



In this lesson



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Home Workout



❁ Welcome ❁

This week I'm going to explain things your husband can do to increase his sperm count.

I'm also going to share some tips for building your marriage relationship so that your body releases chemicals that create a healthy, baby friendly body (this has been documented in studies).

You'll also learn how to create your own, personalized fabric covered fertility journal, I'll show you some exercises you can start doing right now, at home, without any special equipment and more.

Here's an updated food journal that you can print out and start using right away. It will help you remember what you need to be working on each week. Just [click here](#) to download this week's form.





His Space

A NOTE FOR HER

You are embarking on a journey. Your destination is to arrive at a happy, healthy, “having a baby” you. You can take this journey on your own, but it will be so much more valuable if you can travel/ grow/learn as a couple.

As you follow the path that is being laid before you, your health and fertility will heighten. This effect will be doubled if your spouse commits to accompany you. Working together will encourage both of you while building the oneness in your marriage.

It is proven that when a man takes steps to improve his health and emotional well-being through deliberate lifestyle changes every area of his life improves, and this includes improving his ability to father a child.

As you work together on growing your relationship together, you will also be building each others’ self esteem. This in turn will reduce stress in your lives. All of these areas work together toward heightened fertility for both of you.

A NOTE FOR HIM

Your wife has invested in making changes in her life to create a baby friendly body. She longs for a child, and wants you to be a part of the whole process. She desires to share with you on this journey she is taking. Working together will build your relationship and improve the chance of creating the child you both desire.

There are many benefits that will be added to your life as you take steps together. You will experience a heightened sense of well-being, build a stronger, more satisfying relationship with your wife, lower your stress level as you learn practical ways for stress management, and increase your sense of self-worth.

Throughout this course you will be given practical ideas that will be easy to implement, yet can make a dramatic difference as you work with your wife toward the goal of becoming a happier, healthier, “having a baby” couple.





His Space

Reducing Stress is important as both of you try to create baby friendly bodies.

Stress can impact the endocrine system. That's the system that regulates hormones in a man's body, which in turn can result in a lowered sperm count and lower sperm quality.

In order to keep your sex drive strong, and to keep your sperm and seminal fluid at its best, reducing stress is a big key.

You can reduce or prevent stress easily. Exercising daily releases tensions you may have built up in your body and deep breathing is something you can do anytime to "slow down" when you start to feel stressed.

Our current day modern lifestyle is basically made up of long hours, poor diet and high levels of stress. This results in the body doing everything it can to circulate blood and oxygen to the heart, lungs and brain. Oxygenating the sex organs is not crucial for a body to live, so when the body is experiencing stress, the sperm cells will suffer.

It takes energy to produce sperm, and if energy is being diverted to other parts of the body, reproduction suffers. One of the best things you can do to counter the stress effect is deep breathing.

When men breathe deeply, they also increase oxygen to their bodies. That increases blood flow, which is not only healthy for the body, but also nurtures your reproductive organs.

Relaxation, meditation and prayer can help immensely as well. A hobby can be a pleasant way to relax and get your mind off your worries

Another way to be sure you have plenty of seminal fluid and healthy sperm is by drinking plenty of water.

Simply drinking water does amazing things for the body. It cleanses toxins from the body and aids other systems. When you are trying to conceive a child, however, hydration is more essential.

Drinking filtered or distilled water will ensure that you avoid toxic chemicals often found in bottled and tap water.

Water treatment plants use the deadly chemical chloride to kill the bacteria in the water that flows through their plants. That same chloride has been used in weapons of war, It's not surprising then, that chloride has been associated with a lower sperm count.

Filtering water is the best choice while you're trying to conceive. Be sure you are drinking plenty of water in order to create strong and healthy sperm.

Here are 6 Keys to Creating A Healthy Baby

- ~ Stress Reduction
- ~ Deep Breathing
- ~ Exercise
- ~ Drink Plenty of Water
- ~ Get Quality Sleep
- ~ Eat Healthy

We've touched on some of these already, and I'll be sharing great tips to help you with the rest in the weeks to come





Cycles & Hormones & Charting ... Oh My!

Understanding Your Cycle

Most explanations of a woman's reproductive cycle are based on a 28-day cycle. While that is convenient for offering standard explanations, remember that women's cycles are as varied as they are. You may have a longer cycle, a shorter cycle, or you may have an irregular cycle. Your cycle might always be regular or you may occasionally experience enough stress or change in diet that throws your body off schedule for a while. Getting to know your personal monthly pattern is important.

