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about 30 of people get pregnant within a month of trying to conceive and about 80 get pregnant within six months many factors can impact how long it takes to get pregnant including your age and medical history knowing what to do to increase the odds can help

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1 stick to a fertility diet choose wholesome foods such as leafy greens fresh fruits lean proteins and healthy fats like avocado and olive oil healthy eating enhances reproductive health and may address ovulatory infertility which accounts for one quarter of all fertility complications

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according to the american college of obstetricians and gynecologists acog this means your fertile window will likely be approximately 5 days before your expected ovulation to 1 day after the

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a healthy balanced diet can support three key factors to help you conceive progesterone levels implantation and ovulation opt for plenty of vegetables fruit whole grains and calcium and folate rich foods daily says professor nargund medical director at create fertility

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some research suggests that increasing body mass index bmi is linked with decreasing sperm count and sperm movement eat a healthy diet choose plenty of fruits and vegetables which are rich in antioxidants and might help improve sperm health prevent sexually transmitted infections stis

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within 24 hours of ovulation sperm fertilizes an egg conception occurs about six days after fertilization the fertilized egg implants into your uterine lining around day 21 if conception and implantation occurred during this menstrual cycle you re pregnant however getting a positive pregnancy test may take another five to seven days

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while some couples may conceive the very first month they try most will take a bit longer with roughly 75 conceiving within six months those who are not pregnant after a year should seek medical assistance but with treatment if needed the odds are still in your favor to get pregnant

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1 have regular sex during your fertile window conception is all about timing because a woman only ovulates once a month getting sperm to meet egg can be tricky one of the best tips to conceive is figuring out when to do the deed for the highest chances of getting pregnant

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