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❁ **Welcome** ❁

This week we'll take a look at a very important mineral, Zinc. This mineral can boost sperm production and quality and is important for producing good eggs and regulating cycles.

Too much of this mineral can cause problems, but most people have a Zinc deficiency.

I'll teach your husband how he can strengthen his PC Muscle. You likely know what Kagels are, and Kagel exercises will strengthen your PC muscle. But most people don't know that a strong PC muscle in a man can be helpful when trying to conceive.

I'll introduce you to a new form of medicine that's allowing many

women to conceive their children naturally, even when they were told that they should consider a donor egg program. This one's worth paying attention to if you're having trouble conceiving naturally.

And I'll introduce you to rebounding, a form of exercise that's good for moving out all those toxins and old hormones from your body, plus it delivers great amounts of oxygen to your reproductive organs.

All this and more in this week's lesson...helping you to create your baby friendly body.



Navigating The Obstacle Course

Fibroids

Fibroids, non-cancerous tumors on or in the uterus can interfere with pregnancy and with implantation causing miscarriages. Larger fibroids, 1 1/2 to 2 inches in size, inside the uterus may push against blood vessels which can hinder the fetal development, and fibroids larger than 2 1/2 inches on the outside of the uterus may get in the way of the egg traveling through the fallopian tubes.

However smaller fibroids may not hurt your growing baby. Fibroids can grow and shrink in size, while still being harmless, during your menstrual cycle. They are actually quite common with as many as 50% of women between the ages of 35 and 50 having them. Many women who have them have no symptoms or signs of fibroids whatsoever, however if the fibroids are large a woman might experience irregular bleeding if they are growing in the uterine lining. Other symptoms of larger fibroids are pelvic pain if they are present with endometriosis, extremely heavy bleeding to the point of exhaustion or anemia, pain or pressure if they are affecting nerves or pressing on internal organs, abnormal constipation, and frequent urination with recurrent bladder infections.

Although fibroids may be genetic, the cause is really unknown, but obesity, a high-fat, low-fiber diet, and other environmental factors are thought to contribute to fibroid conditions. Since the symptoms are not always obvious, a routine pelvic examination will usually show fibroids if they exist. Sometimes an ultrasound or laparoscopic test is needed to aid diagnosis for fibroids hiding inside the uterus. If your doctor finds large fibroids that need treatment they will generally be removed through hormone therapy or by a surgical procedure called a myomectomy. Therapies that you can pursue at the same time, or if your fibroids are at a mid-size stage not needing surgery, include acupuncture for pain relief, homeopathy to help with physiological and emotional problems, herbal remedies to reduce their size, and reflexology and massage to help the body's energy flow.

There's a special kind of massage that helps to break up fibroids that are often found in Endometriosis and Blocked Fallopian Tubes. You can read more about it [here](#).

Keeping your hormones in balance, eliminating alcohol which inhibits liver functions, increasing fiber, lowering fat intake, reducing your sugar and caffeine amounts, and avoiding excessive weight gain also helps to keep fibroids at bay.





Zinc is probably one of the most important minerals needed in every aspect of reproduction for both men and women. A deficiency in Zinc can cause problems when trying to conceive. Zinc is needed to hold estrogen and progesterone, assist enzymes, and aid in cell division.

With a Zinc deficiency, fertility can be hindered because of chromosome changes which can also lead to miscarriages. Other problems associated with low zinc levels are low birth weight babies, under development of the brain and nervous system in a fetus, and birth defects.

Zinc helps to keep your menstrual cycle regular and is essential in egg production which are both key elements in the journey to becoming pregnant.

Adequate sperm development is effected by Zinc levels in a male's body as well. It is known that men lose close to 10% of their Zinc levels during each ejaculation while lovemaking so it is essential to for your husband to get enough Zinc in his daily diet.

Supplements for men have shown to increase testosterone levels thereby increasing sperm count. It is most definitely something to discuss with your doctor if there is an existing sperm problem. If you're wondering if you have a zinc deficiency, some of the symptoms to look for would be white spots on the nails and a poor sense of taste or smell.

Eating plenty of whole wheat, rye, and oat breads, almonds, pumpkin seeds, oysters, lean meats, eggs, mushrooms, and peas can increase the levels of Zinc.

