

# NATURAL WAYS WOMEN CAN INCREASE THEIR CHANCES OF CONCEPTION



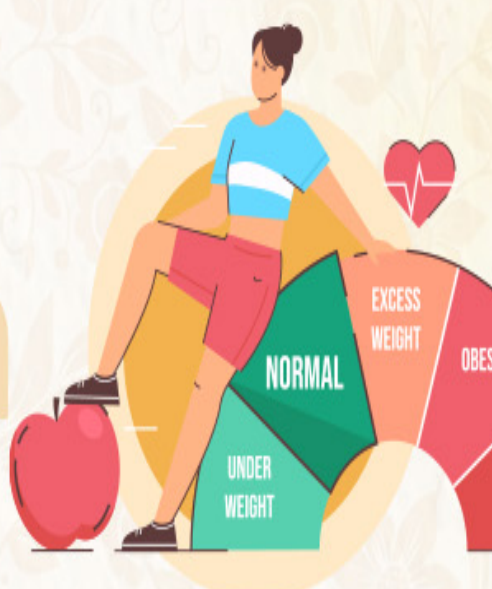
Take folate supplements

De-stress



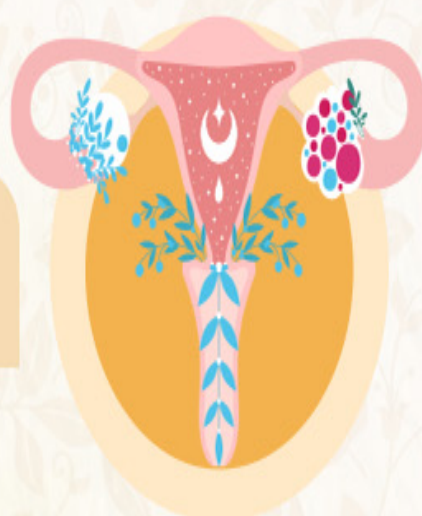
Eat antioxidant-rich diet

Maintain healthy weight



Indulge in regular moderate-intensity activity

Reduce carb intake if you have polycystic ovary syndrome



Try fertility-boosting natural supplements after consulting your doctor