



*In this lesson*



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## ❁ Welcome ❁

This week we'll take a look at how your weight affects your ability to conceive.

I'll also give you a whole lot of pointers on how to keep sperm alive once they enter your body, and how to keep your husband's sperm count up.

I'll introduce you to "The Queen of Herbs" which has been known to support the reproductive system and balance hormones.

We'll also touch on the chemicals you have around your home that are known to lower fertility, and how you can avoid them or reduce your exposure to them.

I'll also give you another idea for finding your favorite form of exercise, an idea for building your relationship with your husband, another idea on how to keep passion alive during your fertile window, and an idea of something fun you can do during your 2 week wait to help keep your mind occupied on other things.

Keep up your water intake and your healthy food choices - you're well on your way to creating a baby friendly body now.



# *Navigating The Obstacle Course*

## Weight & Fertility

### **Are You Overweight and Planning to Get Pregnant?**

When trying to conceive, it is important to understand that your weight plays an important factor in your ability to do so. Being overweight as well as underweight can present challenges. But, the good news is that you can make some very simple changes that will increase your fertility.

### **What does Overweight Mean?**

The first step when evaluating whether your current weight is optimal for fertility is to determine your body mass index (BMI). If your BMI is over 25, you may be overweight and it may reduce your fertility. You can calculate your BMI [here](#). If you're not familiar with the Body Mass Index, you might prefer to look at a [height / weight chart](#).

### **Why lose weight?**

Losing weight so that you can effectively conceive is very important. Many people have trouble conceiving because of weight issues. The truth is that weight issues actually have an impact on the reproductive system. It is important to diet only before you begin trying to conceive as dieting during pregnancy is not considered to be healthy.

There are also certain health risks to both you and the baby that are reduced significantly. Such conditions as gestational diabetes are reduced when the mother is at an ideal weight at the time of conception. It is inevitable that a pregnant woman gains weight during the pregnancy, so a healthy starting point can really make a difference in how fast conception occurs and how well the pregnancy goes.

### **How to change your diet**

The first step in affecting your weight should be changing your daily diet. Once modifications have been made in your diet, you should begin an Exercise routine. Both of these changes together are going to give you The results that you want. To make the change, make sure you don't make your diet boring. Add a new fruit or vegetable every week in order to change it up a little bit. Here are some foods that you can eat to take off the weight.

### **Pregnancy Success Tip**

**I've found a fabulous free website with some really super resources to help you lose weight. The support groups alone are a big reason why you should take a look at this site. I'm in a group of 40 year olds who have 10-20 pounds to lose.**

**We're all in the same boat and it's fun to read about how everyone is doing.**

**[Here's a video](#) that explains how to get started with them - and then be sure to look at all of their other videos.**

**They've got "tons" of great exercise videos there.**



- Fruits and vegetables
- Lean meat and very few (if any) nuts
- If you choose to make dairy a part of your diet then choose low fat or non-fat yogurt and part-skim milk mozzarella cheese. Avoiding dairy, sugar, white flour products and pasta will likely help the weight come off fastest, though.

Eating according to the fertility menu you received last week, and Exercising every day will most certainly give you the results that you want. You'll notice that you feel better, look better, and you will increase your fertility. Just be careful with the nuts and the avocado - a little is needed, but too much can put the weight on.

#### **Are You Underweight and Hoping to become Pregnant?**

Your ability to conceive is considerably affected by your weight. If you're having problems conceiving and you're underweight for your height, that just might be the problem. This could be because your body feels it cannot sustain the pregnancy or because you may have nutritional deficiencies that interfere with your body's ability to conceive.

When the body does not have enough fat storage, it believes it is starving and this can impede your fertility. In some cases, women who are underweight stop ovulating or stop menstruating all together. You see, there are certain nutrients and vitamins needed for a successful conception. Your reproductive system depends on these nutrients and vitamins.

