



In this lesson



Fiber Increases Fertility

Healthier Fast Food

The Value of Folic Acid

Rainbow Salad

Water SUPER important

Hormonal Imbalance

Face Steam

You Are Special

Hanging Lavender

New Tablecloth



❁ Welcome ❁

There's a lot to talk about this week, including our usual introductory notes so I won't waste too much time here, but there's something I wanted to mention about the delivery schedule of the lessons.

As you probably know, email isn't an exact science. When I say, "Lessons will arrive every 7 days" that's the way I'll be programming them into the system for you. However, there are lots of reasons why you may not receive your lessons 7 days apart. There are things that might cause a delay on MY end in getting the lessons ready, and there are things that might happen on YOUR end with your email service provider.

If your lesson doesn't arrive exactly on the day you are expecting it, please don't panic. You *will* receive your lesson...I promise. If you absolutely have to have it that day and it cannot wait, please send me a message using the contact form at <http://www.birthbabyandmom.com/contact-Kirstyn-Sierra.html> and I'll send you the download link to that lesson.

Otherwise, please give it 48 hours past your expected arrival time before you become concerned. If it doesn't arrive by then, certainly feel free to email me and I will get the lesson to you.

Please Read This - >> Additionally, all of your lessons will have download links to all of the previous lessons in the sequence. So if for whatever reason you misplace something, check the current lesson (located on the last page of each PDF) for links to anything you might have missed.





Eating To Create Life

A Healthy Diet Can Create The New Life of Your Baby & A Happy,
Healthy, Life For You

The Importance of Fiber

Everyone knows that having good health during pregnancy is important to ensure your baby is healthy. However, not everyone is aware of the fact that good health when trying to conceive is very important. As a matter of fact, health in the weeks leading up to conception is very important to the outcome of the pregnancy. This is because the mother's body can have toxins that can be harmful to the baby within the first eight weeks of pregnancy. The toxins and an irregular bowel system can also lead to constipation, which can keep you from conceiving.

How Fiber Increases Fertility

Fiber is vital to your fertility. One of the primary benefits of fiber when added to your diet is that it works to clear out any remaining hormone residues within your body. When your body produces waste, it is fiber that works to prevent the toxins from being reabsorbed into your blood stream. Fiber also works to remove pesticides, chemicals, and other toxic metals from your body. To increase fertility, it is important to keep your bowels moving in order to excrete excessive hormones, old hormones, and the abundance of chemicals and toxins we are exposed to every day in our environment – toxins we're not even aware of.

I'm going to let you in on a little known secret. The three most important things that will give you the biggest benefits in creating a baby friendly body are:

- Reducing stress
- Drinking plenty of pure water
- Having 2-3 good bowel movements a day

Throughout the course I'll be sending you lots of fun ideas on how to reduce stress in your life. Be sure you put those into practice as soon as you read them for the biggest benefit. I know that often I'll read something and think, "wow, that's a great idea - I should do that", then I move onto something else and eventually forget about it. The problem is that when I don't implement that good idea right away, I never do, and then I don't benefit from it at all. So if you want to glean the benefits from something you learn, do it right away.

Last week I discussed the importance of drinking water. Not only does it hydrate every cell of your body, which is vital for conception to occur, but drinking plenty of water also helps to keep the bowel hydrated so that you don't become constipated – so that the matter in your bowel doesn't become compacted, dry and hard. If this happens, it will greatly hinder your ability to conceive...



To help you move closer to having 2-3 good bowel movements a day you can drink 4 ounces of prune juice, diluted with 4 ounces of water each morning (8 ounces total). You can take some dried prunes and let them soak overnight and then eat those throughout the day. Dried fruit is also helpful – just rehydrate in some water and eat the fruit (don't drink the water).

Be sure to choose fruits that have not been treated with sulphur. Sulphur is used very commonly in dried fruit to help the fruit from turning a dark color. Think of those orange colored dried apricots. Those have been treated with sulphur. If you find dried apricots that are a dark brown, check the label, but most likely they will not have been treated with sulphur.

Trader Joe's carries unsulphured organic dried apricots. They are sweet and tasty, though they don't look nearly as nice as the bright orange colored ones. But I stay away from sulphur as it's used in black gun powder and the manufacture of pesticides and it puts the liver under a heavier load as it tries to remove the sulphur from the body. If the liver is overloaded and trying it's hardest to remove environmental chemicals and pesticides from the body, it will not be as efficient at helping you to conceive.

