

Can I conceive if my AMH is low?

“If my AMH is low, can I still conceive and have a baby?” Many, many of the women who come to me, they come to me with that question. They come to me with the question of, “Well, my ovarian reserve is low. My egg quality is low. Is there something I can do to improve it, and if so, am I ever going to be able to have a baby?”

The wonderful part about that question is the answer is very likely yes. We’ve had many women who have struggled with an AMH of less than 5, even an AMH of less than 1 with a normal FSH and other normal hormones and normal ovulation, regular ovulation who have been able to conceive and keep healthy babies to term and deliver very healthy babies.

Just because your AMH maybe low, it’s not necessarily the thing that’s going to say that you are not going to be able to conceive. However, it becomes even more prevalent and important that we look at all of the different minor factors that may be getting in the way because unless we do, we are leaving lots to chance.

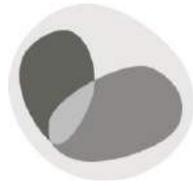
If your lifestyle, if your AMH is low and your lifestyle is very unhealthy, your diet is terrible, you’re not taking care of your body, guess what? You’re decreasing your chances by the minute when you’re doing those things. And so, if you smoke, if you drink, if you take drugs, all of those things will decrease your chances of having a baby. Of course that will exacerbate an AMH that maybe lowered.

You may conversely say, “But I’m so healthy. I do all the right things, and my AMH is low and I am not able to conceive.”

Well then, we need to dig even deeper. We need to have a look and see what are some of the other aspects, biochemical aspects that maybe getting in the way. What are some other things that are stopping you from creating the results that you most desire?

Sometimes the answer lays within that epigenetic impact of how your body is responding to things in your environment and it becomes very important in those instances to do everything you can in a very systematic way to get the result that you are looking for.

Yes, it is possible to conceive with a low AMH. You need to do the work and you also need to work well with your partner as a team because fertility is a team sport and thinking that you’re going to be able to do all of this on your own is probably not a realistic way of looking at the situation because once more if your AMH is low, you want to make sure that your partner optimizes his sperm and his health and the



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quality of his sperm to the absolute best of his ability because that is going to be the thing that's going to give you an even better chance of success in the combined situation that you're finding yourselves in.

I hope that helps. Until next time. Bye for now!

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