

Creation Fertility Guide To Ovulation and Conception

Ovulation and Conception Timing

When you've been trying to conceive, there is very little in the world more exciting than the news that you're going to have a baby!

Understanding the entire process of fertility in a woman encourages not only an active role in preparing for pregnancy but also connects with a "conscious conception". Rather than sitting around, fingers crossed, waiting until it's time to take a pregnancy test, there are a great many ways that you can prepare your body and mind for pregnancy.

As a Hormone Alchemist and Fertility Expert I consider both the Western Science and Eastern Philosophy approach to ovulation and conception timing. Of course it is essential to [Prepare and Create the Perfect Environment](#) for your baby. This this should be made prior to trying to conceive. At Creation Fertility we recommend bespoke [Nutritional Fertility Plans](#), [Reflexology and Signature Therapies](#). Once you, your partner's and your body is ready then stage 2 is trying to conceive. Remember, it is important to maintain focus and call your baby and there are many approaches you can take - possibly you will continue using the above therapies you may also wish to include a more Eastern approach which includes [Meditation](#), [Reiki](#), [Creation Fertility Toolkit](#), [Creation Essence](#) and [Spagyric Essences](#).

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Establishing your fertile time is crucial! There are a number of signs which indicate the fertile period.

- Under hormonal control, the well-nourished egg is released from the ovaries around day 12-17. It travels down the fallopian tubes and it is here that fertilisation takes place between 24-48 hours after its release. Interestingly, sperm can survive for several days, probably up to about 5 days although it is believed that they can only fertilise eggs for about 24 hours. More of this below when we discuss timing!
- Once fertilized the egg, now called a zygote continues to travel down the fallopian tube and implants in the endometrium, also known as the lining of the womb. This can take up to 1 week.
- Timing of intercourse is essential! The day **before** ovulation is the most important day for intercourse however, regular intercourse during your most fertile period ensures fresh sperm meet fresh eggs!



Techniques to Determine the Fertile Period

Remember the timing of ovulation is the most critical key to being able to plan fertilization. No matter how healthy a woman is, if her ovulation can be predicted then she has a significantly greater chance of being able to conceive.

Let's go through the natural indications of upcoming ovulation:

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- **Mucus** produced by cells in your cervix is determined by hormonal level. At the beginning and end of each cycle, oestrogen levels are low. This produces only small amounts of sticky, opaque, acidic, non-fertile mucus. When oestrogen levels reach their peak (just before ovulation) the mucus becomes very stretchy, less acidic, jelly-like, wet and fertile. This change in texture and acidity allows the sperm to move more freely through the mucus in order to reach the egg. It is a clear indication of your approaching ovulation, suggesting intercourse should be taking place.
- Using a clean forefinger, collect a small amount of mucus from the mouth of the vagina. You can then analyse its colour and texture and stretchiness. Please note that if you suffer from thrush or other infection which alters mucus consistency you will not be able to perform this test.
- **Cervical changes. The cervix is found at the top of the vagina. It should feel like a firm, smooth protrusion with a very small opening in it. At the beginning of your cycle the cervix will feel low in the vagina. At ovulation, it rises as much as 2-3 centimetres and may be difficult to reach. It also feels softer and the opening may widen slightly.**
- Temperature changes. This test is only useful to confirm that you are ovulating but as a women's temperature only rises after ovulation it does not anticipate the best time to have sex. To make a chart take your temperature every morning before eating or drinking. Your body temperature will rise about 0.2°C in the days following ovulation as a direct result of the effects of progesterone. PLEASE NOTE: your temperature can be affected by many other factors including illness, stress and late nights!
- **Of course, paying attention to what one's body is saying is important, but sometimes bodies are a bit too subtle. In this case, there are options for**

Ovulation Prediction Kits (OPKs).

Ovulation Prediction Kits are available in various forms and are excellent educational tools allowing couples to know exactly when a woman will be at her most fertile. Different kinds of tests may use either a woman's saliva or urine to examine levels and determine the best time for a woman to get pregnant. And they usually can give you at least a bit of advanced warning so that you can prepare.

Timing of Sex

Once a woman has determined [when she will be ovulating](#), there are a few peak times when a couple should have sex so that conception is most likely. In fact, a couple who is trying to get pregnant does not want to wait until the woman is actually ovulating in order to have sex. By this time they have missed a significant window of opportunity.

Because it takes sperm some time to travel through the woman's body in preparation to fertilize the egg, having sex between 12 and 24 hours prior to ovulation is the best protocol. Healthy sperm in an inviting environment may live up to 5 days within a woman's reproductive tract, meaning that sex before ovulation can be extremely effective in producing pregnancy.

Of course, you don't need to limit sex only to the times when you think you might be ovulating. There's no need to "save" sperm (unless you've been instructed by a doctor). If he's healthy, then he'll make more sperm. Have sex as often as you want, particularly in the days leading up to ovulation. Sex is one of the most fun parts about getting pregnant—so relax and enjoy it. You'll be much more likely to get pregnant if you aren't stressed out anyway!

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Preparing for pregnancy and babies can be fun, exciting, and scary. The more you know about the way your body works, the more prepared you'll be when your body says it's time to get pregnant. So get to know your body, get to know your partner, and have fun doing it!

THE
FERTILITY
SHOW

7-8 November 2015 Olympia, London

For more information on Creation Fertility and how Justine Evans ND can support you please call 07747 133170 or visit Creation Fertility at the upcoming [The Fertility Show](#) Olympia, London where we will be exhibiting.

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