



*In this lesson*

*WOMEN*

*His Space*

*Regulating Your Cycle*

*Creating Healthy Sperm*

*Avoiding Chemicals*

*Dancing*

*Decorate-Re-Decorate*

*Laughter*

*Picnic*

*Follow The Trail*



## ❁ Welcome ❁

We've come a long way in these lessons already in a very short period of time, and today we are going to continue on our way to creating your baby friendly body. In this lesson we are going to take 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 and a neat trick to help you through the dreaded 2 week wait, tips for reducing stress, and a wonderful idea for strengthening your relationship. All that and much more in this week's lesson. Let's begin...

**Note:** Download links to all of the previous lessons will be at the close of each PDF file in case you missed or misplaced an earlier edition.





## *Navigating The Obstacle Course*

### Regulating Your Cycle

There was a time when a skipped period was like a Christmas present. But when you're trying to conceive, a regular cycle helps you to know your most fertile days. If your hormones are imbalanced, that may cause you to have irregular cycles. You may be tempted to start infertility drugs but it's always better and safer for your body to use natural remedies and methods to try to regulate your cycle naturally.

This will give you a better chance of having a full term pregnancy as you'll be correcting the underlying cause of what's keeping you from conceiving, and your body will be in a better position to support your pregnancy. You can often make simple changes in diet, exercise and lifestyle choices. The beauty of trying to regulate your cycle naturally is that it not only helps you determine your most fertile period, but it also sets you on your way to creating a baby friendly body. If you introduce synthetics to your body (whether synthetic drugs or synthetic vitamins and minerals), you'll need to work harder to cleanse them out of your system later.

First of all, make sure you are taking a good multivitamin. While it's better to get most vitamins through our diets, the reality is that most people don't. You may want to supplement with B6 and B12, both of which will assist your body in coping with an abundance of estrogen.

We will talk next week about the best multivitamins for both you and your husband (and yes, some are better than others). For now concentrate on learning the foods that are high in folic acid and incorporate those into your diet.

The B vitamins and the mineral Magnesium help you relax and cope with stress which is a good thing because often too much stress can delay ovulation. Anti-oxidizing vitamins can help you regulate your cycle as well. Vitamins A and E are both good antioxidants but you need to be careful when you use them as they are fat soluble and if you take too much it won't be excreted from the body like the water soluble vitamins are.

We will talk in more detail about each of these vitamins and minerals in up and coming lessons, how they affect fertility, and how much doctors typically recommend you take.



Diet plays an important role too. Eating too many carbohydrates can impact the cycle negatively as well as creating an abundance of estrogen. Foods high in Omega-3 and Omega-6 fatty acids will help to regulate cycles.

Avoid alcohol, smoking and caffeine as well. Sudden or extreme weight gain or weight loss can delay your cycle. Maintain a healthy weight by exercising three to five times a week. Be careful not to over exercise as this can cause your period to stop completely. Your body needs body fat to produce adequate levels of sex hormones. Over exercising has been linked to difficulties in conception, so take a walk or go for a swim, instead of training for a marathon.

Be fit, but remember you're readying your body for a baby, not the Olympics. Next week I'll give you a really fun idea of how to exercise and you'll be able to watch some videos too.

As you introduce healthy habits to your routine, you should notice your cycles become more regular. When you apply what I teach you each week, you will most certainly feel better and it will definitely increase your chances of getting pregnant. If you have blocked tubes, endometriosis, P.C.O.S. or another fertility challenge, bringing your body into vibrant health and utilizing some little known secrets to unblock your tubes and overcome your infertility challenges will give you a huge advantage to becoming pregnant naturally.

I'll share these secrets in future lessons so you'll have the best information available as you take steps to create a Baby Friendly Body.



## *His Space*

If your doctor has indicated that your husband has a low sperm count, what does that mean? How much is enough? How much is not enough?

Three things make up a good sperm count: quantity (how many), motility (how fast they swim) and quality (how well they are formed). Certainly the number of sperm present is important. The average millilitre of ejaculate should be at least 20 million sperm. But just having enough sperm doesn't necessarily mean everything is fine. Your husband's sperm should also have a high quantity of normal sperm. Lastly, his sperm should have a high motility, which means it is fast and efficient at reaching the egg. Simple changes can boost all three counts.

Making changes to his lifestyle will not only make him feel healthier, it can also improve his sperm. Be sure he is drinking plenty of water each day (i.e. 2 quarts or 8-10 glasses) because semen is made up largely of water. He should also avoid canned and processed foods. More and more, studies are showing that our toxic, processed contemporary lifestyle is having detrimental effects on the sperm count of many men. Move to a fresh, organic diet as much as you can.

