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❁ **Welcome** ❁

Eating healthy. When you are trying to create a baby friendly body, eating quality, wholesome foods is one of the prepare for pregnancy. Problem is, just how do you know what's best for you?

In this lesson we look at ways of finding the best types of quality foods available so you **know** you are on track to baby-making health.

I also share a super healthy baby friendly salad dressing along with my favorite absolutely yummy dressing that's healthier than the store-bought varieties.

I'll show you how to choose a high quality prenatal vitamin and why you don't want to buy the cheapest prenatal on the shelf.

I'll also share the best way to test with ovulation predictor tests so you're not confused by the results.

I'll share more ways to reduce stress and I'll give you tips on how to pamper yourself - all of which creates heightened fertility and a baby friendly body.

You're doing great! Keep incorporating the positive, healthy lifestyle changes you've been learning and you'll have that baby friendly body before you know it.

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.



Eating To Create Life

~ Choosing Organic Foods ~

Foods that are organic are foods that are the healthiest for you to eat, as they are in their most natural state. There are no pesticides used on the fruits, vegetables, beans or grains, and they are grown in soils that do not have pesticide residues. Because organic foods are foods grown the way that God intended, there has been staggering evidence that shows the benefits of eating organic foods on fertility. Choose eggs that are free range and fed organic feed. They will be the healthiest for you.

Choose meats that are organic or at least pesticide, antibiotic and hormone free. [Organic meat](#) is meat that has come from animals that were given organic feed or were allowed to freely graze on organic pastures and animals that did not have injections of antibiotics or hormones.

Many ranchers give antibiotics routinely to their flock or herd to PREVENT illness, rather than giving an antibiotic only when the animal needs it. Many animals are given hormones to promote growth - a bigger, plumper turkey or chicken, a dairy cow that can produce more milk in a year, a beef cow that will put on more weight - all of these things represent money to the rancher. Unless you buy organic, you're likely eating antibiotics, hormones and pesticides in your dairy products, eggs and meat. A baby friendly body needs all the help it can get to keep these toxins out of the body so that it can focus on creating a baby instead of on keeping you from getting sick (which is the body's first and foremost responsibility).

Making the change to organic can seem difficult, but it really isn't. For women wishing to conceive, this is a change that can be quite simple compared to other fertility measures that you may be considering. Many grocery stores carry organic produce or at least have a health food section where you'll find organic grains and cereals.

Take time to read labels. When shopping for organic foods, don't fall for the word "natural" on the label. This is because something that is natural isn't necessarily organic. It may be natural, but it could have been grown with pesticides used to keep insects and other pests away. Organic farmers use natural methods to keep pesticides and insects from destroying their crops. So pay close attention to the labels to ensure they say that they're "organic." Also, if the ingredients list is long or has a bunch of chemicals listed, it is probably best to stay away.

Start to look at your options when you're at the store. If you normally buy broccoli and carrots, look around to see if there is an organic version. If not, ask the manager if they carry any organic produce or products. After all, you want to do everything you can to get your baby, and if your local grocery store will start to carry some organic products it will make it a little easier on you.

Pregnancy Success Tip

[Grass fed Beef](#) is high in the good fats. Beef from cows that are allowed to graze on grasslands have a ratio of 6:3 in omega fats, which is comparable to the good fats found in some fish.



Fertility Enhancing Nutrients

Prenatal Vitamins / Natural or Synthetic

When you're committed to making sure you include the right vitamins in your diet, take just a few minutes longer and consider the advantages of natural vitamins. Natural vitamins are obviously better for you because their natural state is easy for your body to process. Conversely, synthetic vitamins can contain chemicals that will harm your body, decrease your baby friendliness, and could impact your baby once you conceive.

The problems with synthetic vitamins are plentiful. Synthetic vitamins are typically lab created, chemically based vitamins, which the body can have a more difficult time digesting. They may also lack in the essential nutrients needed in prenatal vitamins. Studies show that six out of nine vitamins fall short in creating a healthy baby body. First of all, more than half of prenats don't contain enough folic acid for your prenatal needs. In the last lesson you learned about the importance of adequate daily intake of folic acid for your baby's health. You should begin taking folic acid at least three months before you try to conceive.

Calcium prevents you from losing bone density and it also helps regulate your hormones. Your baby will use your body's minerals for her own bone growth, so consumption of calcium is very important. Calcium is also found naturally in green leafy vegetables, seafood and some dairy products. However, you should consume dairy products moderately. If your blood type is "B", you will tend to do better on cow milk products than all over blood types, according to Dr. Peter D'Adamo, author of "[Eat Right For Your Baby](#)".