#### **Why make the change?**

The good news is that many women who gain weight with a healthy diet begin to ovulate regularly and their menstrual cycle becomes more regular. When weight is gained, the body stops believing that it is starving and begins to believe that food is regularly available. Think about it this way. During the first 3-4 months of pregnancy, 80% of women experience nausea and/or morning sickness. Often times it seems that they can't keep down what they take in. So the body needs to have enough fat stores to get you and your baby through the first few months of your pregnancy without depending on the need for the normal food you eat.

#### **Pregnancy Success Tip**

**To take off 1 pound of weight a week, you need to reduce your calorie intake by 500 calories each day.**

**An effective way to do this is by reducing your sugar and white flour intake while increasing the exercise you do each week.**



You want to work to gain weight to not only increase your fertility but to support a healthy pregnancy. You may even notice that you feel better and that you feel healthier. You'll also have more energy, which is something you're going to need in more ways than one.

### **How to make the change**

You might be saying, "But I eat all the time and I never gain weight." That could very well be the case. That is why it is a good idea for you to see a nutritionist or a health care practitioner who can show you what it is you need to do to increase your weight. They'll help you implement a diet that won't damage your health. You normally only have to add around 200 to 300 calories per day to gain weight in a healthy way. For those with higher metabolisms, more calories may be needed, but nothing drastic. What's better is that you can use healthier foods to add the weight - foods like avocados, raw nuts, and whole grains. If you're underweight, try snacking on raw nuts throughout the day as a beginning to increasing your calorie intake in a healthy way.

#### **Pregnancy Success Tip**

[Here's a video](#) to show you a little more about how to increase your calorie intake to put on a few pounds while keeping the quality of your food high.



## *His Space*

This week I'm going to talk about sperm. In specific, things your husband can do keep his sperm count as high as possible.

Sperm can last, on average, from 3 to 5 days inside your body, and that's with optimal conditions. If your fertile mucus is the consistency of egg white (VERY slippery and stretchy), the sperm will last longer than if your secretions are dry.

### **Key #1 : The sperm can last up to 5 days or more.**

During my first pregnancy, I had a friend who went into labor very early with her baby. When the doctor was checking her, he asked her how long it had been since the last time she and her husband had made love, and my friend said 11 days. That was amazing, considering the doctor found live sperm in her...11 days later. We would joke saying her husband had "super sperm". But typically sperm will survive 3-5 days in good fertile mucus.

### **Key #2: Sex every other day, not every day.**

When trying to conceive, it's best to have sex every other day, during your fertile period. The reason you don't want to have sex every day is to give your husband's body a chance to produce more sperm. You want a good amount of strong swimming sperm released to give you the greatest opportunity for conception.

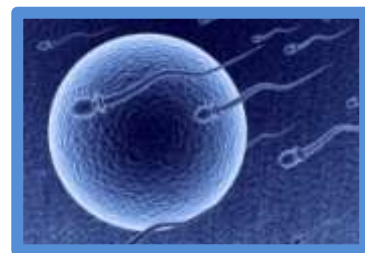
### **Key #3: Sex at least once a week, every week.**

Sex at least once a week even when you're not "trying". This is good for two reasons. First, it helps the relationship between husband and wife to stay strong, which is good for your marriage, and your baby will benefit from a strong marriage.

But it's good for another reason, too. If your husband is not ejaculating on a regular basis, then there will be dead sperm intermixed with live sperm in the seminal fluid, making it harder for the live sperm to swim, and lowering sperm count. So make love at least once a week (some experts say every 3 days is optimal). It's good for your chances of conceiving, and it's good for your marriage.

The woman's body is a hostile environment for sperm. Once deposited into the woman's body, the sperm have all sorts of hurdles to overcome.

1. The woman's body is HOT. Sperm are created on the outside of the man's body, in the scrotum sac, and that's because they like a cool environment. So – sooner or later, they will die in the woman's body, and it's our job to keep them alive as long as possible.
2. If ovulation isn't imminent, and the woman's secretions aren't "egg white" consistency, then the sperm will have a hard time swimming. In fact, if the woman's secretions are very dry the cervical mucous will create a barrier for the sperm, and the sperm won't have much of a chance to make it past the cervix, let alone all the way to the fallopian tubes.





