

Amazing Fertility Tips to Get pregnant and Keep the Pregnancy Full Term.

Different ways to get pregnant fast and keep it (not to miscarry)

Preconception care.

To get pregnant fast and have a healthy pregnancy first of all you need to know about preconception care.

Preconception health is a woman's health before she becomes pregnant.

Pre-conception care is about both parents getting themselves into optimum physical, biochemical and emotional health before trying to conceive.

It focuses on the conditions and risk factors that could affect a woman if she becomes pregnant. Preconception health applies to women who have never been pregnant, and also to women who could become pregnant again. Preconception health looks at factors that can affect a fetus or infant. These include factors such as taking prescription drugs or drinking alcohol. The key to promoting preconception health is to combine the best medical care, healthy behaviors, strong support, and safe environments at home and at work.

The five most important things a woman can do for preconception health are:

1. Take 400 mcg of folic acid a day for at least 3 months before becoming pregnancy to reduce the risk of birth defects.
2. Stop smoking and drinking alcohol.
3. If you currently have a medical condition, be sure these conditions are under control. Conditions include but are not limited to asthma, diabetes, oral health, obesity, or epilepsy. Be sure that your vaccinations are up to date.
4. Talk to your doctor and pharmacist about any over the counter and prescription medicines you are taking, including vitamins, and dietary or herbal supplements, you are taking.