

Biological watch

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"Honey, my watch says it's time to ... make a baby." You could be speaking — or hearing — those words, if only you had the OV-Watch fertility predictor, which looks like a normal runner's-type digital watch but instead tells women the six days per month during which they're primed for pregnancy.

Forget those nasty urine sticks — which, in case you didn't know, get covered with urine — or the ultra-traditional temperature-taking method. Those methods can miss the critical four-day period before ovulation, also known as prime time for making babies, according to device-maker HealthWatchSystems.

How does it work? The OV-Watch uses a patented biosensor, which detects chloride ions in a woman's sweat. (You do sweat, don't you? Trust me, you do).

Studies have shown that these tell-tale ions surge three days prior to the estrogen surge, four days prior to the luteinizing hormone surge (which is detected in urine tests) and 5 days prior to ovulation, collectively known as prime fertility time.

In fact, according to research done at Duke University, 66 percent more pregnancies occur, on a monthly basis, for women using the OV-Watch as compared to those relying on the old-fashioned urine sticks.

The catch? It may look like a Timex, but the OV-Watch costs \$189, which includes a three-month supply of

ion sensors. But considering the price of fertility treatment at a doctor's office, that's small change. And you can be sure the guy in your life will be intrigued by a digital watch that says, "It's time to do it."

And for those moments when you don't want nosy co-workers, neighbors, store clerks and mothers-in-law to know you're "Fertile," as the watch display reads, a push of a button turns the OV-Watch into a traditional timepiece, so you won't be late for ... oh, never mind.

Available at Amazon.com, Drugstore.com, and OVwatch.com.

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