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❁ Welcome ❁

Welcome to your first lesson of **“The Infertility Cure!”** I’m looking forward to seeing you conceive the baby of your dreams as you work week-by-week, and step-by step along this journey.

Applying each of the simple steps presented throughout this course will ensure that you and your baby get off to the best start possible when you conceive.

Each week I will give you a variety of information, tips and things to do which have the potential to transform the often challenging and frustrating experience of trying to get pregnant--into an incredible journey into Motherhood.

I'll show you why the nutrition and lifestyle choices you make have a profound effect on your ability to conceive, and I'll help you create the highest degree of fertility for both you and your husband. A healthy lifestyle is comprised of healthy foods choices, drinking plenty of pure water and making sure your body gets enough essential nutrients and exercise to keep everything in balance. But it's also much more...

A healthy woman nurtures relationships, creates opportunities to reduce stress in her life and takes time to pamper herself.

Maybe you're wondering just *how* to pamper yourself, or *how* to reduce stress or nurture your relationships.

Well, I'll be sharing tips and advice starting this week to help you in all of these areas of your life...





Let's start with a general overview of everything we're going to cover in the course.

The ultimate purpose of this course is to give you the information you need to boost your fertility by bringing your body into vibrant health. Some of the ideas I'll share are easy ways to implement healthy eating habits, tips for making healthy choices when eating out, and a variety of fertility enhancing foods and recipes.

The foods you eat, beverages you drink, and levels of nutrients in your body have a profound effect on your fertility and hormonal balance. A fertility enhancing diet can increase your fertility. As we work through the course, I will discuss which vitamins are important for you and your husband, and where to find the specific brands that best meet your needs.

It will also be important that you choose and implement an exercise routine that fits your lifestyle. I will be sharing a variety of ideas throughout the course with practical tips and videos to help you find the one that best meets your particular lifestyle (and of course, one you'll enjoy). If you've never been able to stick with an exercise program, don't worry. My goal is to introduce you to many different ways to exercise so that you can find one that you really enjoy. If you love your exercise routine, you're more likely to stick with it.

I also want you to feel confident in understanding your body's reproductive cycle and how it works. I will go into much detail about the physical "mechanics" of getting pregnant which will help you to be able to work with your cycle to optimize your potential to conceive.

It's important to become aware of the world around you and the things in your environment that are hazardous to your overall health as you journey toward creating a body that is highly fertile. Becoming aware of these factors will allow you to reduce your risks and increase your fertility by implementing some of the creative tips I'll share with you.

Complimentary medicine can greatly boost your chances of conceiving and carrying your baby to term. I'm SO excited about the testimonies I've read from women who have used this new medicine to help increase their fertility which resulted in a successful pregnancy.

I'll be sharing these success stories with you as I explain each area of complementary medicine and show how it supports the reproductive system. Many of these methods have been proven to greatly increase fertility and support a successful pregnancy. As you learn about each one, you will be able to decide which ones are right for you.

If you are dealing with specific reproductive challenges, it is my desire to address issues that will apply specifically to your unique health care needs.



Throughout the course, I will present different health challenges and offer realistic options to build fertility while dealing with your special needs. I will talk about PCOS (Polycystic Ovary Syndrome), Endometriosis, Blocked Fallopian Tubes, Fibroids and more - all of which will be discussed through-out the course.

If you have been told that you cannot conceive on your own, and you are considering IVF (In Vitro Fertilization) or other reproductive assistance, applying the information in this course has the potential to increase your odds of the success of these procedures. After all, this course is all about successfully helping you achieve your baby.

Whether you conceive naturally or with medical assistance, bringing the body into vital health will result in the best possible opportunity for implantation and a healthy pregnancy.

Now that I've given you a brief overview of the course, we're going to dive right in and get started with some things you can do today to immediately increase your fertility.

Once you know what to do, you'll have the ability to improve your chances of getting pregnant. So pull up a chair, grab your favorite beverage, and sit with me as I show you the keys to unlocking your dream of having a child by creating a friendly body.



