



# How to Improve Egg Quality: Get Pregnant Fast

*William Walker*

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Over the past decade, more and more couples are confronted by infertility issues. Many are resorting to fertility drugs and other technological methods to have children. To a woman, difficulty and inability to conceive is a psychologically distressing event which can undermine her self-esteem and worth as a wife and a mother. In U.S. alone, there are around 6.7 million women suffering from infertility, one to two percent have difficulty getting pregnancy due to poor egg quality.

Why is the quality of a woman's egg so important? This is precisely because egg quality is equated to the success of conceiving and achieving a healthy pregnancy. In our modern era, age-related fertility concerns increase because of a lot factors, like many women waiting until they are in their 30s to settle for a family. Even with the improving healthcare delivery system and women's health today, these do not offset natural fertility decline in advancing maternal age.

As a woman ages, so does her eggs with a corresponding decrease in the number of viable ova. This may be a protean phenomenon, however, the timing of which is variable with some younger women experiencing decrease in their ovarian reserve or the ability of the ovaries to release quality eggs for pregnancy. In women, reproductive period starts with the ovulation and menstruation. When they reach advanced age, they confronted by the reality of menopause, when a female can no longer conceive a baby. It is a universal truth that women's reproductive quality and potential declines as they get older with fertility ending about five to 10 years prior to menopause.

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In this book, the author aims to present a gift of hope to women, especially those who are battling their way to pregnancy through practical means of improving their egg quality from lifestyle, supplements and more advanced reproductive alternatives. It begins with developing self-awareness to first understand one's fertility, including factors that affect egg quality and conception.

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