While it's best to get nutrients from good food, you may have to supplement your diet with vitamins. When you do, select a natural brand. Natural vitamins are easier to digest and they are the most closely aligned to natural food. You want to look for vitamins that are natural and organic in nature because your body will absorb and assimilate natural food products easier.

Try to get your nutrients and vitamins from your diet. That's always the purest Method of taking care of your body. Eat as many natural and organic foods as possible but most doctors, midwives and health practitioners recommend taking a prenatal vitamin supplement as well.

I like the New Chapter Organics brand - Perfect Prenatal as I've found it to be the easiest to digest (which means less is going down the toilet), and for my husband, the Every Man's One Daily. It's in a whole foods form which makes it easier for the body to utilize. The last thing you want is to be spending money on vitamins, making the effort to take them every day, and then realizing that the vitamins are not being broken down and assimilated by your body. So invest in a [high quality prenatal](#) - it could be the one thing your body needs in order to create the life of your baby and will definitely help to support your pregnancy.

Pregnancy Success Tip

Choosing a whole foods vitamin could give you a baby friendly body faster than choosing a synthetic vitamin.

Take a look at this article to learn more about the studies that prove.



Food, Glorious Foooooood!

Fertility Enhancing Salad Dressing

This is a good, healthy recipe for salad dressing. Olive oil is really good for your heart and your body, lemon juice helps to alkalize the body and move toxins out of your system, and garlic boosts the immune system.

If you choose to use bottled dressings, please look for dressings that do not contain any MSG (Monosodium Glutamate) or hidden MSG. Newman's Own might be a good brand to consider, but just check the labels carefully. MSG promotes infertility and many items contain hidden forms of MSG. To learn names of additives with hidden MSG in them [take a look at this page.](#)

To learn more about how MSG could be keeping you from getting pregnant and what products to avoid take a look at the videos on [this page.](#)



Did you know...

This recipe is great for your liver and the garlic gives it a nice flavour so use this dressing as much as you'd like. Use as much of this dressing as you like - the olive oil is really good for creating a baby friendly body.

Lemon & Garlic Dressing

- 1/2 cup Extra Virgin Olive Oil (I like the light tasting olive oil.)**
- 1 Tblsp. freshly squeezed lemon juice**
- 1 small clove garlic, minced**
- 1/4 tsp. salt**
- 1/4 tsp. ground black pepper (optional)**
- 1/4 tsp. dry mustard (optional)**

Place minced garlic in a bowl and cover with salt. Press it with the back of a spoon releasing the garlic juice. Put this into a jar, add the rest of the ingredients, cover and shake to blend. Store in the refrigerator. Olive oil will harden when it gets cold, but will melt quickly at room temperature (or you can run it under hot water for a minute if you can't wait for it to melt).



Blue Cheese Dressing

This week I'm giving you two recipes. This second recipe is not as healthy as the Olive Oil and Lemon Juice dressing, but it's much tastier, and it is homemade so you'll avoid the MSG and other chemical additives found in the bottled dressings on the shelves of your local grocery store. It's most important that you eat at least one (two is better) raw vegetable salad a day, so sometimes having a variety of salad dressings to choose from, helps. This is my all time favorite homemade Blue Cheese Salad Dressing. Put the ingredients on your grocery list right now, and make this dressing this week, if you're a Blue Cheese dressing lover. YUM!

Blue Cheese Dressing

3/4 cup sour cream (organic when possible)

1 1/3 cups real mayonnaise

1 teaspoon Worcestershire Sauce

1/2 teaspoon dry mustard

1/2 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon pepper (optional)

4 ounces blue cheese



In a large bowl, mix together the sour cream, mayonnaise and worcestershire sauce. Add dry mustard, garlic powder, salt and pepper.

Stir in blue cheese.

Cover and refrigerate for 24 hours before serving to let the flavors mingle.

For a bit more protein and an extra tasty healthy treat sprinkle turkey bacon bits over the top of your salad. (You'll need to buy the turkey bacon and cook it up yourself). Pork bacon (or real bacon bits in a bottle) is not good for creating a baby friendly body.

Out On The Town

Creating A Baby Friendly Body Salad Dressing When Eating Out

One of the biggest surprises you may find when eating out is that many salad dressings are extremely high in bad fats. I've found that when I order a salad it often has way too much salad dressing on it, and it's dripping in the stuff.

So, for a healthier dining out experience, I'll often order salad dressing on the side so that I can dip my salad into the dressing or I'll pour a smaller amount over the entire salad. Alternatively, I'll often say "light on the dressing" if it's a larger salad that I'm sharing with others.