Your monthly cycle begins with your period, which is when the lining of your uterus sheds. Your body will begin working on building that lining back up so that if an egg is fertilized, it has a nice, thick nourishing uterine wall to implant itself in.

The lining of your uterus continues to thicken as your body prepares to ovulate. If you are not on a 28-day cycle, however, it's likely your ovulation will not occur exactly 14 days after the first day of your last period. That's why learning to discern cervical mucus and monitoring your temperature can be as important as keeping track of your period. I will talk about both in details in future lessons.

As your uterine lining thickens, your ovaries prepare to release a mature egg. The ovary waits until your hormone levels send a signal telling it to release the egg, causing ovulation. Once the ovary senses the right levels of hormones, it releases an egg. The egg will be swept into your fallopian tube where it will start its journey to the uterus. If sperm are waiting for the egg, fertilization will take place in the fallopian tube. The egg is only viable for 12-24 hours, and it is this short window of time when the egg is perfectly ready to be fertilized.

If the egg is fertilized by a sperm cell, it travels down the fallopian tube and implants itself in the wall of the uterus. Once your baby implants, it tells the body that you are pregnant and the hCG hormone starts to double every 2-3 days. This is the "pregnancy hormone" - the hormone that pregnancy tests will detect when it reads positive.

If the egg is not fertilized, your hormone levels drop again, which tells your body to once again shed the thick lining of your uterus.

Understanding this process in more detail is important as you try to determine just which phase is out of balance in your cycles. I'll be sending you a bonus later this week to help you understand, in more detail, how the cycle works, and then next week we'll discuss what causes hormonal imbalance and what you can do to reverse this.



Happy, Healthy Relationships

Would you like your husband to have greater respect and greater love for you? Would you like to have a deeply fulfilled marriage? Both of these things can relieve stress and bring your body into a state of heightened fertility.

You may think it odd that I'm including a section about healthy relationships in a course designed to help you get pregnant. But current research shows that you can actually boost your health and fertility by the thoughts you think, the words you say, and the things you do.

I have learned through my own experience that negative stress in relationships directly affects the total well-being that promotes fertility.

After many years of living in a difficult marriage the stress took its toll on my body at the cellular level and my hormones became imbalanced.

I was diagnosed with Adrenal Fatigue and I learned that my body was struggling to create the Cortisol hormone that it needed. The Adrenal Cortex (which produces Cortisol) is also responsible for producing all of the sex hormones except one. Under stress, the Adrenal Cortex will reduce the amount of progesterone it produces which is critical for sustaining pregnancy, in order to produce cortisol which is critical to sustain life.

Just before I learned that I had Adrenal Fatigue, I started looking for ways to improve my relationship with my husband. Not only did I need new ideas on how to reach out and love him, but I needed to figure out how to show him honor and praise in a way that he would receive it.

That's when I stumbled upon Gary Smalley's relationship series entitled "Hidden Keys to Loving Relationships". The hidden keys that were tucked within those videos changed my marriage.

I studied this relationship building information for three months, watching some of the videos over and over again. And then I started DOING some of the things I was learning.

Amazingly, by God's grace, I was able to touch my husband's heart - I was able to draw him to me and I was able to help him be able to accept my love. Three years later, our marriage continues to grow as we embark upon our 25th wedding anniversary.



Adoring Your Husband Promotes Fertility

The first step in being able to strengthen your relationship with your husband is to develop a loving attitude towards him. If you're anything like me, we definitely have those times when we don't feel very "in love" with our husbands. But did you know that when we're disappointed or upset with our husband that it works against the thing we desire most? (A body that will allow us to conceive.) Yep - those negative attitudes actually cause stress deep within our bodies and we may not even be aware of it.

Dr. Gary Smalley says that studies have been done that prove that warm, loving thoughts actually create chemicals within your body which help you to become healthier, and health equals increased fertility.

So you may be wondering, "Just how do I turn around those negative feelings and get those warm, fuzzy, loving feelings back?"

To do this, start by writing down as many things as you can think of that are positive about him.

Now read over this list every day until you start to believe, "Wow! I'm married to a pretty great guy!" This will cause you to praise him in your heart, which will release fertility enhancing chemicals.

