**MOTHER'S RUIN**

**Just ONE glass of wine a day cuts a woman’s chance of conceiving by 18%**

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A low to moderate intake made no difference to women's chances of conceiving

**WOMEN who drink more than two bottles of wine a week are harming their chances of getting pregnant, a study has found.**

Those who down the equivalent of a large glass of wine a day, or 21 units per week, reduced their fertility by almost a fifth.

Drinking a large glass of wine a day may prevent women from conceiving, a study shows

But a low to moderate intake of between 1.5 and 11 units made no difference to their chances of conceiving.

UK health guidelines suggest a weekly limit of 14 units for both sexes.

Experts say the findings should be reassuring for those who like an occasional drink but warned it was still better for the health of the baby if they did not drink at all.

Experts advise any woman trying for a baby not to drink any alcohol to increase chances of conceiving

Researchers from Aarhus University Hospital, Denmark, studied 6,120 women aged 21 to 45 who were in stable relationships and trying for babies.

Those who consumed 21 units of alcohol or more each week were 18 per cent less likely to conceive.

Those who drank less did not harm their chances.

But lead researcher Ellen Mikkelsen pointed out that the foetus may be particularly vulnerable to alcohol during the first few weeks after conception.

She advised: “It would seem prudent for women who are trying to become pregnant to abstain from alcohol.”

The latest guidance from the UK Chief Medical Officers says: “If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all to keep risks to your baby to a minimum.”

One in eight women have difficulty conceiving in the first year of trying.