Eating fresh fruits, vegetables and whole grains while reducing the sugary foods and white flour foods that you eat will help you in your effort to have 2-3 good bowel movements a day.

If you're trying to conceive and you are experiencing constipation just starting to drink more water, taking some prune juice, eating fresh vegetables, fruits and whole grains while reducing your sugar and white flour intake will help.

In future lessons I'll share some other ways to kept things moving. The ideas I've shared here should help to get you going in the right direction, and the things I'll be sharing will help to get you to that 2-3 bowel movement mark that you want to be having.

Caution: If you're having diarrhoea or IBS (irritable bowel syndrome) please speak with your health care practitioner. This is an indication that you're not absorbing nutrients from the foods that you're eating – nutrients that are vital to creating a baby friendly body.

Pregnancy Success Tip

1. **Reduce Your Stress**
2. **Drink plenty of pure water**
3. **Have 2-3 bowel movements a day your future baby.**



Out On The Town

EATING FOR FERTILITY WHEN YOU'RE EATING OUT

~ Healthier Sandwiches ~

If you have a job outside your home, chances are you eat out often. Whether you're catching a quick burger at a fast food joint or going to lunch at an upscale restaurant, the typical sauce condiments on a hamburger are high in unhealthy fats, and you don't want to be putting those into your body while trying to conceive.

Ask the restaurant to hold the mayonnaise or sauce (usually the sauce has mayonnaise in it) and request ketchup and/or mustard instead. Don't opt out of the onions (unless you REALLY need your breath to smell fresh). Onions are a fertility enhancing food that helps to keep your liver working well so sneak them into your diet whenever possible. Learn to say "onions, please". You can also ask for extra tomatoes and lettuce at just about every fast food place, and if you're visiting a deli ask if they can substitute sprouts for the lettuce. Sprouts are a living food full of good enzymes so choose sprouts over lettuce when possible.

Many fast food restaurants now offer a low carb option of their burgers and sandwiches. In 'N Out Burgers has a protein style burger. Just ask for your "Double Double" or hamburger protein style. They'll wrap the burger and condiments in lettuce leaves so you can still pick it up with your hands and eat it like a burger. But you won't be tempted to eat the bun which would set you back in your efforts to create a baby friendly body (they're not serving whole grain buns... yet.) McDonalds will serve the hamburger (minus the bun) in a container if you ask for it without the bun.

Here's what I order when I go to In 'N Out Burgers. If I'm really hungry, I order 2 double doubles with onions, without cheese, protein style, no sauce, ketchup and mustard instead. That's it! No fries (the 2nd burger fills me up) and no drink (I have my filtered water at home or in the car with me). If you need a drink, order water, and if you want more veggies ask for extra tomatoes and/or lettuce. You can create a much healthier fast food burger if you choose to limit the bad fats (no mayo, special sauce or cheese) and increase the good foods (tomatoes, lettuce and onions).

With any burger or sandwich that you order, eating only half of the bread will cut down on the "white bread" creating a healthier sandwich. If you're quite hungry, order extra meat and eat only half of the roll.

And when you get home, be sure to make up a big Rainbow Salad or have some homemade vegetable soup for dinner so you'll be feeding your body all of those good baby friendly body nutrients it didn't get earlier in the day. So enjoy those sandwiches when you are dining out, just be aware of all of the components so that you can make the healthiest choice possible for yourself and your baby to be.



Fertility Enhancing Nutrients

Folate / Folic Acid

One of the most common vitamin deficiencies is Folate. Folate is one of 8 very important B vitamins. This vitamin is necessary for conception to occur. Folate is known as Folic Acid, Vitamin M, and B9. When it is naturally found in red blood cells and in foods such as green vegetables and citrus fruits, it is known as Folate. When it is added to foods such as flour and cereal it is known as Folic Acid. Folate has many important jobs in the body. Folate helps prevent neural tube defects in babies such as spina bifida. The Center for Disease Control says that taking Folate reduces this risk by 50% And it has also been proven that women who do not get enough Folate risk miscarriage and still birth.

Does Folate help with infertility?

A study with 18,000 women showed a 40% improvement in ovulation, which coincidentally is the 2nd most common cause of infertility. It's also an important component of producing healthy sperm. You'll read more about this a little later in the "His Space" article in this lesson.

How much Folate is enough?

