



Potential Ways To Conceive Twins Naturally



Dairy products

Consuming dairy products may increase the chances of conceiving twins since the growth hormones in milk are believed to be contributing to it.



Birth control

You may have a better chance of carrying twins one year after stopping birth control pills.



Zinc-rich food for partner

Since zinc can improve sperm levels, have your partner include more zinc-containing foods in their diet to increase the chances of fertilizing more than one egg.



Space between pregnancies

Plan your subsequent pregnancy in a way that there is enough gap between the first and the second one. This may increase the chances of carrying twins.



Fertility herbs

Herbs such as flaxseed oil, sweet cassava, black cohosh, and maca root are believed to increase your chances of conceiving twins.