

Pregnancy Keys
UNLOCK THE SECRETS TO GETTING
PREGNANT FASTER



Keeping his
SPERM COUNT HIGH

BY KIRSTYN SIERRA

P.O. Box 1085, VACAVILLE, CA 95696-1085





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IT'S ALL ABOUT HIM: SPERM COUNT

Often times women will ask me what they can do to increase their husband's sperm count or to help keep it at it's highest, so I thought I'd share a variety of ideas that you can mention to your husband.

Sperm can last, on average, from 3 to 5 days inside your body, and that's with optimal conditions. If your fertile mucus is the consistency of egg white (VERY slippery and stretchy), the sperm will last longer than if your secretions are dry.

Key #1 : The sperm can last up to 5 days or more.

the doctor was checking her, he asked her how long it had been since the last time she and her husband had made love, and my friend said 11 days. That was amazing, considering the doctor found live sperm in her...11 days later. We would joke saying her husband had "super sperm". But typically sperm will survive 3-5 days in good fertile mucus.

Key #2: Sex every other day, not every day.

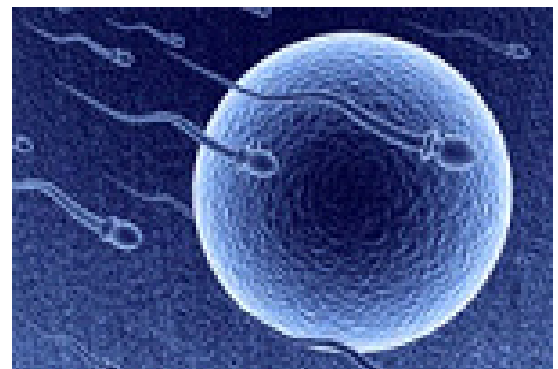
When trying to conceive, it's best to have sex every other day, during your fertile period. The reason you don't want to have sex every day is to give your husband's body a chance to produce more sperm. You want a good amount of strong swimming sperm released to give you the greatest opportunity for conception.

Key #3: Sex at least once a week, every week.

Sex at least once a week even when you're not "trying". This is good for two reasons. First, it helps the relationship between husband and wife to stay strong, which is good for your marriage. If your husband is not ejaculating on a regular basis, then there will be dead sperm intermixed with the sperm count. So make love at least once a week (some experts say every 3 days is optimal). It's good for your chances of conceiving, and it's good for your marriage.

The woman's body is a hostile environment for sperm. Once deposited into the woman's body, the sperm have all sorts of hurdles to overcome.

1. The woman's body is HOT. Sperm are created on the outside of the man's body, in the scrotum sac, and that's because they like a cool environment. So – sooner or later, they will die in the woman's body, and it's our job to keep them alive as long as possible.



2. If ovulation isn't imminent, and the woman's secretions aren't "egg white" consistency, then the sperm will have a hard time swimming. In fact, if the woman's secretions are very dry the cervical mucous will create a barrier for the sperm, and the sperm won't have much of a chance to make it past the cervix, let alone all the way to the fallopian tubes.

3. If the woman's body is too acidic, the environment within the vaginal area will be too acidic for the sperm, and they will die quickly. Some sperm prefer a slightly acidic environment while others prefer an alkaline environment. But if a woman's body is too acidic it can kill all sperm quickly.

To be sure your husband's sperm count is at it's highest, here are 9 more things your husband can do.

1. Keep the testicles cool. The testicles are located outside the body to keep them cool. If they get too hot, the sperm count will drop. Boxer shorts (underwear) are a great idea when trying to conceive in order to keep sperm counts at their highest.

2. If your husband goes in a hot tub or sauna, takes a hot bath, or has a fever, the testicles can become overheated, thus reducing sperm count. (No hot tubs or baths for him while trying to conceive.)

3. Exercise regularly. We know that exercises like brisk walking or running can raise the heart rate and deliver more oxygen to the body, but did you know that when a man exercises his PC muscle it can increase a woman's chances of becoming pregnant? At the end of this report, I'll give you more information on what the PC muscle is, how to exercise it, and why it will increase your chances of becoming pregnant.

