

Pointers For Parents-To-Be

Health Advice For Couples

(NAPSA)—First comes love, then comes marriage, then comes baby in a baby carriage. It's a simple old adage, but the truth is it's not always easy to become pregnant. In fact, more than 7 million Americans struggle with fertility each year, according to the Centers for Disease Control and Prevention.

So if you're ready to start a family, here are some things to consider:

- **Healthy Body and Mind = Healthy Baby**

Leading a healthy lifestyle is important in the quest to become pregnant. The Centers for Disease Control offers helpful recommendations, such as advising you to eat fruits and vegetables. Oranges and broccoli are good choices as they contain folic acid and iron, the two most critical nutrients for conception. Women should also take a prenatal vitamin. Keep alcohol consumption to a minimum and don't smoke, since smoking can lower sperm count and decrease its ability to swim. Control your weight with moderate exercise. Being over- or underweight can cause hormonal imbalances and make it difficult to conceive.

- **If At First You Don't Succeed**

It takes, on average, at least six months for normal, healthy couples to conceive, so couples shouldn't be alarmed if they aren't pregnant after the first month. "Too often, we see women rushing to fertility clinics when there's nothing medically wrong," says Dr. Charles Barker, Jr., D.O., a board-certified family practice physician. "If you haven't become pregnant after three to six months of trying, there are new and easy ways to help couples conceive at



home without taking any drugs or undergoing surgery." One option considered very affordable is the new ConceiveX Conception Kit, an at-home system that can significantly help couples overcome common male and female infertility issues.

- **Nine Months and Counting: Now What?**

Bringing a new baby into your life is an enormous adjustment, so prepare yourself mentally and physically for the big arrival. Build a support network to help you through the process. Reduce stress as much as possible and consider reducing your workload. Research your company's maternity and paternity leave policies and sign up for childbirth education courses. Plan a shopping trip for important baby items such as an infant car seat, which you must have to bring your baby home from the hospital by car.

Having a baby is a big step and Dr. Barker recommends that couples who are ready visit Web sites such as www.conceptionkit.com for valuable information.