The consumption of whole wheat breads is a much better choice than white breads because Zinc, which is found naturally in grain, gets milled away in the production of white flour. This reverses the ratio of zinc to cadmium, a toxic heavy metal.

Some other sources of zinc are:

- meat (especially organ meats like liver)
- poultry
- fish
- shellfish (oysters)
- ginger
- nuts and seeds (sunflower,
- sesame, pumpkin seeds, almonds, Brazil
- nuts, cashew, pecans)
- soybeans, Fruit, leafy green vegetables
- watercress
- wheat germ
- oat germ
- whole grains
- brewer's yeast,
- ricotta cheese
- (Note - the citrus acid in oranges increases zinc



His Space

As a woman, you've likely heard about doing kegel exercises to strengthen your PC muscle. But did you know that your husband has a PC muscle too?

According to one doctor, exercising the PC muscle is becoming more popular among men. It can help keep the prostate healthy, and it can benefit the way a man performs, sexually. It's been said that a strong PC muscle can produce stronger sensations during arousal and orgasm, and it can give a man greater ejaculation control.

Imagine being able to have rock hard erections, and the ability to keep from ejaculating when you flex this muscle so tightly that it cuts off the ejaculatory canal. This can be beneficial for two reasons, when trying to conceive. First, having long, sustained erections, and secondly, having the ability to control when you ejaculate can allow extra time during sex so that you can bring your wife to orgasm.

According to the Shettle's Method for conceiving a baby boy, a woman's orgasm increases the alkalinity of the vaginal environment making it more friendly to the little boy sperm (Y sperm).

But I'm going to take this a step further. If you aren't trying for a boy or a girl, but you happen to be making love 1 or 2 days before ovulation, then bringing your wife to orgasm will increase her chances of getting pregnant.

With ovulation that close, you want to give the faster swimming sperm the best chance at reaching the egg quickly. If you're having sex 3 or more days before ovulation, it's better for your wife not to have an orgasm which will give the slower, more hearty sperm a better chance of reaching the egg when she ovulates a few days later.

For men, exercising this muscle can help them shoot semen/sperm further, thus allowing the semen to be deposited near the woman's cervix so the sperm can start their journey to the egg. This can be most helpful when making love 1 or 2 days before ovulation. When a man climaxes, he should have deep penetration, depositing the sperm right at the woman's cervix. If making love 3 days or more before ovulation, then shallow penetration and depositing further away from the cervix is helpful.

Both men and women have PC muscles which run from the pubic bone to the tail bone, surrounding the sexual organs. This muscle plays a vital role in both male and female sex. The spasms of orgasm are caused by the rapid involuntary contractions of this muscle.

Many women are familiar with Kegels, the exercises designed for strengthening the PC muscle in a woman. I use these exercises to tighten my vaginal walls, which gives my husband more pleasure. But for men, exercising this muscle is something new. So how can a man find his PC Muscle?

It's actually very easy. It's the same way a woman does. When you urinate, try stopping the flow of urine mid-stream. The muscle you squeeze to stop the urine is your PC muscle. After you finish urinating, practice squeezing that muscle a few times. This will help you learn which muscle to squeeze when you're





exercising this muscle (which, by the way, you can do anywhere, anytime - women, same goes for you). Men and women can even practice during sex. It seems to enhance the sexual experience.

Please follow the directions carefully, and as with any exercise program, you should check with your Doctor before engaging in any vigorous exercise. (I had to throw that in as a little disclaimer).

These exercises start with a warm up which increases blood flow to the penis, and ultimately gives you better control over your muscle.

Warm Up:

Flex and unflex your PC muscle, steadily, for 30 flexes. When you finish with those, rest for 30 seconds. Repeat 2 more times, for a total of 3 sets of 30 flexes, with 30 second rests in between.

Exercises:

Squeeze the muscle count to 5. Repeat this 10 times. Squeeze the muscle 10 times quickly. Repeat this 3 times. Squeeze the muscle steadily for 30 flexes and rest for 30 seconds (like the warm up). Repeat 3 times.

Squeeze as hard as you can and hold it as long as you can. Work your way up to 2 minutes.

During erection, squeeze your muscle so that you are able to tap your penis against your stomach.

That's it! I've read that this is something you can do for the rest of your life to ensure longer lasting and stronger orgasms.