Eating To Create Life

A HEALTHY DIET CAN CREATE THE NEW LIFE OF YOUR BABY AND
A HAPPY HEALTHY LIFE FOR YOU

Drinking Water Boosts Fertility

Ever heard the term *You Are What You Eat*? Well your reproductive health is highly influenced by what you eat and drink. If you're short on particular nutrients, hormone production can slow way down or stop altogether.

Thankfully eating to create a new life is something you have complete control over and I'm going to teach you just which foods to include in your diet so that you're sure to get the specific nutrients which are vital to hormonal balance.

The biggest reason I want to jump into nutrition in this very first lesson is because simple changes can begin to make a difference for you today.

As I present different ideas for improving your fertility, you will realize that the healthier the choices you make, the better your chances will be of conceiving.

This means that each week, as you read the lessons on nutrition and make healthy changes in your diet, your body will begin to feel better and your chances of getting pregnant will increase...every single week.

Even if you think you eat a fairly healthy diet (in comparison to the Standard American Diet or SAD diet), you will quickly see that there are more improvements you can make which will help to balance your hormones, increase your "egg white" cervical mucus and regulate your periods. I've been studying nutrition for many years, and I still learn new things that can improve my health.

If you're overweight or underweight, eating according to the principles in this course will allow your body to adjust to an ideal weight while promoting fertility rather than compromising it. "Low Calorie Dieting" can actually keep you from getting pregnant, as well as not getting enough of the right fats, proteins or carbohydrates. You need fats, proteins and carbohydrates, but it's knowing which ones boost fertility and adding those to your diet that's important.

Many of the food products today are made for convenience. These foods go through a refining process where important nutrients are removed in order to give the foods a longer shelf life. Without these important nutrients, it is very difficult to achieve a balanced diet.

Eating the typical "convenience foods" can play a major factor in reducing your ability to get pregnant. It is my desire to help you understand how to boost your nutrition while also giving you tips on how to make it

Pregnancy Success Tip

Avoid Beverages with Caffeine

Caffeinated drinks such as coffee, tea, soda and alcohol can rob your reproductive organs of the life giving water they need. Drink plenty of pure water and be sure you're avoiding beverages that act as Diuretics.



convenient to use them so that you and your husband can enjoy optimum health and fertility. One of the best things you can do to improve your fertility is to choose healthy, pesticide free foods to eat, and drink plenty of pure water.

In this first lesson you will want to focus on increasing your water intake. All living things are made up of nearly 70% percent water, including the human body. It's not surprising then, that our bodies need a lot of water to be healthy. Being properly hydrated is an important step in making your body ready to conceive a baby. Water helps cleanse toxins from our bodies, it balances hormones, and it keeps our reproductive organs healthy. But that's not all.

Most importantly, drinking an ample amount of water creates plentiful cervical mucus, which is a key factor for conception. Cervical mucus helps the sperm reach the egg by protecting it until ovulation occurs. Drinking enough water helps to both thin and increase cervical mucus, which is what you want.

Certainly a person could drink too much water, but most nutritionists agree that drinking 8-10 glasses a day is an appropriate goal. My nutritionist suggests I drink 50% of my body weight in ounces, but she says that could be too much for some people. So you decide what's best for you, but keep in mind that the body is about 70% water so you could need more than what you're drinking. To be sure you're getting enough; your urine should be light in color, never dark yellow or gold.

Remembering to drink all that water can be a challenge, so what I do is I set a timer or alarm to go off every 30 minutes. I take the total number of ounces I want to drink that day, and divide it by 20, then I drink that much every 1/2 hour for 10 hours. Example: If I weigh 120 lbs., 50% of my body weight would be 60 ounces, and if I divide that by 20, I'll need to drink 3 ounces every 1/2 hour from 7AM to 5PM. It's best to stop drinking at least a couple of hours before bed time so that your body can get quality, uninterrupted sleep (you don't want to wake up in the middle of the night to use the bathroom).

Another way to remember is to set out your 8 glasses of water (or however much you want to drink) and when the water is gone, you'll know you're done. Juice and broth can be included in this total water intake, so if you're goal is to drink 64 ounces of water, and you have 8 ounces of juice, your water intake would only be 56 ounces instead of 64.