High temperatures are bad for sperm. He will need to make sure he doesn't sit in a hot tub, bathtub or sauna. Over heating the scrotum sacs will decrease his live sperm.

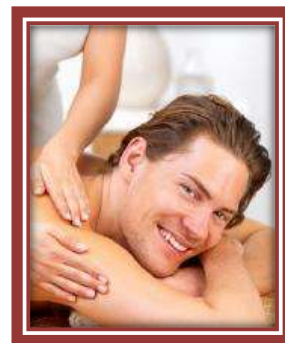
Stress and anxiety can take their toll on your husband's sperm count too. Encourage your husband to meditate or use his breathing exercises in order to reduce stress. You could even do the exercises together to create a special bond.

Moderate exercise will help your husband's sperm develop as well. Anything too rigorous, however, can adversely affect his sperm.

Along with exercise, make certain your husband is getting plenty of the right kinds of nutrients. Not having enough Vitamin C can cause his sperm to clump together, and if he smokes, vitamin C can also reduce the negative effects of nicotine on his sperm (but for the best chance of having a healthy baby, he should quit immediately).

Vitamin E is also great for improving sperm motility. Zinc and Selenium are also essential to creating healthy, plentiful sperm.

Research has shown that men who either consume Folate rich foods, or supplement with Folate have healthier sperm with less abnormalities.





Your husband should be eating a diet high in folic acid to achieve the likelihood of healthy sperm.

It's best for your husband to ejaculate every 3 days (or at least once a week) and every 2 days while you are in your fertile window. Saving up his sperm reduces the number of live sperm, and you want as many of those fast swimmers as possible.

And finally, begin to think about making changes to your husband's sperm three months before you want to conceive. It takes about 75 days for sperm to fully develop and 25 days to travel through his testicles.

You only want the healthiest sperm to find its way to your egg, so start making baby healthy changes for your husband as soon as you decide you want to conceive.



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

## Avoiding Chemicals

Our world is seeping with chemicals. From your shower curtain, to make up, to flame retardant fabric, to our food storage containers to the chemicals on the veggies available at the grocery store...you are bombarded with chemicals that can disrupt your hormones and create sub-fertility. Chemical build up in the body can have detrimental effects on sperm and ovulation. Moreover, once you are pregnant, many household chemicals can cause miscarriages and birth defects.

Cleaning products can be absolutely harmful to a baby friendly body. Though your hands hardly touch window cleaner, all purpose cleaners, or degreasers, they still enter the body when you breathe and create harmful effects, including testicular damage and miscarriage. If you've got to use cleaning supplies, don't touch them with your bare skin, always wear gloves. Your skin absorbs anything that touches it making it harder for your body to create a baby.

Not only will you find chemicals in your cleaning supplies, but some of these same chemicals are present in soaps and shampoos as well. While it would be nearly impossible to avoid harmful chemicals completely, you should make sure the cleaning products you come in contact with are as organic and natural as possible. It's all about limiting your exposure because in this day and age, it's nearly impossible to avoid exposure to chemicals altogether.

Think about how many plastics we are exposed to in a typical day. Now think about what it was like in the 1800's like the "Little House on the Prairie" days. If you try to recall the movies, can you remember a time when Ma used plastic or Pa used rubber, and if you can, just how much there was compared to how much we use today? (Actually I don't remember Ma ever using plastic - They carried their lunch in a tin pail or a cloth sack, and the sandwiches were wrapped in cloth. No plastic wrap or sandwich baggies there.)

As much as you can, try to remove plastics from your life. Use glassware or a [Stainless Steel Water Bottle](#) to drink from, china or pottery to eat from and natural products such as wooden and metal spoons when cooking. Never store or microwave foods in plastic containers. The toxins that plastics release when heated could be hazardous to your body. Transfer your food to [glass containers](#) before warming in the microwave. This is important!

Buy organic and natural foods so you're **not** exposing yourself to pesticides. Shop at a co-op or natural food store for cleaning supplies when possible. To be certain you're only exposing yourself to good things, you might also consider using "old fashioned" cleaning remedies, such as cleaning products that use baking soda, vinegar and lemon juice to do the same things that more harmful chemicals do.





Dilute lemon juice with vinegar and water to use as a substitute for window cleaner. Vinegar by itself can be used on soap scum, toilet bowls, in the laundry as a fabric softener, and as a floor cleaner. Baking soda can be used to “scrub” just about everything that more harmful abrasive cleaners would, from stovetops, to counters to bathroom sinks to glass with water spots.