3. If the woman's body is too acidic, the environment within the vaginal area will be too acidic for the sperm, and they will die quickly. Some sperm prefer a slightly acidic environment while others prefer an alkaline environment. (More on this later.) But if a woman's body is too acidic it can kill all sperm quickly.

To be sure your husband's sperm count is at its highest, here are 9 more things your husband can do.

1. If he is wearing tight fitting pants or briefs, or if he rides a bicycle or motorcycle, this can cause the testicles to get too hot, thus killing sperm and reducing the sperm count. Boxer shorts (underwear) are a great idea when trying to conceive in order to keep sperm counts at their highest.
2. If your husband goes in a hot tub or sauna, takes a hot bath, or has a fever, the testicles can become overheated, thus reducing sperm count. (No hot tubs or baths for him while trying to conceive.)
3. Exercise regularly. We know that exercises like brisk walking or running can raise the heart rate and deliver more oxygen to the body, but did you know that when a man exercises his PC muscle it can increase a woman's chances of becoming pregnant? I'll be sending you a bonus tomorrow on what the PC muscle is, how to exercise it, and why it will increase your chances of becoming pregnant. And when it comes to regular physical exercise, you'll want your husband to stay away from cycling because riding a bike can cause the sperm to get too hot.
4. Eat A Healthy Diet – "Unfortunately, everything the experts tell us about diet is aimed at the whole population, and we are not all the same." -The Scientist, Sep. 22, 2003 I've often heard that a diet that's low in fat, and high in protein, vegetables, and whole grains is good for your health. However, a "one diet fits all" mentality is not right, according to Dr. Peter D'Adamo who wrote the Blood Type Diet books. The Blood Type Diet is scientifically based and shows you which foods can heal the body, and which foods act like poisons, according to your particular blood type. He suggests that people with Type O blood need a high protein diet, specifically animal protein like meat, where as people with Type A blood need much less animal protein. They don't have the high level of stomach acid to digest animal protein efficiently, so they should get their protein from other sources like nuts and legumes (beans).

I've personally used the Blood Type Diet for 8 years, and I've found it to be very helpful for our family.

Click here for information on the healthiest diet I've found in the past 10 years. [www.dadamo.com](http://www.dadamo.com)

1. Some studies suggest that smoking may create low sperm count, reduce sperm lifespan, and lead to lower sex drive. Smoking isn't healthy at any rate, and should be stopped if at all possible. I know of one mom who used acupuncture to help her stop smoking during her pregnancy. It worked!
2. Excess weight can cause hormone imbalances, which can be a cause for low sperm count.



3. Massaging the body with oil can increase blood circulation and relax the body too, which can contribute to a higher sperm count.

4. Try supplements - Certain natural supplements can increase sperm production. My husband took Vitamin E each day, starting about 2 months before we tried to get pregnant with our first baby (which we conceived the first month we tried). You can find natural and herbal remedies [here](#).

5. Make love in the early morning or afternoon. Sperm levels are often highest in the morning. Don't be too concerned with this. Evenings is fine, but if you want to try to switch to morning, go ahead. For me, I would stick with evenings for awhile because that would give me time to lay in bed, with my hips propped for 20 minutes, and then stay in bed for the rest of the night to give the sperm a better chance of swimming to the egg (though they can do this even if you're standing up, in the presence of good cervical mucus). Do what works best for you, but if, after using my program for a couple of months, you still aren't pregnant, then you may want to try switching to morning. Your husband's scrotum (the sacs below the penis, where the sperm are stored) will be cooler in the morning, than after a day of being in tight fitting pants (pajamas are much more loose fitting than briefs and jeans).

To sum up some of the biggest points to remember:

**Key #1:** Sperm can last up to 5 days or more in the presence of fertile type mucus.

**Key #2:** Sex every other day, not every day provides higher sperm counts.

**Key #3:** Sex at least once a week, every week, is good for the sperm count, and good for the marriage.

**Key #4:** Exercise that PC Muscle for added sexual pleasure, longer sexual encounters and to give the sperm a head start on their swim towards the egg.

