

Tips to boost your fertility

Unnecessary stress, increased workload and unhealthy lifestyle practices can have a very negative impact on fertility, both male as well as female. Here are some simple tips that can help to boost your fertility and negate the threats posed to it by an unhealthy lifestyle.

- **Eat food products rich in antioxidants-** Antioxidants have been found to improve both male, as well as female fertility as these deactivate the free radicals which can otherwise damage the sperm and the egg cells. These include a variety of fruits, veggies and nuts. Antioxidant supplements are also readily available in the market.
- **Have a healthy morning meal-** Eating a substantial breakfast can help to keep your hormonal problems at bay. It has been found that women who eat a bigger breakfast ovulate 30 per cent more than those who eat very little. Surely it is important to limit your portions but that can be done while having lunch and dinner.
- **Kick the trans fats-** Whatever goes inside your body is likely to affect your fertility, either directly or indirectly. Trans fats have been found to elevate the risks of premature ovarian failure by increasing insulin resistance. In fact, people who choose trans fats over monosaturated fats are at 31 per cent elevated risks of ovulatory infertility.
- **Increase your iron intake-** Iron present in plant-based foods and greens can help to alleviate the risks of infertility by 40 per cent. It is, however, pertinent to note that Heme iron (one that comes from an animal source) does not have any impact on fertility levels.
- **Set a healthy weight goal-** Obesity has been found to be associated with a broad spectrum of health issues including infertility. The reason behind this being that excess amounts of fats in the body is likely to affect your normal menstrual function, thereby making it difficult to get pregnant.
- **Cut the caffeine-** Caffeine is one of the greatest enemies of female fertility. In fact, high caffeine intake is also linked to increased risks of miscarriage and stillbirth.
- **Stay active-** A sedentary lifestyle can have a drastic impact on your overall health and especially your fertility by promoting obesity and various other problems related to it. Exercising helps in the healthy regulation of blood to the different organs of the body including those associated with reproduction. This helps to keep your reproductive organs healthy.
- **Stay stress-free-** Staying mentally and emotionally strong is as important as being physically strong. Excessive stress has been found to be associated with premature ovarian reserve depletion. Stay away from stress all kind of negativity. Develop an optimistic outlook on life.