Because you want to make sure the good things you put in your body don't contain anything harmful, you have to drink the right kind of water. Tap water contains harmful chemicals that find their way into the water supply both inadvertently and intentionally. Pharmaceutical waste and other harmful chemicals don't always get cleaned by our water treatment plants and cities use chlorine to kill harmful bacteria. Bottled water can be just as bad as tap and often times come from a municipal water supply (just like your tap water). Take a look at the label to see where it's bottled and ask yourself, "could this just be tap water?"



Most bottled water comes in plastic, which you should avoid. In a future lesson I'll be talking more about why plastic containers should be avoided when trying to conceive, but for now try to store your drinking water in glass containers. Also, if you can drink from a glass, rather than a plastic bottle that would be optimum - but if a plastic bottle is more convenient and you will drink more if you have bottled water around, then it's better to drink from bottles, then not to drink at all.

Fertility Fitness

Men and women who experience good health usually incorporate some sort of moderate exercise into their lifestyle. In addition to a well-balanced diet, a reasonable exercise program is known to be highly beneficial for fertility.

Another benefit of beginning an exercise program now is that your body will be better prepared for a healthy pregnancy. Pregnant women who exercise regularly have less constipation, haemorrhoids and morning sickness. Had I known this I'd have done whatever it took to exercise, as I had some intense morning sickness. Instead I pretty much laid on the couch with my last pregnancy until about 4 months when it started to let up.

It is always a good idea to consult your health care provider before beginning any new exercise program. Your current level of activity now will determine what exercise program is right for you. If you pretty much just sit at a desk job during the day and lounge in front of the TV in the evenings and on the weekends, you'll need to start with a very gentle exercise routine like stretching or walking.

Throughout the course, I will share a variety of exercise ideas so that you can choose the one that best fits your lifestyle.

Someone that exercises regularly and strenuously can actually decrease their ability to conceive. Many women runners find that their periods are irregular or nonexistent. This would mean that they would have a much harder time getting pregnant. Bringing your level of exercise down to a moderate level, and allowing your body to adjust, and your cycles to regulate will increase chances of getting pregnant.

Alternatively, women who have a more sedentary life-style may not be oxygenating the reproductive organs and will struggle to achieve pregnancy. In most situations, even the most out-of-shape woman can begin a light, sensible exercise plan while trying to conceive.

Even light stretching exercises can help to balance hormone levels and reduce stress. You can eat healthy foods and maintain a healthy lifestyle, but if you're idle, and you don't exercise, your strength will diminish and you will struggle not only with getting pregnant, but you'll find yourself getting sick more often and you'll have a harder time recovering after an illness.





Most likely, it will be beneficial to continue your exercise program once you are pregnant, as this can make your pregnancy easier and more enjoyable. There are a few sports that you may want to avoid even now, though, while trying to conceive. I would recommend staying away from volleyball for now. I have a friend who lost her baby very early because she was playing volleyball in college and she went to dig the ball (landing on her stomach). She believes this caused her to lose the baby.

Some people suggest avoiding anything that strains the abdominal muscles after ovulation. You be the judge of what feels right for you, but if you've been doing crunches all along, and you're feeling good, then there's most likely no reason to stop.

Think about it this way. During the first 10-12 weeks of pregnancy, baby will be tucked behind your pubic bone. She won't be in the middle of your abdomen where you might think. She's down low, behind the pubic bone. She'd be well protected in the first weeks of pregnancy.

Just be careful that you don't overdo. Overtraining actually creates stress on the body and could cause your hormones to get out of balance and actually impair your fertility. If you're just starting a regular exercise program, don't launch yourself into a strenuous exercise regime too quickly. Instead, build up your fitness level gradually, and do something you really enjoy. This is the key to success. Finding something you have fun doing.

A gentle, but consistent exercise program is a great way to give a boost to your fertility. With exercise, not only will you feel better and increase fertility, but it also helps to burn off excess body fat and allows hormones to reach proper balance. You'll start to feel the benefits of exercise by doing just 20-30 minutes three times a week, but I suggest trying to exercise every day. Maybe stretching some days and cardiovascular exercises the other days.

Starting next week, I'll be highlighting one form of exercise in each lesson so that you can find something you enjoy! This program is all about success! Creating a highly fertile, baby friendly body as soon as possible!



