

HOW TO
OPTIMIZE OVULATION
+ YOUR ODDS OF GETTING PREGNANT NATURALLY

1.



TRACK + MONITOR
YOUR CYCLE

2.



HAVE SEX OFTEN

3.



AVOID CONVENTIONAL
LUBE

4.



MODERATE CAFFEINE
+ ALCOHOL

5.



EAT LIGHT + NOURISHING
FOODS REGULARLY

6.



ADD HERBS

7.



CYCLE-SYNC
EXERCISE

8.



STAY HYDRATED

9.



MINIMIZE TOXIN
EXPOSURE

Natural Fertility How To Maximize Your Chances Of Conception

Jonathan K. Hari



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