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❁ Welcome ❁

This week we go further towards creating your baby friendly body with a fertility cleanse that will remove more toxins from your body and help it to focus on the task of getting ready for baby instead of having to work so hard to flush out toxins. The more stress you take off of the liver, the easier it will be for you to get pregnant.

We also look into why restful sleep (and how to achieve it) is so important, why your thyroid may be hindering you from becoming pregnant and what you can do to help it out.

I'm going to share my teenage daughter's favorite form of exercise (in fact she helped me write the article for you) and it might just become your new favorite sport for baby making fitness. It can be especially fun in winter.

You'll also learn about how herbs can increase your fertility and I'll introduce you to a Master Herbalist who has had great success helping couples to achieve pregnancy.

I'll also give you a fabulous idea to help seduce your husband during your fertile window so he won't feel like just a sperm donor, and you won't feel like you're just having "baby making sex". It will ignite the fire of passion in you both.

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.





I knew the “keeping passion alive” articles would be helpful and that’s why I included them in the course, and just a couple of weeks ago I received a note from a member of the course saying that she had conceived and she believed that using one of my “passion” tips had helped her to relax and enjoy sex again... which helped her to conceive. I really want you to try these ideas and think less about “the right position” and more about enjoying your husband.

Last week I promised you a more aggressive, yet gentle Fertility Cleanse to really boost your efforts in creating a baby friendly body, and it ended up being so long that I’m making it into a bonus which I will send you tomorrow.

I didn’t want you to get overwhelmed with all the information in today’s lesson.

So enjoy your lesson today, and be expecting your bonus tomorrow.



Do It For Your Baby ~ Do It For Yourself

Quality Sleep Promotes Fertility

Sleep deprivation is a major stress factor in many people's lives - almost 3/4 of Americans to be certain - and it affects our bodies in so many ways. Fertility can be affected too as our organ systems are restored while we sleep. This deprivation can affect our hormone balance and mood which in turn affects our relationships in a profound way when we don't even realize it.

All of these can lead to irregular menstrual periods which can make the time it takes to conceive longer than necessary. Sleeping pills are not a good aid if you do have problems getting a good night's sleep, so an alternative such as the herbs Valerian or Passionflower, aromatherapy oils in your nightly bath, or a cup of chamomile tea before bed can be very effective for relaxation.

If you already take sleeping pills you should talk to your physician about taking magnesium instead during the time you are trying to conceive and during pregnancy.

The renewal process our body goes through during restful sleep is so very important that we must take every care to not get to bed too late on a consistent basis. It is essential that you develop a pattern of going to bed and waking at approximately the same time every day, getting at least 8 hours of sleep (9 hours is okay too!), keeping your bedroom quiet and calm for resting as well as lovemaking, and avoiding caffeine or other stimulants before retiring for the night. Be sure you have black out blinds on your windows and no other lights on in your bedroom when sleeping. Even a lit digital clock can create light that will disturb deep sleep. If you like to read before bed, it is better to read with a book light so you are not exposed to bright light before going to sleep.

Try to get some form of exercise daily even if it is just a walk outdoors with your husband, which can serve a dual purpose by allowing you alone time to talk through the issues you are dealing with together. The sunlight is needed as well to renew our bodies, boost our immune systems, and to keep our hormones in check and our cycles in balance. Sleep is one of the most important gifts we can give ourselves.

My doctor and my nutritionist both suggest that I eat more protein rich foods in the morning and more power carbs at night. A high protein meal at night can boost your body temperature, and lighten your sleep. If you're still weaning yourself off of coffee, soda, chocolate or other caffeinated foods, you'll want to stop your caffeine intake at least 7 hours before your normal bedtime (if you go to bed at 10PM then you'll stop your caffeine at 3PM).





As the sun rises in the morning, your morning hormonal shifts awaken (yes, the sun light directly influences your hormones). As the sun sets, and there is less light, your brain will secrete melatonin. A key function of melatonin is to keep you sleepy until the morning light triggers your hormonal shifts again.

Sometimes you'll need higher melatonin levels to improve your sleep. Eating foods high in the amino acid *tryptophan* can boost melatonin levels.

Some of these foods are spinach, peanuts with the skin (i.e. spanish peanuts), mushrooms, lentils, tofu and bananas. Eat these foods with high quality carbs sometime after dinner and before bed. A piece of sprouted wheat bread with peanut butter and sliced bananas would work, or if you want to avoid the sugary banana in the evening, you could try some steamed spinach with sauteed mushrooms and brown rice or sprouted wheat toast.

