

How could You improve Your chances of becoming pregnant?

If you've been trying to get pregnant for a while and are starting to worry that nothing has happened, don't panic. One in six couples experience difficulties so this is very common. Sometimes slight adjustments to lifestyle and diet can help you conceive faster!

- 1. Have Sex Regularly** - You should try to have sex at the time of ovulation which is around day 14 of your menstrual cycle, avoid straddling your partner as this means semen will leak out. After intercourse place a pillow under your hips for around 20 minutes. This means your cervix rests in the pool of semen and allows the sperm time to swim up through the cervix.
- 2. Get YOUR body ready** - There is a general consensus among fertility experts that you should try to get to and maintain your optimum weight before trying to get pregnant as being over or underweight can affect the regularity of your periods and inhibit ovulation. If you carry too much weight around the stomach it can affect your hormone balance and impair fertility and becoming pregnant.
- 3. Exercise increases blood flow** - Regular exercise, such as swimming, can increase your chances of becoming pregnant.
- 4. Diet** - Make sure you eat plenty of protein. Assuming there are no dietary restrictions then varying daily portions of meat, poultry, fish and dairy improves egg quality production. It is best to avoid soya as it has mild contraceptive properties. Caffeine should also be on your banned list - more than one cup of coffee a day can increase the time it takes to get pregnant by up to 50% - so try switching to herbal teas.
- 5. Smoking and Drinking** - You should stop smoking and limit your alcohol intake to increase your chances of getting pregnant. Research shows women who drink less than five units - that's five small glasses of wine - a week are twice as likely to get pregnant within six months when compared to women who drink ten or more units. Smoking depletes the body of essential nutrients for fertility including zinc, selenium and vitamin C. It increases levels of toxic substances like cadmium and lead in the blood. If you smoke you are more likely to have lower levels of vital fertility hormones and it will take you longer to conceive.
- 6. Watch your stress levels** - If you're under prolonged or severe stress your body uses energy on essential repair, maintenance and survival. Reproduction isn't deemed 'essential' so the body gives it a low priority in achieving it. In women stress leads to an over production of prolactin, a reproductive hormone, which interferes with ovulation.
- 7. Get HIS body ready too!** - Men should make sure that their testes are not too hot at any point during the planning months as this can impair healthy sperm production or even kill the sperm. They should therefore avoid hot baths, tight-fitting underwear and jeans and using a portable computer balanced on the lap as all these things raise scrotal temperature and kill or impair sperm. It takes 3 months for sperm to reach maturity so a healthy diet, low alcohol consumption and reduced smoking during Supplementation Phases all assist in reaching optimum motility.
- 8. Have Fun!** - Enjoy the wonderful time you share together by making this experience fun.

CassanOvum Boost Supplement - how can it help?

The recommended time for preparation of your body to conceive is 3 months before, however, should this not occur then continuing to take the supplement will keep your body at its optimum level ready for conception including twins!

CassanOvum Boost may be used for:

- ✓ Improved egg quality;
- ✓ Nourishing the uterine lining;
- ✓ Increased cervical mucus quality and quantity;
- ✓ Increasing chances of conceiving naturally.

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The Science Behind

The properties of cassava root were discovered centuries ago - not only can the plant grow in most marginal places, it also provides nutritious food as it is packed with essential vitamins.

Soon after introducing cassava into everyday diet, Yoruba people started noticing that they were producing more twin births than anywhere else. This phenomenon permanently formed part of their culture. The diet of Yoruba people is mostly based on consuming cassava plants in a variety of ways which, due to cassava properties, greatly improved fertility in the region which initially left fertility experts mystified.

How does it actually work?

Cassava plant, mostly the root, contains phytoestrogens. This is a plant-derivative similar to the human hormone oestrogen (female sex hormone). This type of oestrogen is not generated within the body but introduced into the system by consuming plants containing phytoestrogens and, due to their properties, supports the human female reproductive system.

Also Available:



Cassanovum ORIGINAL

Pure Cassava Root Extract & Folic Acid

This supplement was especially designed to gently and naturally help women prepare for a pregnancy.

- ✓ Stimulates ovaries to produce multiple eggs → HYPER-OVULATION;
- ✓ Helps regulate the menstrual cycle;
- ✓ Increases chances of becoming pregnant.

Cassanovum PLUS

Cassava Root Extract & Unique Herbal Blend

Fortified with powerful natural ingredients to maximise chances of conceiving and also prepares for a healthy pregnancy.

- ✓ Natural ovarian stimulation;
- ✓ Nourishes the uterine lining;
- ✓ Helps regulate the menstrual cycle.

Cassanovum[®]
Boost

NATURAL FERTILITY SUPPLEMENTS & Family Planning Aids

to support female fertility and maximise chances of conceiving naturally



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