**Key #5:** Keep'em cool! Boxers are better than briefs.



## *New Medicine*

### Dong Quai / Dang Gui (Angelica)

Dong Quai is an herb commonly used in Chinese medicine to boost fertility in women. It can help to regulate your menstrual cycle and ease the painful cramping you may experience each month.

Dong Quai encourages estrogen production in the first half of your cycle which helps to thin cervical mucus during your fertile window making the sperm's journey to the egg easier and faster.

Dong Quai is recommended to help boost fertility but should not be used during pregnancy as it could cause complications. This herb seems to work best in combination with others that increase fertility.

If you are diabetic or have P.C.O.S., you would want to avoid using Dong Quai as it tends to increase blood sugar levels. Please check with a qualified herbalist, midwife or medical practitioner who is familiar with the use of herbs before taking Dong Quai. He / She should be able to tell you what form to take and how much is best for your individual needs.

One caution with using Dong Quai is that if you are prone to a heavier menstrual cycle or are pregnant, Dong Quai tends to thin the blood and in rare cases can cause heart palpitations.

Dong Quai is known as the "Queen of Herbs" and has been shown to be effective in supporting the reproductive organs and balancing female hormones. Talk to your herbal holistic health practitioner to see if it's right for you.

If you are taking medication for high blood pressure, or if you are taking Warfarin (Coumadin) any blood thinning medication, you should avoid taking Dong Quai.

(from "Understanding herbal healing" book) The compounds in Dong Quai that stimulate the uterus are water - soluble and absorbed into the body from all forms except tinctures. The compounds in dong qui that relax the uterus are soluble in alcohol, and are absorbed into the body only from tinctures. Thus the water based tinctures should be avoided during pregnancy.

#### **The general dosages for Dong Quai are:**

Capsules: Three 530 mg capsules three times daily

Fresh roots: 1-3 Tablespoons daily

Dried root: 2-6 grams daily

Liquid Extract: 1 teaspoon to 1 Tablespoon daily

When using herbs it's especially important to check with a professional who is knowledgeable with the use of Chinese Herbs. They can be very powerful in helping balance hormones if taken properly.

# *Do It For Your Baby ~ Do It For Yourself*

## Chemicals You Use Everyday & Their Affects on Fertility

### **Household Chemicals and their Affects on Fertility**

Did you know that ordinary items within your household or that are a part of your daily life may be causing your fertility to be lower than it should be? In addition to following a healthy diet for optimal fertility, there are also things that you should avoid within your environment while you are trying to conceive.

### **Household Pesticides**

Although it is commonly known that pesticides used to grow produce should be avoided, many women do not think about the pesticides that they may be using within their own gardens. These chemicals have been known to cause adverse reactions and responses in individuals who come into regular contact with them. To reduce your exposure, avoid using pesticides within your garden, and avoid any contact with this type of chemical while you are trying to become pregnant. You should also avoid common household pesticides used to kill or prevent rodents or bugs from entering your property. Each of these common exposure types could negatively impact your fertility.

### **Household Chemicals**

In addition to household pesticides, there are a variety of chemicals that need to be avoided within your home during the period of time in which you are trying to conceive. If you are painting in your home, buy solvent-free based paints to reduce the gases released into the air. Better yet, don't start a household painting project. You should also reduce exposure to bleach and detergents. Instead, purchase and use natural and organic cleaners in your home which you can find online or at a variety of health food stores, and always use rubber gloves when scouring sinks or working with any chemicals.

Cleaning products can be absolutely harmful to your body. Though your hands hardly touch window cleaner, all purpose cleaners, or degreasers, they still enter the body and create harmful effects, including testicular damage and miscarriage. The temporary contact with chemicals doesn't cause very much harm. However, it's the build up of the chemicals from daily or weekly use that you should be concerned about. These same chemicals are present in soaps and shampoos as well. While it would be nearly impossible to avoid harmful chemicals completely, you should make sure the cleaning products you come in contact with are as organic and natural as possible.