Listen to [this message by Gary Smalley](#) to learn how to turn on those chemicals in your body which will help you to become healthier. Health equals increased fertility. I would also encourage you to download it, put it on your iPod or mp3 player and listen once a week. The written transcript can be downloaded [here](#).

Write a love note and leave it in a place you know he will find it. This could be on the seat of his car, on the mirror, in his pocket, in his briefcase, in the microwave, in his lunch or wherever you know he will see it. You can always tuck these notes away the night before, if he gets up before you do. Writing a sweet note will show him that you honor him.

Try one of these love sayings or create one of your own.

"You are all my heart desires."

"You don't have to be perfect to be perfect for me."

"What I long for...is forever with you."

"I adore you "

"You make me so happy."





Happy, Healthy Relationships

I've learned that if I want to keep my hormones balanced that I need to build my marriage, eat properly, take my vitamins, herbs and supplements, exercise and spend time nurturing myself spiritually. It's a package deal, and whenever one thing is lacking my body takes notice.

This is why I'm including ideas in this course on how to strengthen your marriage. I don't want stressful relationships to rob you of the baby you so desperately long to have.

If you will build your relationship with your husband, and learn how to have healthy relationships with others, your body will reward you by releasing chemicals that can make you more fertile. Reducing stress within your relationships is very important. A healthy, happy marriage is a priceless gift that you can give to yourself, your husband AND your future children.



Padded Fertility Journal

This week I want you to create your fertility journal. There are many ways you can do this. One fun way is to take a small 3 ring binder and cover it with a piece of your favorite fabric. I'm including instructions here along with a video so that you'll know how to create this fun and easy journal.

Another way is to buy a 3 ring binder or notebook, some glitter pens and fun stickers. Decorate it in your favorite colors. Whatever type of notebook you choose, be sure it has a pocket on the inside because I'm going to send you a bonus tomorrow and you'll want to keep that bonus in your fertility journal.

This journal will be a place for you to journal your thoughts each day, a place to note the changes you make in your diet and your lifestyle, a place to write down what your doctor or health care professional says at each of your visits. It's a place to keep your test results and anything else you want during your journey to creating a baby friendly body.

When you conceive, you'll be able to look back and see what it was that made the difference for you and some day you may even want to share it with your child. You can include your thoughts about him/her, your hopes and your dreams, the ups and the downs, but most of all be sure to record at least one blessing every day that God has given you. Look for the good in people, look for the good in situations and you'll keep those healthy chemicals flowing through your body which will increase your fertility.

Take a look at this quick [3 minute video](#) showing you how to make a padded journal and then gather your supplies and make your own personalized Padded Fertility Journal. (Directions on next page)

Note: These directions do not match the video but I thought the two together would help you visualize the steps better than the directions alone.

Supply List:

- 1 - 7 x 9 three ring notebook
- ½ yard of fabric of your choice
- ½ yard of cotton batting
- 1 5 x 7 mat with 4 x 6 opening
- Glue gun with glue sticks





Scissors

Notebook paper to fit book

Sharpie marker

Screw driver

Iron

Instructions:

1. Heat up glue gun while doing your fabric and batting cutting.
2. Lay out batting on a solid surface. Lay the three-ring notebook open on batting. Trace the outline of the book with a sharpie marker. Cut out batting along inside of line. Lay cut piece of batting on fabric with wrong side of fabric against the batting. Cut the fabric, adding two inches around all sides.
3. Glue the batting to the outside of the notebook, making sure it is down smooth.
4. Next glue the fabric. It's done a little different. Lay the book covered in batting on the fabric with the book open. Fold over the fabric on one end and glue down. Do the same with the fabric on top and bottom of the book. You will have to cut the fabric at the point where the silver holder of the three rings is. Make a cut on either side of the silver holder. Now, do the same gluing on the back of the book. Put a small amount of glue just under the silver three-ring holder, take a small screwdriver and push the fabric under the silver holder where you put the glue. Repeat this on the other end of the holder. Fold your corners down neatly and glue them down.
5. Cut two 8 x 9 ½ inch pieces of fabric. These will be used on the inside front and inside side back our your notebook. Fold and iron the pieces to fit up against the three-ring holder. Glue it down completely. Put a small amount of glue under the edge of the three-ring holder and push the fabric under with your screwdriver. This allows the fabric to fit snugly.
6. Next cover your mat with the batting gluing it down completely. Cut it in the centre of the opening of your mat, just enough to fold to the back and glue down. Next, do the same with your fabric.
7. Place your favorite 4 x 6 photo in a sheet protector that has been cut to fit the photo. Glue it to the back of the mat and then glue to the front of your notebook. Make sure you photo is centred behind the mat and the mat is centred on you notebook.