My teenage daughter recently showed me how salt and lemon juice take the tarnish off of a copper pot. While watching an episode of Martha Stewart, she learned that sprinkling a bunch of salt onto copper, and then rubbing the salt with half of a lemon would bring a shine back to the tarnished copper. She tried it and it worked! And quite quickly, I might add. It's my new favorite all natural household cleaner!

One of the best things about using natural cleaners is that these items are cheaper than most of the cleaners you've been buying. Oh - and if you do need to use the occasional harsh chemical cleaner, be sure to always use gloves to protect yourself from the chemicals seeping through your skin and into your body.



# *Fertility Fitness*

## Dancing

A recent study by the Centre for Aging found that dancing offers many health benefits including building muscle strength, improving coordination and boosting the immune system, which in turn creates a baby friendly body. In addition to the many health benefits, dancing can be a lot of fun. Even if you're not a dancer, you may find that there is something quite refreshing and fun about it.

The health benefits of dancing are incredible. Dancing can help you reduce stress and increase your energy. It can also increase fertility in both men and women.

How can dancing improve fertility? The fact is that dancing is exercise and exercise brings oxygen to the reproductive organs. Without oxygenating your system, the body tries to compensate in ways that takes away from the health of the reproductive organs.

To get started, figure out what type of dancing you may be interested in. Do you like country line dancing? How about Hip Hop? Maybe you'd like to take some ballroom dancing classes with your partner. You can even check out your local gym and see what type of dance classes they're offering. You can possibly get into one of those dance classes that teaches a dance you've never heard of.

There are many variations of different types of dances. Take a look at [these videos](#) to see if there's one you like.



## *The 2 Week Wait*

Decorate ~ Re-Decorate

Re-decorating a room in your home could take anywhere from one evening to several weekends if not a few weeks. You'll find it to be a real great "pick me up" and it will definitely get you thinking about creative ideas to give a room a "face lift".

Would you like a new bedroom look - romantic and fluffy, shabby chic, rustic charm, Asian theme, English country, or Art Deco 30s and 40s. Giving your bedroom a whole new look can be done very inexpensively if you take a day or two to shop around at all the discount stores. Be sure to watch those clearance racks!

A great place to find themed bedding groups is [Target](#). You can see photos and reviews of what they sell at [Target.com](#) They also have sales and free shipping frequently. You can save money with online coupon codes from [Retail Me Not.com](#) or [Couponcode.com](#). At [decorate-redecorate.com](#) you'll find hundreds of decorating tips - from seasonal or holiday decorating to room makeovers (using the furniture and items you already have) this is a super source for giving any room a transformation.

If you're nearing the winter holidays, your living room could be redecorated by adding new wintry window treatments and holly bush tie backs. Take your husband or a friend and go antiquing for the day. You may stumble upon some fabulous finds at a flea market - maybe a new side chair for your living room or a couple of wall hangings to add interest to a room, all for a fraction of the price you would pay for new items.

Color can affect how you feel as well as purchasing some "special" things just for you and your new room. A wonderful trend has surfaced in the past few years of redoing a bathroom to feel like your own personal spa. You don't need one of those fancy spa tubs installed. You can buy a bathtub spa machine made to turn your existing bath into a bubbly oasis. Add a [towel warmer](#) to your new personal spa so that when you step out of the shower, you'll have a warm and cozy towel to dry off with. Put some candles around the room along with some flowers and greenery. Buy yourself a fluffy towel and robe just for you and voila, you have your own redecorated bathroom spa!



# Reducing Stress

## Laughter

### Laughter

Laughter. This is one of the best remedies to reduce stress. Laughter represents a willingness to project your emotions rather than suppress them. It's easy to forget to giggle during a difficult time.

Find things that make you laugh, like a tickle session with your spouse, a funny movie, or reminiscing about a funny thing that happened to you.

I love watching bloopers especially bloopers from some of my favorite television shows.

YouTube has a lot of bloopers and short segments of television programs - even programs from the past. Do a search and see what you come up with. I found bloopers from the Cosby Show, one of my favorite TV shows when it aired years ago. Bill Cosby is a great comedian!

When the giggles start, don't suppress them, but encourage them to last longer. Finding amusement in everyday frustrations can change your stress level and your outlook on life. Enjoy the laughter.