Women who are trying to conceive should have at least 400 mcg of Folate / folic acid per day. Many doctors and midwives suggest that you eat foods high in Folate and take a Folic Acid supplement. If you have a history of birth defects in your family, you may need more. My 3rd child was born with a congenital heart defect. After his birth, my doctor put me on 5,000 mcg. (5 mg.) Of Folic Acid simply because of its remarkable effects in preventing birth defects. I had 2 children after that, and neither had any birth defects, praise God.

Foods rich in Folate?

Folate is found naturally in some foods, and added as Folic Acid in other foods.

Foods that are high in Folate are:

- Wheat Germ (fresh)
- Asparagus
- Green Leaf Lettuce (i.e. Romaine, Red Leaf Lettuce)
- Dark Leafy Green Vegetables
- Spinach
- Broccoli
- Nuts (raw, unsalted)

The key to heightening your fertility & increasing your chances of having a healthy baby is to make sure you are getting enough Folate /folic acid. And if you do not like any of the foods that are rich in Folate/Folic Acid, then be extra certain you are taking a supplement each day.

Pregnancy Success Tip

In a study of 18,000 women, folic acid improved ovulation in 40% of those women.



Food, Glorious Fooood!

Rainbow Salad

This week's recipe is one of my favorites for packing as many nutrients as possible into one meal. Rainbow Salad can be made with any vegetables, fruits, beans and nuts that you like. The recipe below, gives a sample of different colored vegetables, but feel free to choose your favorites, using at least 5 different colors. It's important to include a variety of colors in your salads (the rainbow of colors).



Doing this ensures that you are getting a wide variety of nutrients. Root vegetables have vitamins and minerals that other vegetables don't have and vice versa. This salad is rich in folic acid with the fresh spinach, broccoli and beets, and it's high in fiber - just an all around superb salad to eat each day when creating a baby friendly body.

This salad can be eaten as a nice meal in itself (big) or alongside the rest of your meal. You don't want to go on a low calorie diet while trying to get your hormones in balance, but you do want to eat smart. Low calorie dieting can decrease your fertility, while eating smart will increase it.

In a future lesson you'll be receiving a Baby Friendly Body Menu Plan and a Baby Friendly Body Pantry List and Shopping List. I can't wait to share this with you, but I also know how important it is for you to make a few changes in your diet before jumping into the Baby Friendly Body Diet with both feet. It's crucial for you to be drinking plenty of water each day and it's important for you to start eating at least one Rainbow salad each day. For now my goal is to help you incorporate plenty of fresh fruits and vegetables into your diet.

Did you know...?

Rainbow Salad is made with bright vegetables which make it an important part of a fertility enhancing diet. Bright fruits and vegetables are loaded with antioxidants and micronutrients which help to reduce the effects of free radicals which can cause damage to the reproductive organs, eggs and sperm.

Rainbow Salad

Fresh Spinach, Romaine
or Green Leafy Lettuce
Broccoli
Asparagus
Carrots
Beets
Peas
Zucchini / Courgettes
Yellow Squash
Blueberries



Cut into bite sized pieces, toss together and serve with your favorite salad dressing.

Water For Life

When we first started, a couple of weeks ago, I mentioned that we would be revisiting the importance of drinking pure water in a future lesson so though I'll be touching on the importance of water throughout the course, I thought this would be a good time to give you a few more tips on how to get plenty of pure water into your daily routine. I cannot emphasize enough the importance of drinking plenty of pure water every day. It's a key to increasing fertility and getting your baby as soon as possible.

Drinking water doesn't have to be a chore. It is a vital part of increasing your fertility, and you'll need to continue drinking plenty of pure water during your pregnancy too. Your body will love it and your baby will be safer and happier as a result.

Filtering your own water or buying water from a water store is the best choice. Just buy an inexpensive but good water filter ([Amazon](#) has some) and then use a Stainless Steel water bottle to take your water with you when you're on the go.

The Low Nickel Stainless Steel Water bottle made by [Klean Kanteen](#) is a great choice! My son is buying one for Grandma for Christmas. She's been drinking purified water for years and this will be a welcome gift as she's never heard of the stainless steel water bottles.

They're also making stainless steel Sippy cups to keep the toxic chemicals from leaching into toddler drinks. This is super important - drink from glass or low nickel stainless steel whenever possible and avoid the chemicals that are harmful to a baby friendly body.

You could take your purified or distilled water and place that in a glass jar or bottle each morning. This would minimize the negative effects of the chemicals from the plastic entering your water because the water would only be in plastic for a short time. If you'd prefer to drink your water with a bit of flavoring, try putting a lemon slice, peach slices or some fresh raspberries in your water. If it's cold outside, heat some water and squeeze a lemon in it or drink warm homemade broth instead of some of the water.