But when it comes to regular physical exercise, you'll want your husband to stay away from cycling because riding a bike can cause the sperm to get too hot. Do encourage him to exercise, though as this will deliver quality oxygen to his reproductive organs.

4. Eat A Healthy Diet – "Unfortunately, everything the experts tell us about diet is aimed at the whole population, and we are not all the same." -The Scientist, Sep. 22, 2003

I've often heard that a diet that's low in fat, and high in protein, vegetables, and whole grains is the best diet for fertility. A study from the University of California, San Diego, shows you which foods can heal the body, and which foods act like poisons, according to your blood type. The study shows that people with Type A blood need much less animal protein. People with Type A blood should eat more plant-based proteins like beans, lentils, and tofu. People with Type B blood should eat more animal proteins like meat, fish, and eggs. People with Type O blood should eat more animal proteins like meat, fish, and eggs. People with Type AB blood should eat a mix of plant and animal proteins.

I've personally used the Blood Type Diet for many years, and I've found it to be very helpful for our family. You can read more about it [here](#).

5. Some studies suggest that smoking may create low sperm count, reduce sperm lifespan, and lead to lower sex drive. Smoking isn't healthy at any rate, and should be stopped if at all possible. I know of one mom who used acupuncture to help her stop smoking during her pregnancy. It helped her quit smoking and she had a healthy baby.

help you to stop smoking.

6. Excess weight can cause hormone imbalances, which can be a cause for low sperm count. Reducing your weight by even 5% can boost sperm count.

7. Massaging the body with oil can increase blood circulation and relax the body too, which can contribute to a higher sperm count. Men usually love a good massage from their wives.

8. Try supplements - Certain natural supplements can increase sperm production. My husband

9. Make love in the early morning or afternoon. Sperm levels are often highest in the morning. ahead. For me, I would stick with evenings for awhile because that would give me time to lay in bed, with my hips propped for 20 minutes, and then stay in bed for the rest of the night to give the sperm a better chance of swimming to the egg (though they can do this even if you're standing up, in the presence of good cervical mucus). Do what works best for you, but if, after using my program for a couple of months, you still aren't pregnant, then you may want to try switching to morning. Your husband's scrotum (the sacs below the penis, where the sperm are stored) will be

TO SUM UP SOME OF THE BIGGEST POINTS TO REMEMBER:

Pregnancy Key #1 :

Sperm can last up to 5 days or more in the presence of fertile type mucus.

Pregnancy Key #2 :

Sex every other day, not every day provides higher sperm counts.

Pregnancy Key #3 :

Sex at least once a week, every week, is good for the sperm count, and good for the marriage.

Pregnancy Key #4:

Exercise that PC Muscle for added sexual pleasure, longer sexual encounters and to give the sperm a headstart on their swim towards the egg.

Pregnancy Key #5 ::

Keep 'em cool! Boxers are better than briefs



KAGEL EXERCISES FOR HIM

As a woman, you've likely heard about doing kagel exercises to strengthen your PC muscle. But did you know that your husband has a PC muscle too?

According to one doctor, exercising the PC muscle is becoming more popular among men. It can be that a strong PC muscle can produce stronger sensations during arousal and orgasm, and it can give a man greater ejaculation control.

So men, this is for you. Imagine being able to have rock hard erections, and the ability to keep them that way, and the ability to control when you ejaculate. Secondly, having the ability to control when you ejaculate can allow extra time during sex so that you can bring your wife to orgasm.

According to the Shettle's Method for conceiving a baby boy, a woman's orgasm increases the alkalinity of the vaginal environment making it more friendly to the little boy sperm (Y sperm). But I'm going to take this a step further. If you aren't trying for a boy or a girl, but you happen to be making love 1 or 2 days before ovulation, then bringing your wife to orgasm could increase her chances of getting pregnant.

With ovulation that close, you want to give the faster swimming sperm the best chance at reaching the egg quickly. If you're having sex 3 or more days before ovulation, it's better for your wife not to have an orgasm which will give the slower, more hearty sperm a better chance of reaching the egg when she ovulates a few days later.