A nice, long talk with God is a perfect way to end your hectic day; casting the cares of the day on His lap as you fall asleep. Another thing I do is to count my blessings. You've heard of counting sheep? Well counting your blessings is much more productive, is calming and soothing and I often find myself fast asleep before I'm done. But my favorite thing is to listen to a Bible message on my iPod.

I choose a speaker who isn't dramatic (I don't want to be awakened by a sudden upswing in his tone) and I listen until I fall asleep (no, he's not boring, it's just very calming for me). My favorite Bible teacher is [Zac Poonen](#) and I have over 400 of his messages on my computer and many on my iPod. It's a special treat to listen to him if you're looking for some excellent Bible teaching.

Sleep is directly affected by prolonged stress, and a lack of sleep keeps stress hormones elevated. One of the things your body does at night is that it ovulates (in 80% of women). Women who work swing shift tend to have more ovulation problems.

If you are awakened during the night or if you don't get enough deep, restful sleep, you may not be ovulating regularly, you may be putting on weight (or having a hard time taking it off) and your lack of sleep could be contributing to insulin resistance which can lower fertility. Women with P.C.O.S. have insulin resistance and good quality deep sleep is especially important for them.

Do whatever you can to be sure you're getting good quality uninterrupted sleep at night. It will help your body to re-set your stress hormones so that they're not continually elevated, will promote ovulation and will definitely help you to create a baby friendly body.

Pregnancy Success Tip

One way to know you're getting enough sleep is to adjust your bedtime so that you wake up naturally without the use of an alarm clock.

If you find that you need an alarm clock, go to bed 15 minutes earlier each night until you awaken rested in the morning and realize you woke up on your own.



Navigating The Obstacle Course

Exploring Reproductive Challenges ~ Hypothyroidism

Your thyroid is a little butterfly shaped mass that lies where an Adam's apple sits on a man. This little guy does amazing things for your body, including the regulating of metabolism and controlling the release of hormones. It also impacts reproduction. When it's working well, it makes sure you ovulate. When it's misbehaving, it can alter or impede fertility. Many women today suffer because of their thyroids. A condition called hypothyroidism affects many women's fertility problems.

Since the thyroid deals with metabolism, you may notice a lack of energy if you are having a problem with your thyroid. You may have other symptoms that don't initially seem related to the thyroid, such as hair loss, dry skin, constipation, irregular periods, or troubles with weight gain or loss. Women are more susceptible to thyroid problems than men. People with type O blood have a higher predisposition to thyroid problems, and it is estimated that the largest percentage of people in the world have blood type O. Watch your body closely for signs of thyroid problems.

Before you undergo thyroid surgery or begin thyroid medication, try to make changes in your lifestyle that will support healthy thyroid function. Prescription drugs and fluoride can cause thyroid problems and inhibit regular hormone production. Unless you drink well water, you may be receiving too much fluoride from the water you drink. Consequently you should drink only spring water or filtered water. Be sure the filter you use can remove fluoride as many filters cannot.

Chlorides, found in plastics, can also have a detrimental effect on your thyroid. Plastics are everywhere: shower curtains, plumbing, furniture, cottage cheese containers and flooring. Almost all of them can permeate your body and cause adverse effects. While it may not be practical to rip up your kitchen floor, just be aware of the ways you encounter plastics so you can avoid as many as possible. Avoid food containers that are labeled #3, #6 and #7. Never use plastic in the microwave. If you can, avoid plastic altogether from furnishings to plastic containers to plastic wrap.

You may be at higher risk if you have thyroid problems in your family history or if you have lost a lot of weight. If you think you have a thyroid problem talk with your health care practitioner. Once the thyroid is under control you'll feel better and increase your fertility. Conceiving a child requires more than simply making love. You need to make adjustments in your lifestyle so that your body is 100 percent baby ready.

Pregnancy Success Tip

According to Dr. Peter D'Adamo, author of *Eat Right 4 Your Baby*, people with blood type O have a much higher chance of developing Thyroid imbalances than those with any other blood type. Approximately 50% of the U.S. population has blood type O.



Fertility Fitness

Ice Skating

Ice skating is a very good activity that you can do to help create your baby friendly body. Besides the exercise, it is a lot of fun. You can do it by yourself, with a friend, or with a group of friends. I find it much more enjoyable when I have a friend with me because I can chat and laugh at the same time that I'm exercising.

