get pregnant.

Staying away from all these substances is something that you should strive to do!

3. Take Folic Acid

Folic acid, or rather, Vitamin B-9, is a vitamin that is known to help pregnancy, and play a role in a baby's development. Although it isn't directly linked to conception, it is something that you should be thinking of doing, at very least.

Armed with these final tips, you're ready to go out there and start trying to get pregnant. Just a few words of advice, and we'll let you do just that!

Final Words: "If All Else Fails..."

Over the course of this guide, we've covered practically everything that you need to know about getting pregnant. With the knowledge that you now have, you should be able to dramatically improve your chances of doing so.

However, sometimes that just isn't enough. Sometimes, there are genetic and medical problems at work that even all of what you now know can't help you with.

In these cases, you will have no choice but to consult a doctor or fertility expert, and get some medical advice, and possibly, drugs, which could help your efforts. Don't give up hope though, and certainly, don't resort to that until you've tried what we've taught you.

Despite the fact that these measures may not be effective in some cases, in *most* cases they really are, as many people who have trouble conceiving really just aren't going about things in the most effective manner.

Already, you should have possibly seen some areas in which you could improve, so go out there and get to it!

Good luck with your pregnancy!



From Conception to Your New Baby - Healthy the Natural Way

During both the conception process and throughout pregnancy it is important that hopeful moms maintain their physical wellbeing and as well as their psychological health.

This broad field of women's health includes psychological issues surrounding [mood](#), [stress and relaxation](#), as well as physical areas such as [infertility](#), nutrition, [morning sickness](#), [labor and delivery](#) and more.

After a baby is delivered, it is important that new moms maintain their physical and psychological health, as well as that of their newborn.

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