Rest & Relaxation

Have you ever heard anyone say, “Just relax and you’ll get pregnant.” Well, if you’re anything like me, you probably thought, “Relax??? I’d love to, any suggestions on how to do that when I want a baby so badly? I mean “trying to conceive” by its very nature means S-T-R-E-S-S.”

Well I’m going to teach you how to relax during your pre-pregnancy journey. In fact teaching you how to relax is so important to creating a “baby friendly body” that I’m going to be assigning “relaxation” homework every other week. Don’t worry, I’ll make sure it’s really easy to do and that you’ll enjoy yourself while you’re doing it.

The next time you’re standing in line at the grocery store, take a look at how many magazine covers focus on articles about stress... dealing with it, reducing it, how it affects our bodies. As a society, we overextend, over commit, and overwhelm ourselves. Stress is the affliction of our times.

The negative effects of stress are bad for anyone, but when you’re working on creating a baby friendly body, anxiety, weight gain or loss, and not getting enough sleep can be doubly harmful. However, reducing stress is beneficial to more than just your general well being. It actually impacts conception.

Think about the times in your life when stress has caused your period to be late. If it can delay your period, think about how it must affect ovulation. It makes sense that stress and your cycle are linked when you understand how the hypothalamus gland works. This is the part of the brain that produces and releases hormones in our bodies. It’s also the part of the brain that deals with stress. Women who are stressed ovulate less than women who aren’t.

Once conception occurs, being stress free is still important. Doctors have speculated that stress reduction may help with implantation, (when the fertilized egg attaches to the uterine wall). Being stress free allows your body to develop the proteins that aid in that process. Your uterus is also happier when you aren’t experiencing stress because it receives enhanced blood flow.

Reducing stress is BIG in your effort to conceive, and doing things to reduce it can be...well...relaxing!

Pregnancy Success Tip

Learning some relaxation techniques will allow your body to become calm.

[Click here](#) to watch a relaxation video.

Deep Breathing Reduces Stress

~ AND SUPPORTS A HEALTHY PREGNANCY ~

During one of my rare visits to the doctor, I was experiencing some hormonal imbalances and he gave me a variety of supplements to help balance things out. But the one thing he said would help most of all was deep breathing...slow...deep...breathing.

Typically breathing is an involuntary action. Just like when our eyes blink or our hearts beat. Most of the time we don't think about breathing. But I'm going to suggest you turn it into a voluntary action by learning how to breathe deeply and correctly.

Obviously breathing is how you get oxygen into your body. But deep breathing will increase blood flow to all of your cells, your ovaries, and your uterus. Your respiratory system also transports impurities out of your cells. The systems that regulate your glands and hormones thrive when you add breathing exercises to your collection of tools to aid conception.

Here is an exercise you can do while you are watching television, waiting for a red light or sitting in traffic. Exhale through your mouth. Blow the air out with strength. Don't be afraid to make a loud, ridiculous sound. Now, close your mouth, and inhale softly through your nose. Count to four. Exhale through your mouth slowly and count to eight. Repeat the cycle three times.

Remember to always inhale through your nose and exhale through your mouth. Practice breathing like this twice a day. Each time you do it, you will feel the strength of the exercise a little more. Once this exercise comes naturally, you can use it to combat stress. Rather than reacting to a situation, stop, count to 5, and then do your deep breathing.

Sometimes it's relaxing to just count your breaths. Each time you inhale and exhale, count one. Try to think of nothing but your breathing. You can do this in silence or with some soft music playing—jazz maybe, or something instrumental. Feel your breath travel from your chest to your stomach. Push your stomach out as it fills with air. Hold it. Then let the air travel slowly back out of your body. Expand your chest as the air passes through and then blow it softly out of your mouth.

The more you practice good breathing, the more you'll feel calm about the things that happen in your life. You will feel like you can manage stress, and you will feel more positive.

Pregnancy Success Tip

Deep breathing oxygenates the reproductive organs and reduces stress.

[Click here](#) to watch a deep breathing video.





The Love You Make Keeping Passion Alive

Sex on demand is a big challenge for couples to overcome while trying to keep romance alive, especially during this stressful time of trying to conceive. Though more sex would normally be the ultimate dream for a couple who's in love, it can become more of a "task" when conception doesn't occur quickly.

