



Pregnancy
Miracle
Infertility No More

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Introduction



A dream for many couples is having their children and making a one, big, happy family. But while this is an easy feat for many, it is difficult for some.

While infertility is a common and vague term, most experts agree to the simple definition that it is “the inability to conceive after 12 months of unprotected intercourse.” Words like infecundity, or the inability to give birth to a child, and subfertility, or delay in conceiving a child, are also considered related sub-terms.

According to a study conducted by a team of reproductive health experts in 2002, around 15% of couples worldwide are infertile. This data explicitly portrays infertility as a widespread worldwide problem.

This issue puts pressure on infertile couples in the physical, psychological, social, and emotional sense. Couples are distressed about their inability, and society usually treats them with pity and disdain, especially women.

What’s more difficult is that there are confusing, conflicting, and fallacious statements regarding infertility solutions. There is a wide variety of suggestions for a cure, but a lot are also dubious.

However, this book will solve that for you!

From defining infertility to finding its causes and solving them, we will discuss them one by one. As a bonus, we will also talk about the common misconceptions about fertility.

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Chapter 1

Infertility



Definition of Infertility

The World Health Organization (WHO) accepts two definitions of the term “infertility.”

According to WHO’s International Committee for Monitoring Assisted Reproductive Technology (ICMART), it is defined as “a disease of the reproductive system defined by the failure to achieve a clinical pregnancy after 12 months or more of regular unprotected sexual intercourse.”