Drinking from a straw can help you drink more and if you'd like to feel extra special, drinking from a goblet or wine glass is an elegant option. If you'd like to buy a pretty glass just for your water, look for one at your local second hand store or post at your local [freecycle](#) group. You may find one that's really pretty and not very expensive. Alternatively, you could buy a special mug just for your water. Look for one with the word "Believe" or "Hope" on it to remind you every day to drink your water and believe that you WILL conceive your baby.

Did you know...?

Drinking plenty of pure water clears old and excessive hormones from the body, promoting hormone balance.





Did you know...?

Drinking pure, filtered water can increase your fertility and your odds of having a successful pregnancy.

The reason for this is that tap water (not filtered water) contains trihalomethanes (THM's) and other contaminants that cause miscarriage and can prevent pregnancy.

To check your local water district's levels of contaminants, visit the [National Quality Tap Water Database](#) (for United States Residents).

Your best option is to buy a water purifier or get a reverse osmosis system for your home to be sure that you are drinking the purest water you can afford.

CAUTION: Never drink any beverage (including water) from a plastic bottle after it's been left in a hot car. If you take a water bottle in the car, and leave it there on a hot day, throw it out. The chemicals from the plastic could leach into the water at a much faster rate when it's warm. If you need to drink, stop at your local fast food restaurant and ask for free water or, better yet, pay for a cold bottle of water - you need to stay well hydrated, but don't drink from a bottle that's been left in a hot car, and if you ever drink a beverage from a plastic bottle, and it tastes off, or tastes like "plastic" throw it out or take it back to the store.

When I leave the house, I fill a glass jar with water and take that with me.



Cycles & Hormones & Charting ... Oh My!

Hormonal Imbalance

One of the most frequently asked questions I've received is, "How can I balance my hormones?" This question has been asked by women who rarely have a period, women who have irregular cycles, women who have regular cycles but no sign of ovulation, and women who are conceiving and having early miscarriages. So here you are...the answer to your most frequently asked question...

Fertility is often driven by the ideal balance of hormones within both men and women's bodies. Although there are a variety of factors that can negatively influence your hormones, there are many things you can do to bring them back into balance.

Estrogen and Progesterone are two of the sex hormones responsible for the production of fertile mucus, ovulation and sustaining pregnancy.

Low Estrogen - A common cause of low estrogen is low body weight. Other common causes are too much exercise, smoking, some antibiotic medications and some oral contraceptives when taken over long periods of Time (common in women who have been on the "Birth Control Pill").

If you have low estrogen, you may experience vaginal dryness, irregular periods, hot flashes, painful intercourse, lethargy, dry skin and bladder infections.

If your estrogen levels are too low, you can increase your levels by eating foods high in phytoestrogens. Some of the best food sources of phytoestrogens are legumes, oats, fennel, cabbage, cherries, and broccoli. If you tend to eat too much fiber, reducing your fiber intake can help, but eating too much fiber is rare. Most of us don't get enough fiber in our diet each day – I know I struggle to.

Low Progesterone - Progesterone is a vital hormone in fertility and it orchestrates the activities of all of the other hormones. Low progesterone is the most common hormonal problem in women. And, deficiency in this hormone can be linked to miscarriages.

Pregnancy Success Tip

To determine your hormone levels throughout your cycle, ask your doctor to do a complete hormone panel including the three major naturally occurring estrogens, estradiol, estriol and estrone.

Be sure to have your progesterone level tested as well. Your doctor may want to test your DHEA and cortisol levels too.





symptoms of low progesterone, when in fact it was the estrogen levels that needed to be brought down. If you're going to have hormonal testing done, be sure that both progesterone and estrogen levels are tested so that you can see exactly which is out of balance.

One option to correct low progesterone is using natural progesterone cream in the second half of your cycle. Another option is to use vitamin supplements such as Vitamins B6 and E, magnesium and evening primrose oil (Evening Primrose Oil only until ovulation). Lifestyle changes such as reducing stress, moderate exercise and maintaining a healthy body weight have also shown promise in correcting this hormonal imbalance.

My herbalist has me on some herbs to help bring my cortisol levels up, which in turn will help with balancing my sex hormones. She wanted me to stay on those herbs for 3 months and not use natural progesterone cream. Though I've found the natural progesterone cream to be helpful, I also trust my herbalist and have noticed that I haven't had the breast tenderness in this cycle or last, that I had before starting on the herbs. So the herbs seem to be working to balance my hormones.

