

*Pregnancy Keys*  
UNLOCK THE SECRETS TO GETTING  
PREGNANT FASTER



# INCREASING YOUR CERVICAL MUCUS

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# INCREASING YOUR CERVICAL MUCUS

We know that increasing the egg white cervical mucus is crucial to fertilization. This kind of mucus protects the sperm and allows it to live inside you until ovulation. If increasing egg white mucus is the goal, let's talk about how you can do that.

1. Alkalizing the body helps. Try squeezing ½ lemon in a glass of water and drink it every morning. If you are trying to cut caffeine from your diet, warm the water and drink your lemon-water like tea. Sometimes when you are giving something up, you miss the ritual as much as the substance. You can add some Agave Nectar if you want it more like lemonade because Agave Nectar is low on the glycemic index. If you don't have a blood sugar problem you can add a little honey or pure maple syrup to sweeten it a bit.
2. You may find that drinking Kefir helps your egg white cervical mucus. Kefir is a fermented milk product. It helps alkalize the body because it is abundant in amino acids. Kefir is also rich in vitamins, so in addition to increasing your egg white cervical mucus, drinking it helps create a baby healthy body. It's best to make your own so that you don't have all the sugar from the commercially prepared kind. Mix it with fruit to make a smoothie.
3. Try Evening Primrose Oil, Flaxseed Oil or Cod Liver Oil. The fatty acids can aid in increasing the quality of your cervical mucus. Discontinue using Evening Primrose Oil when you ovulate, as it can inhibit implantation. You can switch to flaxseed oil at this point or cod liver oil just use it exclusively to begin with.
4. Hydrate, hydrate, hydrate. Cervical mucus is a liquid. Your body needs water to produce liquids. Think about how concentrated your urine is when you're dehydrated. If ample water intake results in very light yellow urine (which should be your goal), imagine what it does for cervical mucus. Make sure you're keeping your water intake up each day.
5. Eating Avocados has been shown to increase fertile mucus. It helps to balance hormones for optimal fertility. You'll also want to be sure you are eating plenty of dark leafy green vegetables and eating a lot of alkalizing foods like Goji Berries (unless you're already eating a lot of these things).
6. If you're taking anti-histamines, these will often dry up cervical mucus so look into natural alternatives. Talk to the clerk at the health food store or do a search online. No anti-histamines if you want good, wet cervical mucus.
7. Dong Quai increases estrogen production in the beginning of the cycle which can help to thin cervical mucus.

And certainly there are some things you should avoid.

1. Smoking and caffeine adversely affect egg white cervical mucus. But those aren't good for

pregnancy either, so it's best to give them up now anyway.

2. Taking too much Vitamin C can dry your cervical mucus because Vitamin C creates an acid environment in the body. This can be helpful when you're trying to fight a cold, but it's not great for increasing your fertile mucus. If you're going to take Vitamin C, make sure it's Esther C or the Esterized C or even a buffered C, and maybe only 500 mg. at a time.

3. Eating too much sugar can cause the cervical mucus to become acidic which is more hostile to sperm. It also reduces egg quality and sperm quality. Opt for natural sugars found in fruits and vegetables.

4. Many women have tried using cough expectorants such as Robitussin to thin their cervical mucus. I don't believe the risk of entering something as hazardous to your body is worth the chance that it might help.

When your body is producing the wrong kind of cervical mucus, it may be telling you that you haven't acquired the optimal hormonal balance or you may not be ovulating. If you take Robitussin, you're simply thinning thick mucus. You're not producing good mucus. It's kind of like swallowing aspirin with no water. Sure, you can do it, but the damage to your esophagus might be worse than living with the headache.

All of these things will also help to regulate your cycles and will encourage good egg quality for those who are older or who are younger but have poor egg quality.

If you'd like to see some actual pictures of stretchy cervical mucus, you can go [here](#).

Best wishes on your quick pregnancy!

Your friend,

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

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