When possible, choose vinaigrette dressings over cream based dressings. You can make your own baby friendly body dressing easily when eating out. Drizzle some olive oil over the salad, squeeze some lemon juice on it, and sprinkle with salt and pepper to taste. Both the olive oil and lemon will have an alkalizing effect on your body. I like to opt out of the pepper because it's harder on my digestive system and you may need to opt out of the salt if you have high blood pressure, but creating your own salad dressing can be very easy because most sit down restaurants will bring you olive oil and a lemon wedge if you just ask.

Another option is to take your own dressing in a small container. Just pop it in your purse and tell the restaurant to hold the dressing (or bring it on the side). When your salad arrives pour your own dressing on it, and VOILA! A very yummy salad that won't hinder your efforts of creating a baby friendly body.



Cycles & Hormones & Charting ... Oh My!

Ovulation Predictor Testing Instructions

Once you've decided to try to conceive a child, you need to decide when the best time to make love is. Using an ovulation predictor test can assist you in identifying your fertility window.

Most women ovulate between the 12th and 16th days of their cycle, counting from the first day of your last period. But some women will ovulate earlier (some on their period, though it's rare) and others will ovulate later. You will also begin to notice changes in your cervical mucus. We will spend a lot of time in this course learning to identify egg white cervical mucus, and working to increase it. Charting your cervical mucus changes and ovulation predictor test results can help you identify the days of the month you most likely ovulate. Make sure you have several (10) [ovulation predictor tests](#) on hand, so you can check regularly. Next week I'll discuss the various ovulation monitors that are available to help you pinpoint ovulation too.

Ovulation tests detect the luteinizing hormone (LH) in your urine, which surges 12-48 hours before ovulation. The surge in LH triggers ovulation. Since the sperm can live for an average of 72 hours in your body, it's good to begin making love when you first notice a change in your cervical mucus, indicating that you've entered your fertile window. Use an ovulation test each day and when you get a positive test, be sure to make love on that day and the next, if possible.

To perform the test, reduce your liquid intake at least 2 hours before you plan to test. This ensures that you will have an adequate concentration of LH in your urine. You don't want the LH to be diluted or you could get a false negative reading.

Collect a urine sample each day at the same time. Do NOT test with your first morning urine; instead collect a sample sometime between 11:00 a.m. and 8:00 p.m. Many women find that they get their best results in the mid-afternoon, around 2:00 p.m. You may even wish to test twice a day to be sure you catch your surge.

I prefer to catch my urine in a cup and then dip the test in, rather than holding the test in my stream of urine. I feel I have more control over the test this way. Wait about five minutes and then check for results (or follow the manufacturer's instructions.)

A positive test will have two lines equally dark in color OR the test line will be darker than the reference color. A light test line and a dark reference line is a negative test and it's very common to see this. So even though a positive PREGNANCY test will have a light test line, and a dark reference line, a positive OVULATION test will

Pregnancy Success Tip

Be sure to make love the day you get a positive test and the day after that.





be two (2) dark lines. If you get a light test line on the ovulation prediction test consider it negative and keep testing until you see those two dark lines.

Once you are sure you are close to ovulation, and your test is positive, you should make love that day and the next to increase your chances of conception. We want the sperm to be waiting happily for the egg when it's released. Be sure to include solid relationship building and lots of romance during your fertile window. Sometimes the urgency brought on by a positive ovulation test can interfere with the natural sensuality of lovemaking. You will spend the rest of your lives remembering the time you conceived. Make sure you remember it for the passion, not the panic.

One word of caution – women who have P.C.O.S. (Polycystic Ovary Syndrome) will often see a positive ovulation predictor test every time they test. This is due to high levels of luteinizing hormone (LH) early in the cycle which means that though many eggs will start to mature, not one of them will ripen fully, and ovulation does not occur. So if you find that you have a positive ovulation predictor test for more than 2 days and you may have no other signs of ovulation you may want to suspect P.C.O.S.



Rest & Relaxation Music

Relaxing Music

If you are stressed when you go to bed at night, you surely won't get a good night's sleep, and if you don't get a good night's sleep your body won't function properly when it comes to creating a baby friendly body. If you have an iPod or mp3 player, you can [download soothing music](#) or special sounds. Do a search for nature sounds or relaxing nature sounds. You might enjoy listening to a rainstorm, thunderstorm or even waves coming up on a beach or you might like some classical music instead.

I like to listen to Bible messages, and some people listen to audio books. Often listening to someone read or talk will lull you to sleep. Listening before bed is not the only time to use relaxing music to reduce stress. You can listen at work, or in the car, and even while making dinner or doing laundry.