My husband welcomes more sex whenever I'm interested, but when we tried to conceive for a year, he started to feel like I was only interested in his sperm, and not in him. Needless to say, there were times when he just wasn't interested.

So I'm going to be giving you an idea or two each week to help keep the passion alive, and your love life interesting and exciting!

When you determine that you're in your fertile window, don't hone in on the mechanics of what needs to be done. Encourage sex to happen naturally by doing things that show your husband he still drives you crazy. This can be very easy.

You can do something as simple and quick as calling him at work or on his cell phone at lunch or on the way home. Describe the lingerie you plan to have on when he gets home. Tell him what you'd like to do for him in bed - the things you know he loves. Tell him how he pleases you (sexually) and let him know you can't stand waiting a second longer. Be sexy.

When he arrives home, you can be sure your call will have been on his mind. Sex will happen and will be passionate instead of forced. The bonus is that your relationship will be positively impacted. And you will have reached the goal of making love during the most important time of the month.





You Are Special

Treat Yourself To A Warm Bath

When was the last time you actually pampered yourself with a long, warm bath or soak in the hot tub? If it's been longer than a week (and I'm betting it has) then it's time to take some time out just for you.

Light some candles, put on some soft music, fill a glass with pure water or juice and slip into a relaxing tub of warm water. Let the water melt away the stress of the day, as you consciously relax every muscle in your body.

Close your eyes and start with your face, relaxing your eyes, your jaw, your shoulders, every muscle, all the way to your toes. Take some slow, deep breaths, and then think about your body becoming healthier and more fertile. This is something you **NEED** to do in order to create a baby friendly body, so don't feel guilty about just relaxing and doing "nothing" - you're actually doing something to increase your body's fertility so relax and enjoy your soak.





This Week's Action Items

Drink Water

Drink 1 glass of water each morning when you first get up.

Determine how much water you need to drink each day.

Set glasses of water on your desk, in the kitchen, by your bed, wherever you normally spend time so you'll be reminded to drink.

Deep Breathing

Practice deep breathing during stressful situations to relieve tension, and during times of relaxation to oxygenate the reproductive organs.

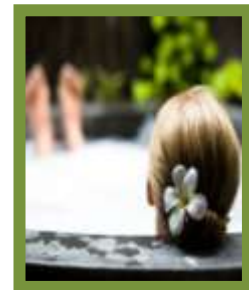
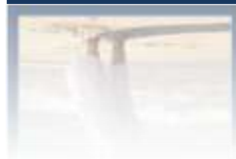
Do some deep breathing in the car the next time you're out and about.

Be sure to watch [this video](#) if you didn't see it earlier.

Relaxing Bath

Make time in your schedule right now for a bath this week. Write it on your calendar and treat it as you would any other appointment. It's important so don't break it.

Hang a "Do Not Disturb" sign on the door to ensure a calm, uninterrupted time of rest, relaxation and rejuvenation.





Coming Up Next...

In your next lesson I'm going to be sharing why it's so very important that your husband join you in this journey. We'll talk about how stress can affect his sperm count and quality and what he can do to reduce his stress.

I'm going to share some tips on building your relationship with your husband which increases fertility (believe it or not) and I'll share my own story of how I was able to turn around a very stressful marriage into one where we were both able to share and receive love much more fully. You'll learn how living in a stressful relationship took its toll on my fertility, and later in the course I'll share what I've been doing to increase my fertility, even at the age of 45.

Next week you'll also learn the importance of keeping a fertility journal and I'll show you how to make a really pretty padded journal made out of your favorite fabric. Going to the Fabric Store can be a fun outing when you're looking for that perfect piece of fabric to dress up your personalized Fertility Journal.

There's this and lots more to come!

See you in 7 days!

Best Wishes!

Kirstyn Sierra,
Pregnancy Consultant

Check Your Inbox In 24-48 Hours

Approximately 24-48 hours after you receive this lesson, you will receive an email with a download link to your first bonus. It's an article about the benefits of a caffeine free diet and how it could be the one key you're missing in your effort to become pregnant.

You'll also receive a day by day plan which will allow you to easily wean yourself off of coffee or soda without any side effects!



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