Strengthening this muscle can give a man the hard erection he and his wife desire, greater stimulation and pleasure, and more intense ejaculations. On top of that, it can help your wife's chances of conceiving. PC muscle exercises for men? It's a great discovery and a very good thing!



Traditional Chinese Medicine has had a HUGE impact on many women's fertility. Often times women will try Acupuncture and Chinese Herbs after going through many infertility tests and procedures. Often these women will be quite sceptical, but as a last resort to have that baby they so desperately desire, they'll try it.

Working with an herbalist who specializes in fertility has helped many women conceive their babies. It can take some time - 4 months, 6 months or even a year, as the herbs feed the body and it takes time for the body to come into balance. But many times it works.

I've found a number of videos for you to watch that explain the value of acupuncture and herbs, and many testimonials from women who were able to conceive with their use. Take some time to watch these videos and learn about the world of a medicine that may be new to you, but is something that has been used for hundreds of years to help women conceive their babies. Traditional Chinese Medicine. [Click here to watch the videos.](#)



Do It For Your Baby ~ Do It For Yourself

Radiation

Environmental toxins are all around us and knowing they pose a great Threat to our general health we must think of the threats they pose to the issue of fertility. Ionizing and Non-Ionizing Radiation are two hazards we don't give much thought to because they are "hidden" dangers.

Non-Ionizing radiation is produced naturally by the sun, but it may be the overexposure to these rays when they come from our microwaves, televisions, mobile phones, radios, and computers that could be causing us ongoing harm.

Testing of these items that we use everyday seems to be increasing and We may know more in a few years, however until more absolute results Are identified just being aware will help us to take care of our bodies.

Ionizing Radiation gives off charged ions which are known to be linked To fertility problems, low sperm count, and miscarriages. Ionizing Radiation is produced from X rays, and so if you have a reason to be exposed to X rays it is important to let your doctor know that you are trying to conceive. The male testes are very sensitive to this radiation so extra caution must be followed when getting any type of X ray.

Some doctors don't believe the radiation exposure is enough to cause harm,so taking this matter into your own hands is important if you are in need of numerous X rays over a short period of time.

If you are able and your doctor sees no harm in a longer waiting period between your needed X rays do take advantage of it. The more we can do to protect ourselves the better off we are. Some dentists now recommend xrays every 6 months because insurance covers it. I opt-out of the every 6 month x-rays unless there's an indication that it's needed. Once a year, with a low dose machine (10% of normal x-rays) is what I do.

Although the everyday household devices we use are seemingly safe we must take precautions to ensure our health and to increase our chances of fertility. Some steps you can take are to never sleep with an electric blanket on all night because it can leak electromagnetic radiation. Keep electronics far away from you while sleeping, keep use of your microwave to a minimum (preferably not at all simply because it deprives our food of much needed nutrients), and switch your cell phone from ear to ear while using it. You should also keep cell phone conversations as short as possible. Using the text function and a hands free earpiece when you can is a great idea for keeping the headset further away. And if your use your cell phone often, Dr. Mercola has a nifty little device that keeps radiation as far away from the brain as possible. It's called a [Blue Tube Headset](#).

Pregnancy Success Tips

If using the microwave isn't such a good idea when trying to conceive (or when pregnant for that matter) then here's a super alternative.

Ever forget to pull out the pound of ground beef or those frozen leftovers from the freezer, only to realize at 3:00 in the afternoon that you've got nothing for dinner?

Well here's a great tip that will "save dinner" while allowing you to avoid microwave radiation.

[Take a look at this video.](#)



Fertility Fitness

Rebounders

Bouncing / Rebounding

Jumping or rebounding is a great way to get the lymph system moving. When you get the lymph system moving you move those toxins and old hormones out of your body.

It is a low impact activity that is easy on your knees, ankles and feet.

To make exercising fun, you can put on your favorite music, and bounce to the music.

Rebounders (like a mini-trampoline) usually can be found in Sporting Good Stores, in the sporting goods section of large stores such as Walmart, K-Mart, Costco (sometimes) Federated Stores, etc. for under \$50.00.