High Estrogen - Environmental exposures are the leading cause of high estrogen in women. Poor diet is the 2nd leading cause of high estrogen volumes in a woman's body.

Puffiness, bloating, weight gain, breast tenderness, mood swings, heavy bleeding during your period, trouble sleeping, reduced sex drive, and trouble concentrating are all indications of too much estrogen in the body.

The most effective solution used to address high estrogen levels is to change your diet to a low fat, high fiber diet that is also rich in nutrients. There has also been promise among women who have added live bacteria to their regular diets. You can make your own yogurt, you can make your own Kefir (which is like yogurt), or you can take a pro-biotic of acidophilus, bifidus, primidophilus, salavarius, and all those other healthy bacteria that end in "us". You want a product that is kept in the refrigerator so it will extend the life of the healthy probiotic bacteria. Lifestyle changes such as reducing stress and maintaining a regular exercise program have also shown promise in addressing this hormonal imbalance.

In general, all hormonal imbalances can be helped with a healthy, baby friendly diet and a lifestyle that promotes happy, healthy relationships, exercise, relaxation and the avoidance of environmental toxins that can literally create hormonal imbalances without you even knowing it.

Keep reading as you're about to learn about how to bring your body into heightened fertility and perfect hormonal balance step by step, week by week as I teach you how to create your baby friendly body.



You Are Special

A Face Steam

Put four cups of water in a kettle to boil. When it comes to the boiling point transfer it to an appropriate bowl large enough to put your face over. Tea bags like mint or chamomile can be added to the water. Covering your head with a towel, place your face about ten inches from the water and enjoy the steam for about ten minutes. That is about all it will last, but it will feel so nice. Mint tea added will give you a perk up, and chamomile will relax you.

You Are Special

When you get your glass of juice or water, or whatever you are choosing to refresh yourself, reach for a fancy glass or a goblet to put it in. You don't have to save all your fun stuff for guests. It will make you feel good about yourself, and then it gives you a reason to have those pretty things in your china cupboard. If you don't have one, go to a second hand store and look around. You may find a really pretty glass (or two) at a really great price!

Hanging Lavender

Purchase and hang dried sprigs of lavender in your bedroom, bathroom or kitchen. Wherever you think you might enjoy it the most.

Freshen the Look of Your Table

Find and purchase a fun new tablecloth and/or place-mats and center piece for your kitchen or dining room table. Try a new color scheme or go with something for the season. I found a large set of autumn themed dishes at a second hand store. They were very inexpensive and the dishes had apples on them. Cute! Your local second hand store can be a great place for finding bargains to change the look and feel of your table.





This Week's Action Items

Rainbow Salad

Pick up a variety of fresh vegetables at the store and create a Rainbow Salad.

Buy organic produce when possible and try to eat 1 rainbow salad a day. If you can only eat one this **week** that's fine - try to eat two next week and three the week after that. Work up to at least one Rainbow Salad **a day**.

Folic Acid

This week pick up a bottle of folic acid and ask your doctor or midwife how much you should take.

Pick up some asparagus at the market and serve it twice this week, lightly steamed.

You can also cut a piece up and eat it raw in your salads.

Sandwiches

The next time you eat a sandwich or burger, try the "1/2 the bread" trick.

If you want a bit more to eat, add more meat and extra tomatoes, lettuce, sprouts and whatever other veggies they serve.

Opt out of the mayo and ask for ketchup and mustard instead.

You'll be creating a healthier version of your favorite sandwich!





Coming Up Next...

Next week we'll be taking a close look at regulating your cycles naturally so you have a better chance of conceiving and having a full term pregnancy.

We'll also look at ways of ensuring your husband's sperm count and health is as high as possible so the little guys are ready to perform as well as they can when they need to.

Another important part of creating your baby friendly body is making sure you avoid dangerous chemicals, so we'll look at this in detail, along with a fun way to exercise that I know you'll love.

I'm also going to give you a neat trick to help you get through the dreaded 2 week wait...you know, those two weeks after ovulation when you're agonizing over whether you're pregnant or not. Well keeping busy during this time can help, and I'll be giving you lots of good ideas for things you can do to keep busy.

All that and much more in next week's lesson.

Best Wishes!

A handwritten signature in cursive script that reads "Kirstyn Sierra".

Kirstyn Sierra
Pregnancy Consultant



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