

# **What are the Signs of Good Fertility**

Are you planning for a baby, hold on. Do you know how you can increase the chances of getting pregnant? If you don't know when the chances of getting pregnant are high then, you are at the right place. Ladies experience certain symptoms that can determine when she ovulates and peak time fertility. This will help you to plan the intercourse with your partner. Here, we are going to mention the symptoms of fertility to help in boosting the chances of pregnancy each month.

## **Change in Your Cervical Mucus:**

Your cervical discharge might be sticky, sticky and minimal even you can't tell you have any when you aren't ovulating. When a woman is close to ovulating, then her body starts to produce more estrogen as the egg, which is going to ovulate in the ovary. This results in your cervical mucus to become clear & stretchy, which is similar to egg white. Changes in the discharge create a susceptible environment for reaching the egg. So you need to keep an eye on the fluctuations in your discharge as potential fertility symptoms.

## **Increased Sex Drive:**

When you enter into the fertility window, then right before your ovulation the desire of having sex rises due to a jump of hormones like testosterone & estrogen. Not only this but your intercourse desire goes higher during this time and your body will experience subtle changes, which makes you feel sexier. These changes could be slightly fuller lips, change in face structure and your walk still will also change during that time.

## **Increased Sense of Smell:**

When it comes to good fertility then you will also experience that your sense of smell will also improve than before. In a recent study, it is found that the sense of smell sharpens when the ovulation occurs or near to occur. The exact reason for it is still

not confirmed but a higher sense of smell might be nature's way to help the women to understand when is good fertility.