The quality will determine the cost. Look for clean welds between the legs and the frame, the use of springs or shock cords, and the webbing of the bed. Another source would be garage sales where people had the bug to exercise and gave it up after a few weeks. You can also post at your local Freecycle group to see if someone has one they'd like to give away. You can post for either a rebounder or a trampoline, if you have the room. I love to bounce on our trampoline.

Remember this is the first day of a new adventure and you want it to be fun. I've got some fun videos for you to watch with lots of great ideas about how to have fun with a rebounder and get the exercise you need.

[Take a look.](#)





Reducing Stress

Find A Place of Worship

Becoming a part of a church community can encourage you, bring new support people into your life, and give you peace inside. Local church groups can be very caring, and believing in a creator has proven to reduce stress, improve physical health, and offer an outlet when life is difficult.

It is very acceptable to visit different church services until you find one that you like and makes you feel comfortable. I would recommend that you start with a community church close to your home. You can call them before visiting and ask about the times of their services and what to expect. Sometimes that can make the first visit more comfortable. Usually churches meet midmorning on Sunday and end by noon. Some churches offer services in the evening too. Sit back, relax, and enjoy the music, the people, and the message that can bring inner peace that is beyond comprehension.

Be Prepared

Getting into a bind at the last minute causes a good bit of unneeded stress. It's a good idea to have an extra car key stashed in the bottom of your purse, just in case you lock yourself out of the car. Keep a small trash bag in the car for any trash that you really don't want on the floor board of your car. It is also a good idea to have a change of clothes in the trunk, even if its shorts, t-shirt, undies or an extra pair of hose. You never know when you will need it.

Try to arrive 15 minutes early for appointments or dinner reservations, traffic could be heavy and you won't want to be late for that very important date. You can keep a book in the car or messages on your iPod and if you arrive early you'll have something to do for a few minutes.

Tender Moments Together

Reducing Stress By Strengthening Relationships

Make His Favorite Lunch

Show your husband you're thinking of him by treating him to a special lunch. Ask him for a lunch date, so you aren't disappointed if his schedule is too busy on a particular day. Make his favorite lunch and bring it to him at work. Try to eat some place fresh and quiet, maybe a nearby park, outside at a picnic table, or at an outdoor table at your local bistro.

You may decide to eat with him or you may just drop it off and tell him you love him. Alternatively, you might try baking him cookies or another favorite dessert and dropping them off at a time you know he's in a meeting or out of the office. Don't forget to include an "I love you note." When he comes back and finds them, he'll be delightfully surprised





Create A Romantic Setting

You will feel sexier in a sexy room. Give your bedroom a little romantic makeover. Add some soft lights or candles and bring some music in. Make sure your bedroom is clean. Sometimes when we get overwhelmed with laundry or don't have room for that extra chair, our bedrooms turn into storage places. You should save your bedroom for sleeping and for making love.

Fold down the sheets, light a dozen votive candles, stack pillows at the head of the bed. Place a flower or some chocolates on the pillow. Spritz the air with some sexy smelling perfume or aromatherapy scents.

Then go to bed early so you can enjoy your romantic wonderland.



The 2 Week Wait

Try Gardening

Try your hand at gardening. Plan and plant a garden. You can have a vegetable garden or a flower garden. You can do this in flower pots on the patio of your apartment, or fill an acre around your home. The size doesn't matter. The time of year isn't important.

Order some seed catalogues or go to your local nursery. They can help you know what you can plant and where it would grow the best. You can also get books from your local library to help you get started. This is fun and can be an on-going experience and one you can share with your friends if you find that you enjoy gardening.





Coming Up Next...

This was the last of your dedicated Creating A Baby Friendly Body lessons. But don't worry, I'll be checking back in with you every week (and occasionally more often) with great tips, advice and ideas that will help you to continue on your journey towards higher fertility and conceiving a healthy baby.

I'd sincerely like to thank you again for becoming a Creating A Baby Friendly Body Coaching Program member, and I'd love to hear your feedback on the course. You can share your thoughts with me by writing to me at KirstynSierra@gmail.com.

I can't promise I will be able to write back to you personally, but I do promise I will receive and read your message.

Wishing you a speedy pregnancy,

Best Wishes!

Kirstyn Sierra,
Pregnancy Consultant

P.S. Remember, I'll be in touch every week with more tips and ideas to help you create a baby friendly body, so I'll chat with you soon.



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