For men, exercising this muscle can help you shoot sperm further, thus allowing the semen to be deposited near the woman's cervix so the sperm can start their journey to the egg. This can be most helpful when making love 1 or 2 days before ovulation. When a man climaxes, he should have deep penetration, depositing the sperm right at the woman's cervix. If making love 3 days or more before ovulation, then shallow penetration and depositing further away from the cervix is helpful.

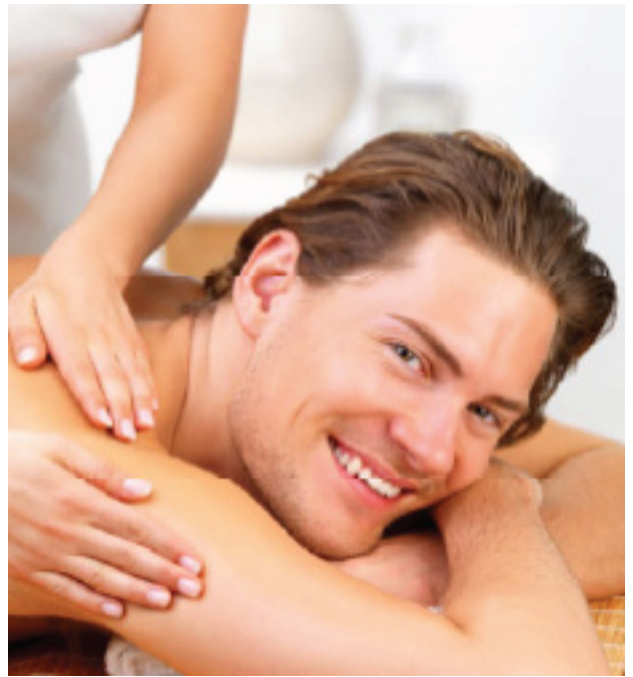
Both men and women have PC muscles which run from the pubic bone to the tail bone, surrounding the sexual organs. This muscle plays a vital role in both male and female sex. The spasms of orgasm are caused by the rapid involuntary contractions of this muscle.

Many women are familiar with Kegels, the exercises designed for strengthening the PC muscle in a woman. I use these exercises to tighten my vaginal walls, which gives my husband more pleasure. But for men, exercising this muscle is something new.

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It's actually very easy. It's the same way a woman does. Y@^}Á ^ [~ Á ~ |ä}æc^ÉÁc!^Á •c[]]ä} *Ác@^Á ' [, Á [-Á ~ |ä}^Á { ääÉ stream. The muscle you squeeze to stop the urine is ^ [~ |Á ÚÔÁ { ~ •&|^ÉÁ ÇE-c^!Á ^ [~ Á , }ä•@Á ~ |ä}æcä} *ÉÁ] |æ&cä&^Á squeezing that muscle a few times. This will help you learn which muscle to squeeze when you're exercising this muscle (which, by the way, you can do anywhere, anytime - women, same goes for you). Men and women can even practice during sex. It seems to enhance the sexual experience.

These exercises start with a warm up which increases à[[[äÁ ' [, Ác[Ác@^Á] ^ } ä•ÉÁæ} äÁ ~ |cä { æc|^Á ^ Á *äç^Á ^ [~ Á à^cc^!Á control over your muscle.



Warm Up:

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Exercises:

Squeeze the muscle count to 5. Repeat this 10 times. Squeeze the muscle 10 times quickly. Re-] ^æcÁc@ä•ÁHÁcä { ^•ÉÁÜ ~ ^^ : ^Ác@^Á { ~ •&|^Á •c^æäá|^Á- [!ÁHÉÁ ' ^ç^•Áæ} äÁ!^•cÁ- [!ÁHÉÁ•^& [] ä•Áç|ä \ ^Ác@^Á , æ! { Á up). Repeat 3 times. Squeeze as hard as you can and hold it as long as you can. Work your way up to 2 minutes.

During erection, squeeze your muscle so that you are able to tap your penis against your stomach.

That's it! I've read that this is something you can do for the rest of your life to ensure longer lasting and stronger orgasms.

Strengthening this muscle can give a man the hard erection he and his wife desire, greater stimulation and pleasure, and more intense ejaculations. On top of that, it can help your wife's chances of conceiving. PC muscle exercises for men? It's a great discovery and a very good thing!

Best wishes,

Kirstyn Sierra

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