Replace music that makes you tense with music that relaxes and you'll be helping your body to become baby friendly.

Pregnancy Success Tip

Listening to music can be a great stress reducer. One study showed that cardiology patients who listened to classical music for 30 minutes produced calming effects equivalent to a 10-mg dose of Valium.

We know that stress has a negative effect on fertility, so be sure to set aside a half hour each day for classical music and slow, relaxed breathing. The combination of the two could have a powerful effect on increasing your fertility.



Tender Moments Together

Reducing Stress by Strengthening Relationships

The Power of Praise

Sometimes, when we get comfortable with someone, we assume they know how we feel. Or worse, we become overly critical.

Find something to compliment your husband about every day. Tell him you appreciate how handsome he is; tell him how much you appreciate that he helped you with the dishes; or tell him how smart you think he is. Say something complimentary every day.

You should also keep track of the times you are critical of him. Did you know that it takes 7 positive comments to undo the effects of one negative comment? If you find you are overly critical, try switching to a compliment every time you were going to be critical. Simply adding “please” and “thank you” to your sentences can go a long way.

Knowing you appreciate him will make your relationship stronger, improve his mood, and reduce stress between the two of you.

All three of those things...strong relationship, good mood and reduced stress will boost fertility in both of you.





You Are Special

Read A Book

Read a book that is totally for fun. There are lots of good books available through your local library. If you don't have a library card, it would be good to get one. The library is an amazing resource. To find a book you like, you can ask friends or do a search on [Amazon.com](https://www.amazon.com). Many books are rated and reviewed. Get several when you go to the library if you are trying new authors in case you don't care for one.

Special Water

Put lemon or cucumber in your water. Keep a container of sliced lemons, oranges or cucumbers in your refrigerator. When you pour that glass of water take the extra time to add a slice of cold lemon, sliced orange or cucumber to be nice to yourself and make your water a little more interesting.

Indulge In A Manicure

Get a manicure (only about \$15 and it makes you feel good about yourself). Book the first appointment of the day before the shop is filled with unhealthy chemical odors like those from nail polish remover acrylic nail products and hair permanents. When you get your manicure, opt out of the nail polish as you don't want to expose your body to the chemicals in them, and ask the manicurist to buff your nails to a shine instead.

You'll end up with beautiful nails, soft hands and will enjoy being pampered and having your fingers massaged. Your local beauty college may offer manicures for as little as \$5. When I was first married and didn't have much money I would enjoy a manicure at the beauty college for \$3. The student got the practice and I enjoyed being pampered.





This Week's Action Items



Organic

This week start scouting out places to find organic foods.

Check your grocery store's health food area or vitamin section or ask a clerk.

Call your local nutrition shop or vitamin shop and ask if they know of any co-ops where you could find organic products.

Call a couple of Chiropractic offices in the area and ask them.

Do a Google Search for "organic meat" and see what comes up.

Then buy at least one organic product this week to start making the transition to baby.



Praise

Give your husband the gift of praise this week. When he does a little thing, like fixing something for you, be sure to let him know how very much you appreciate it.

If you notice something about his that you like, tell him. I like the way you... (fill in the blank).

And if you want to keep a little tally sheet hidden somewhere of how many times you praised him, do it. Then look at it at the end of the day or week.

Seeing all those tally marks will make you feel so good.



Eating Out

When eating out this week, be sure to ask for olive oil and lemon or vinegar for your salad, or ask for the dressing on the side, or take your own.

If you're planning to take your own, get a small container, put the dressing in it and keep it in the fridge. When you're ready to head to dinner, grab the dressing.

Having all ready to go means no last minute hassle, and you'll be more apt to grab it and go...which will make your husband happy, because he won't have to wait for you :-)



Coming Up Next...

Next week we're going to look at a hormone disrupting substance that you use in your kitchen every single day. This substance has become so prevalent in our world that it's wreaking havoc on many men and women's reproductive systems. A little contact with this substance would likely not cause any problems for most, but we are in contact with so much of this now that it is disrupting hormones in more and more people.

I'll be sharing what this material is with you, and ideas on how to reduce your exposure in your everyday living so that your hormones can come into balance more easily.

I'll be giving you tips on how your husband can increase his sperm count and performance, and I'll show you a fun sport that the two of you can do together while creating your baby friendly bodies.

I'll also be introducing you to the Newest Medicine in reversing infertility naturally - something that's proven to have a great success rate.

All this and more in your next issue of *Creating A Baby Friendly Body*.

Best Wishes!

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

Kirstyn Sierra,
Pregnancy Consultant



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