When you first start skating, you will want to use rental skates to make sure that you like the sport. After you've done it a couple times, and you've decided that you would like to continue skating, I strongly recommend getting your own pair of skates. These will be much more comfortable, and the blades will have much better edges. The blades on rental skates can be as dull as butter knives, while the edge on freshly sharpened blades made with high quality steel will be very sharp and much easier to skate on. If you find it a big struggle to skate on rentals you'll be pleased to know that sharp blades can make a big difference. You should have your blades sharpened every 20 to 30 hours of being on the ice.

If you're concerned about falling on the hard, slick ice, crash pads are available online, and you can wear these to protect yourself when you fall.

If there is a rink located near you, check and see if the rink offers group skating lessons. Most rinks offer group lessons, and these are very helpful for teaching the basics of skating (stopping, skating backwards, etc.). Some rinks also offer a "coffee hour" for adults only. During this time a private instructor will help you with your skating and you'll get to have some "kid free" ice time which is so much better than the public skate times. Some rinks now offer adult synchronized skating teams. My teenage daughter is on a synchronized skating team and she LOVES it. Take a look at [this video](#) to see this Senior Level Synchronized Skating team.

If you want to improve your stamina and bring more oxygen into your body, many rinks also hold power classes. These are usually half an hour in length, and will improve your leg muscles as well as oxygenating your reproductive organs.

Just skating for 30 minutes a week can benefit your body when combined with other forms of exercise on other days of the week. Some cities will set up an outdoor rink during the Christmas season. Going skating at Christmas time can be a fun-filled outing for you and your husband which also benefits your efforts to create baby friendly bodies.



Pregnancy Success Tip

When you go to the rink, take water with you, and a healthy snack like a bag of peanuts and raisins, or almonds, walnuts, dried pineapple and dried cherries.

When you're tempted to buy a hot chocolate, chips or a candy bar from the vending machines, reach for your water and healthy snack and think about the baby friendly body you're creating and your future little one. It will give you motivation to nourish and exercise your body.

The 2 Week Wait

Plan an evening at a Cultural Event

Cultural Events

Plan to attend a concert, festival, ballet, or play with your husband or a friend (and sometimes just by yourself). Many towns have free and very low priced events, often extending last minute ticket reductions to fill the event.

Keep an eye on local papers and sites like <http://www.eventful.com>, at which you can sign up for localized event alert emails to see what is happening in your town. You may even have a reward program through an organization or your credit card company that you can purchase discounted tickets through.

Try something you have never done before like attending a contemporary dance production, a down town arts festival or a play at your local community college.

Often the local colleges will have theaters that play well known musicals and plays like *The Music Man*, *Narnia (Based on The Lion, The Witch & The Wardrobe)*, *Annie*, *Wicked - the musical based on the Wizard of Oz* and many, many more.

Call your local arts center and college theatre and find out what's playing. Try something on the spur of the moment because it can make you feel wonderful.





New Medicine

Herbal Medicine

Herbs are powerful in correcting imbalances in the body. I've personally witnessed the power of herbs in correcting hormonal imbalances and in healing my children's coughs, but I know they are also powerful in cleansing the body, strengthening the body and nourishing the body.

Many medications are made from plant extracts, but they've been made into a synthetic form so that they could be patented. However, the natural state of plant leaves, roots and other parts of the plant, when used properly can have a profound effect on the body, especially when you work closely with someone who specializes in using herbs to promote fertility.

Patricia Karnowski is a Master Herbalist who specializes in helping women achieve pregnancy naturally through the use of Chinese herbs. She works with both men and women all over the world. To learn more about Patricia, please visit my [Birth, Baby & Mom](#) website.

This week I'm going to introduce an herb to you that has proven to be very helpful in regulating cycles. The herb is Chasteberry. *Vitex angus Castus*, or better known as Chasteberry, is an excellent herb for balancing hormones in both men and women. It is known for its great balancing effects on your monthly cycle, has the tendency to stabilize all hormones within your body, and helps to relieve premenstrual syndrome (PMS).

Chasteberry has been known to help women who have problems with ovulating each month and can help regulate your menstruation. If you have not been having a monthly cycle, or have been skipping months, this could be a great asset for you as it can help to get your menstruation back to the perfect balance for your body. Also if you are not ovulating, or if you're having poor ovulation it brings balance to your hormones so your body can produce all the hormones needed to ovulate each month. It can take six months or more to see good results with this, but if you're cycles have been sporadic for years, I'm sure you'll welcome the change this herb can bring in as little as 6 months.