Fill your notebook with paper and start writing your thoughts in your new personalized fertility journal.



Out On The Town

Eating For Fertility When You're Eating Out

Restaurant Finder

If you have ever wondered if it is possible to find healthy eating choices when dining out, take a deep breath, as this resource is a life saver.

Visit the [Healthy Dining Finder](#) to learn about not only the nutrition information about many of your favorite dining establishments, but also which ones may be willing to create special menu items by request.

You can sort the restaurants based upon price or type.

For example, this site lists restaurants and the nutrition information for various items on each establishment's menu. You can choose from either Fast Food (under \$10), Casual (\$10-\$20) or Upscale / Fine Dining (over \$20).

For Dallas, Texas, USA, there is an upscale restaurant called Palomino. When I clicked on "View Nutrition Information" they showed menu options that can be made by special request for a healthy choice. These may not be on the menu, since they are highlighted by "special request" but using this website you'll know what options are available by special request. This is a nice resource which will allow you to choose restaurants and menu items that will help you create your baby friendly body.



Fertility Fitness

Exercise At Home

Working out at home is the most convenient form of exercise. You can do some gentle stretching and then work into a more aggressive workout.

I was able to find some videos that show you how to stretch the upper body, stretch the lower body, how to build absolutely perfect abs, and how to do a 30 minute power workout - all at home - and all without having to purchase a single piece of exercise equipment.

Always modify exercise programs to your level of fitness. If you need to hold onto a chair for balance, do it. If you need to only squat half way instead of all the way, do that. Just modify each exercise to meet your needs.

Exercising each day is absolutely critical to boosting fertility. It brings oxygen into the body, it helps to keep elevated insulin levels down, which will increase ovulation. It helps to balance out hormones. I can't emphasize enough how very important it is to exercise every single day when trying to get pregnant. If this piece of creating a baby friendly body has been missing from your life, it could be the missing piece that allows your cycle to become more regular, allows your husband's sperm to be better, allows you to carry your baby to term. It's THAT important!

[Check out these videos](#) and start creating your baby friendly body with the healthy routine of exercising each day.

Pregnancy Success Tip

When you know you should exercise, but you don't want to (we all have those times) think of your goal - that precious baby - and it will be easier to motivate yourself to get going because you'll be reminded that the exercise will help you create your future baby.





This Week's Action Items



Fertility Journal

Set a time on your calendar now to run out and pick up some fabric and a glue gun (if you don't have one).

Alternatively, you could post a "wanted" post on your local [Free cycle](#) group to see if anyone has an extra hot glue gun they're not using.

Then create your journal and I'll send you a bonus in a few days for you to keep in your new fertility journal.



Write a Love Note

Surprise your husband by placing a love note or a word of encouragement in a place you know he will find it.

Create a list of all the things you appreciate about your husband to get those fertility enhancing chemicals flowing through your body. Read them every day.



Reduce His Stress

Give your husband a massage this week. My husband prefers I wear nothing when I give him a massage - he usually has something else in mind and the massage doesn't last too long - but it's always relaxing.

Try not to argue this week. This will reduce stress for your both.



Coming Up Next...

In the next lesson I'll be covering how to get your baby making journey off to a fast and fun start by showing you which B vitamin is the MOST critical supplement for you to take and why you should start taking it right away.

I'll also be answering one of the most frequently asked questions you've asked. "How can I balance my hormones?" and I'll give you specific steps you can take to bring your hormones into balance naturally. Balanced hormones are CRITICAL because they will allow you to ovulate regularly and will help the baby to implant so that you can have a successful pregnancy.

The bottom line is, if your hormones are not correctly balanced, your chances of conceiving a baby and carrying it to term are incredibly slim. By bringing your body into balance, you'll be giving yourself every opportunity to become pregnant and achieve your dreams of becoming a mom.

See you in a few days with this most important lesson!

Best Wishes,

A handwritten signature in black ink that reads "Kirstyn Sierra". The script is fluid and cursive, with the first letters of each name being capitalized and prominent.

Kirstyn Sierra,
Pregnancy Consultant



Previous Lessons

Lesson #1 ... [Click here](#) to access.

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