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## **Get Ready To Get Pregnant**

So, you're ready to get pregnant.

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Making the decision to try for a baby is a huge milestone in life. But is your body ready for pregnancy?

**How to Prepare Your**

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**Body for Pregnancy:  
In 30 Days**

Some women simply stop using birth control when they're ready to get pregnant and let fate decide when they'll conceive. Others take a more calculated approach by charting their periods and tracking symptoms to try to pinpoint their fertile days each month. Use our Ovulation Calculator to get a rough estimate of

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when you're most  
fertile.

## **17 things you should do before you try to get pregnant ...**

If you're ready to have a baby, you likely have lots of questions. Get answers about your menstrual cycle, how often to have sex, things that can hinder conception, and more.

## **Thinking About Getting Pregnant?**



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Doctors and researchers are increasingly learning that by the time a woman gets pregnant, she may have already missed a critical window of opportunity to give her baby the best start in life. In this friendly and authoritative guide, Dr. Michael C. Lu, an expert in the field, offers a step-by-step p

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ready for pregnancy takes a few months. For other women, it might take longer. Whether this is your first, second, or sixth baby, the following are important steps to help you get ready for the healthiest pregnancy possible. 1. Make a Plan and Take Action

**Planning for  
Pregnancy |  
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CDC**

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**Get Ready to Get Pregnant: Your Complete Prepregnancy ...**

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A book entitled Get Ready to Get Pregnant written by Dr. Michael C. Lu, published by Harper Collins which was released on 21 April 2009. Download Get Ready to Get Pregnant Books now! Available in PDF, EPUB, Mobi Format.

Doctors and researchers are increasingly learning that by the time a woman gets pregnant, she may have already



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of work for many others. You really need the perfect conditions to get (and keep) a pregnancy.

### **Getting your body ready to get pregnant • Going Crunchy ...**

The trick is to get into shape pre-pregnancy so that you can reap the benefits during and after. For Raquel Cohen, 30, getting active was a priority. “I

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knew I wanted to get pregnant and I wanted to be healthy, so I found structured ways to make exercise part of my routine," she says.

## Healthy Baby

### **How to get your body ready for pregnancy - Today's Parent**

Dr. Lu's pregnancy preparedness program is essential for every couple thinking about getting pregnant. Alan

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**Prepregnancy ...**

80 percent get  
pregnant within six  
cycles (about six  
months). 85 percent  
get pregnant within 12

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cycles (about one year). 92 percent get pregnant within 48 cycles (about four years). How does age affect pregnancy rates? The older you get, the longer it may take you to get pregnant - mainly because egg quality declines with age.

**How To Get  
Pregnant Fast While  
Trying to Conceive |  
BabyCenter**

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### **Pregnancy Planner: Getting Pregnant Ready - IGENOMIX ...**

Having a healthy baby starts before you get pregnant. Get a preconception checkup to make sure your body's ready for



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pregnancy. At your checkup, share your family health history with your provider. Take a vitamin supplement with 400 micrograms of folic acid in it each day to help prevent birth defects of the brain and spine in your baby.

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