If you have a problem with mood swings, anxiety, nervous tension, or other complications with PMS, this may be a good herb for you. It appears to balance hormones very well, taking away most PMS. I cannot say that this is the miracle cure for PMS, but it has helped many.

Chasteberry is also good for balancing hormones in men as well as women. Studies show that if you or your husband has problems with producing enough testosterone, taking Chasteberry will help you produce more. The only cautions with using Chasteberry are that on rare occasions it will cause an upset stomach and sometimes a minor rash. Chasteberry should not be used with other hormone balancers, such as progesterone or estrogen because it will do all the balancing needed in every area of your endocrine system. And as with everything else, sometimes one herb is not better for your specific needs over another. I would recommend that you speak with someone who is very familiar with increasing fertility through the use of herbs in order for you to better understand if Chasteberry is right for you!

Tender Moments Together

Reducing Stress By Strengthening Relationships

Go On A Date

Schedule regular date nights for just the two of you. Try to do something special together every week or at least twice a month. Go out for dinner at a quiet restaurant, go to a live concert, or go out dancing. We found a restaurant about 30 minutes away that converted train cars into romantic dining cars. Each car has enough room for just two people, and the waiter closed the door when he was done serving our meal for added privacy.

The dining car was very quiet and made for a perfect little romantic get-away for a couple of hours. Try different restaurants, ask others for recommendations. You may just find a new favorite restaurant you'll want to frequent for your anniversary or birthday. Make sure it's just the two of you and make sure you treat it like a special event.

Dress up a little more than usual, smile a lot, hold hands while you walk, and enjoy each other's company. For fun, you might try to visit a favorite place you used to go to when you were dating. You'll be surprised at how quickly memories will come racing back.

Make a pact not to talk about things that create tension between you. Your date night should be devoted to strengthening your relationship.





The Love You Make Keeping Passion Alive

A Lingerie Lunch

Convince your husband he needs to come home for lunch. Plan to wear sexy lingerie when he arrives. You can make it a surprise or you can tell him what's on your mind. If you tell him what you're up to, he'll think about you all morning. However, this technique can be equally effective if he believes he's coming home for something practical: to sign a paper or to help you with something around the house.

When he sees you dressed in a pretty negligee, he'll be delightfully surprised. He will appreciate you for loving him so much that you have wanted to make love with him all day. If you feel a little uneasy about doing something like this, just remind yourself that God created desire and it's healthy within a loving marriage. Feeling good physically helps you to feel good emotionally, and when you're happy emotionally, that helps to create a baby friendly body.





This Week's Action Items

Juicing Cleanse

This week borrow a juicer or post for one on Freecycle.org or invest in one. This one piece of equipment can help you make great strides in creating a baby friendly body.

You can do the Fertility Cleanse Protocol in this lesson or you can just start juicing each day with fruits and vegetables that you like.

Continue the juicing after you conceive and it will help you to enjoy a healthy pregnancy. Juicing helps to balance hormones. It's a REALLY good thing!



Sleep

You know how important sleep is to reproduction so this week try to go to bed between 10-10:30 PM.

Stop drinking by 6PM so you won't have to get up in the middle of the night.

Do what it takes to block out all light in your room at night.

Make sure you're exposed to bright lights and sunlight during the day.



Date Night

Start looking around for a new restaurant to try next week (not while you're on the cleanse).

If your budget is tight, sit at the bar and order a bowl of soup or a salad...or if you want a little something sweet, go out for dessert and split it with your husband. Make it a special time for just the two of you.





Coming Up Next...

In your next lesson I'll show you the benefits of eating fats...healthy fats that help to balance your hormones and create better quality eggs and sperm.

You'll learn about the importance of having enough iron in your diet, something that 50% of women could be lacking, and how this nutrient can help you avoid early miscarriage.

I'll give you the recipe for a super nutritious yummy drink, and I'll answer your #1 question - how to balance your hormones.

This week you're learning about a fertility cleanse that will rev up your baby making efforts.

One word of caution for the fertility cleanse - if you are already pregnant and are continuing this course during your pregnancy, you can do some of the things in the cleanse, but it will be important for you to keep your protein intake up - like having fish or poultry or even lean organic beef or eggs each day.

Next week I'll be sending you another bonus, a fertility menu to get you started on your new way of eating.

This plan promotes fertility and allows you to continue into pregnancy with the same, health promoting diet - a diet that will help to support a healthy pregnancy and birth.

Best Wishes!

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

Kirstyn Sierra,
Pregnancy Consultant



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