### **Pregnancy Success Tip**

**Next time you go to wash your windows, try plain club soda in a spray bottle.**

**It makes an excellent glass cleaner and you can safely clean your home with non-toxic homemade cleaners for a fraction of the cost of commercially prepared, chemical laden cleaners.**





Remember that when you're trying to create a baby friendly body, you have to beware of every little thing you come in contact with. If you wouldn't expose your baby to a substance—caffeine or window cleaner—you certainly shouldn't subject your own body to it.

And don't forget the chemicals you may be wearing. Nail polish, nail polish remover, perfume, and hair spray are all chemicals you should be avoiding. Don't dye your hair or get a permanent or have your hair straightened with chemicals while trying to conceive, while you are pregnant or while you are nursing your baby.

Make your hair cut appointments for the first appointment of the day at the salon to avoid the harsh chemicals you'll be exposed to from permanents and nail treatments being done. If you smell something strong, it's likely something you should avoid.

# *Fertility Fitness*

## Tennis

Tennis is a wonderful lifetime activity that can be enjoyed by both men and women. It is good exercise and you can play for very little money. Once you have purchased a racquet the only cost is buying balls as they wear out. Courts are usually within walking distance or a short drive from where you live or work.

Tennis is good for developing hand-eye coordination, balance, agility, and conditioning. When you are just starting out find a wall to hit against such as a school building like a gymnasium where the ball will come back to you. I used to walk to the local elementary school and hit against one of the walls there.

Stand about 25-30 feet away and hit the ball about three feet high on the wall so it will bounce and come to you waist high. The harder you hit the ball the more it will bounce.

When you start playing on a court you can hit the ball back and forth (rallying) to get the feel of playing with another person (a friend or spouse). It is helpful to play with someone who can control the ball and hit it to you so you can return it.

Tennis is a great game to meet people and make new friends as there are usually several courts built together. The game is very popular so courts are more available on weekdays.

Recreation Departments and College physical education programs offer beginning instruction. You will have to pay a fee, but it is well worth the money for you to get a good start in the game. Tennis Professionals are available for private and group lessons at local Tennis Clubs. I've seen instructors teaching at the courts and asked them if they give lessons. That's how I've found instructors who could give me a few lessons.

Look around you and enjoy the fresh air, the beauty, and the healthy feeling of exercise as you create your baby friendly body.

You can get some great tennis lessons online for less than the cost of one lesson. Take a look at the video clips on [this page](#).





## *Rest & Relaxation*

### *Go To Bed On Time*

Your body needs enough rest in order for you to be your best. It is a good idea to try to get eight hours of sleep each night. If you feel like you are falling asleep when you sit for any length of time, you are not getting enough rest.

If you start to think about getting a cup of coffee or a mocha to keep you going, you are not getting enough sleep.

Trying to function on too little sleep each day can add unnecessary stress to your reproductive system. Sleep is important for your body and right now you want your body to be the healthiest, most fertile it can be.

If you have trouble getting enough sleep at night, try taking a nap during the day. Don't over schedule yourself so that you are able to get to bed on time!

### *Get Up On Time*

When we put off getting up in the morning our day is started with a rush. This is not good for you or your body. Pushing yourself to get the things accomplished that you need done each day is not fun or healthy. When you get up on time, you can take your time getting ready for your day.

Enjoy the morning hours when you are fresh, and then you will be more ready to face the rest of your day.

Have an easy and fun routine in the morning so you have a good reason to get up on time. Maybe start your day with a cup of herbal tea and a good book, or spend some time in prayer. Make your mornings relaxed and special and start your day without added stress.

# *Tender Moments Together*

## Reducing Stress By Strengthening Relationships

### *Write A Love Letter*

Do you remember how special it felt to get a love letter in junior high or high school? You could hardly wait to open it and you cherished every word. You read it again and again as your heart did somersaults. One way to show your husband how much you love him is to write him one of those junior high love notes. Give him that heart racing feeling that makes him feel loved.