### Pregnancy Success Tip

**Laughter brings oxygen into the body. Blowing up balloons oxygenates the body too. Laughing will bring oxygen to your reproductive organs heightening your fertility.**



## *Tender Moments Together*

Reducing Stress By Strengthening Relationships

### *Picnic*

Any day can be a picnic day. If it's beautiful and sunny outside plan an outdoor picnic. If the weather is rainy or cold, have your picnic inside, right in the middle of the living room. Pack special things that are more romantic than your typical ham sandwich and chips. Bring a loaf of French bread and some herbed cheese spread. Throw in some grapes (that you can feed him) and walnuts or almonds that you've covered in herbs and spices. Dark Chocolate Covered almonds are nutritious and delicious!

You can sip some sparkling cider from wine glasses and make it a special occasion. Spread a big, comfy blanket in a shady spot in a park, local garden or along the water.

Enjoy each other's company and the fresh air. Wear something special so your husband knows you're thinking of him, maybe a skirt or a sundress or something special underneath.

Whisper sweet things to him and smile as much as you can. Bring something fun to do - a Frisbee if you're active, bread to feed the ducks, or a kite if it's windy. Stay until the sun sets. Hold hands while you watch the sunset and share a soft kiss. If you're having an indoor picnic you'll be free to picnic in your lingerie which is sure to end up with the two of you sharing a more passionate moment in privacy.





## *The Love You Make*

### Keeping Passion Alive

#### *Follow The Trail*

Make sure you get home before he does. Leave a trail of clothes that lead to the bedroom. Strategically place them so it looks like you got undressed on the way. You may even try it. You'll be surprised at how sexy it makes you feel.

Near the beginning of the trail, leave a note. Be suggestive. Write something like, "Waiting for you" or "Come and get it." Make sure you send a pretty clear message with your words. After every few items, leave another note.

Tell him what you're thinking, tell him what you want, tell him you can't wait until he finds you. When he finally makes his way to you, make sure you are lying in a sexy position on the bed. Perhaps you could lie on your side with your head propped on your palm. You can either be wearing a sexy pair of panties or nothing at all. Either way, be the prize at the end of his treasure hunt.





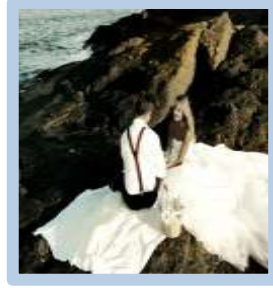
## *This Week's Action Items*



### *Avoiding Chemicals*

Start being more aware of all of the chemicals your body comes into contact with.

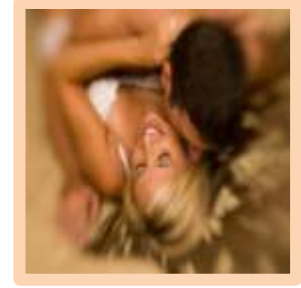
Plastics, pesticides in your foods, beauty salon treatments, gas fumes when you fill your tank, nail polish and nail polish remover fumes, the plastic containers that you buy your food in or store your food in, etc.



### *Picnic*

Get your calendar out right now and plan a day this week to have a picnic. If you plan it now, you'll have time to pick up the items you need and you'll be sure to invest in your relationship this week.

If you'd like to send me a note letting me know how your picnic went I'd love to hear from you.



### *Follow His Trail*

Start writing down ideas for suggestive notes that you can use when it's time for baby making sex, and you want to make it extra fun.

Think about what you're going to write these notes on. How about typing them up, and then cutting them into thin strips and inserting each one into a chocolate kiss.

Or just write or type it on paper, cut the paper up and fold the notes. Put on some lipstick and kiss each note. You could also spritz the note paper with his favorite perfume.



## *Coming Up Next...*

Next week we'll discuss in more detail the dangers of eating foods that have been sprayed with pesticides and I'll show you how to find the most wholesome, organic, pesticide free foods possible.

I'll be sharing my absolutely favorite homemade salad dressing recipe so you can avoid the chemicals and preservatives in store-bought dressings, and I'll give you tips on how to choose baby friendly dressings when eating out.

I'll show you the best way to use ovulation predictor tests and I'll unveil the reason why some women see positive tests when, in fact, they may not be ovulating.

I'll be giving you some tips on how to pamper yourself (we all need to indulge sometimes) which creates heightened fertility.

All this and more...in 7 days!

Best Wishes!

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

Kirstyn Sierra,  
Pregnancy Consultant



## *Previous Lessons*

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

Bonus Lesson ... [Click Here](#) to access.

Lesson #2 ... [Click Here](#) to access.

Lesson #3 ... [Click Here](#) to access.



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