Spend some time thinking about the things you love most about your husband. If you want it to be light and fun, try writing a poem instead. Include funny rhymes mixed with serious images so he's smiling while he reads lines that let him know you love him deeply.

If you seek a more serious tone, write him a letter. Reference some of the highlights of your marriage, list the things you love most about him, tell him how lucky you feel to be his wife. Try to be specific. Writing that you love the way his skin feels after a shower creates a better image than writing that you love him a lot. Use special paper and a pretty color ink. Spray it with a little bit of perfume and tie it with a pretty ribbon. Leave it someplace unexpected. In the bathroom, on his car seat, or next to the coffee pot.





## *The Love You Make* Keeping Passion Alive

### *Be A Hopeless Flirt*

Flirting can add the kind of spice to a marriage that you haven't felt in a long time. Flirting is fun and playful and can lead to all sorts of baby making activities. Do it when your husband least expects it—maybe when he's watching television, taking a nap or working on a project.

Start by walking past him and brush up against his leg. Apologize, but give him a half smile or a raised eyebrow. Keep smiling. Every time he asks you why you're smiling, tell him it's nothing. Keep smiling. Stare at him. Be playful by mirroring his movements. When he catches your gaze, look away.

Once you have his attention, play with your hair, lick your lips and then bite your lower lip with your teeth. Breathe deeply so your chest expands and with your eyes try to tell him how much you desire him. Run your fingers along the collar of your shirt or touch a part of your skin that is bare. Mouth that you love him or that you want him.

If you are having a conversation, slip in sexual innuendo. Smile, make eye contact and hold it, then let your expression turn serious and try to let him know what you're thinking with your eyes. Simply expressing interest in him will make him feel special and desirable and your baby making encounter will be way more fun and passionate.





## *The 2 Week Wait* Book A Home Party

A great way to spend time is with friends and family, and a great way to get them together is to book a home party and have lots of food and fun! There are so many companies that offer home parties now because they know that people are more comfortable in their homes with their friends and family. The convenience of shopping at home is wonderful compared to the sometimes stressful mall shopping trip.

These companies have websites to find a consultant to help you set up the party. Many of these consultants will plan everything for you because all you supply is the date and the list of your friends and family that you would like to invite to your party. If the consultant does not provide the snacks, you can search the Food Network at <http://www.foodnetwork.com/quick-and-easy>, <http://www.cooks.com>, or [www.allrecipes.com](http://www.allrecipes.com) for quick and easy ideas – that are “oh so yummy”!

These home party websites even show their products, sales, seasonal and holiday specials, and you will find how you can earn free items just by having a party. Often times, the more purchases that are made at your party the more free items you get to keep. Try [Tupperware](#) , [Mary Kay](#), [Premier Designs Jewelry](#) , [Creative Memories scrapbooking](#), [Stampin' Up rubberstamping](#), [Pampered Chef cookware and snack kits](#) ,or [Southern Living at Home decorating](#).

The consultants will usually bring prizes for your guests, tips, demonstrations, and sometimes hands-on trials with guest participation. Since you know all of your guests (and they will likely know each other for the most part) you will smile, laugh, find gift ideas, share stories, and experiment together.



## *Coming Up Next...*

Next week I've got some great tips for increasing your "Egg White Cervical mucus". I'm also excited about sharing some super information on the benefits of Carbohydrates and I'll be sharing one of my favorite breakfast recipes.

I'll also discuss the importance of having enough vitamin E in your diet and in your husband's diet, or supplementing with a quality vitamin E supplement and why this is SO important for fertility.

You'll also get some new ideas for pampering yourself - things like having an "Old Movies" night, snuggled up with your husband, or indulging in a shopping trip and buying a new outfit, or if you're ready for adventure, taking a hot air balloon ride - really fun stuff!

Best Wishes!

Kirstyn Sierra,  
Pregnancy Consultant



## *Previous Lessons*

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