

Pregnancy Keys
UNLOCK THE SECRETS TO GETTING
PREGNANT FASTER



GET PREGNANT FASTER

Avoid these Mistakes **7**

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GET PREGNANT FASTER AVOID THESE SEVEN MISTAKES

Here are 7 of the top reasons why women don't get pregnant - and how to make sure you avoid every one of them.

Mistake #1 ~ Drinking Coffee and Soda

Some things are good for increasing fertility, while others are bad. Avoiding the bad things - those things that cause damage to your reproductive system and all of your living cells will improve your health and fertility.

One substance to avoid is called mutagens. Think of the word "mutant" and you'll have an idea of what damage mutagens do. They cause genetic damage to the tiny cells of sperm, developing eggs and embryos. In order to conceive quickly and sustain pregnancy, you need healthy, strong, properly developed eggs, sperm and embryos.

So where do you find these mutagens? In my "[Creating A Baby Friendly Body](#)" course, I touch on a number of products that you use every day, that contain mutagens and I give you ideas on how you can replace these with healthier choices. But today we're going to start with eliminating a mutagen from your diet that an estimated 80-90% of adults and children consume each day. Caffeine.

One of the common addictions we face is the addiction to caffeine. We rely on soda, coffee and tea to give us that morning or midday boost. Though some studies have shown that a small amount of caffeine is okay, the best thing you can do, is to eliminate all caffeine from your diet completely, especially if you're trying for a baby.

Caffeine has a direct impact on the quantity of sperm a man produces. Even if his sperm withstands a caffeine battering, the news is still grim. Studies have shown that caffeine is closely correlated with a baby's inability to implant in it's mother's uterus. If you do conceive a child, consuming caffeine can cause an early miscarriage.

Another big reason to avoid caffeine is because it can increase the time it takes to get pregnant by 50 percent. Wow! Most Americans drink coffee and/or soda every day and never even think about the fact that it could cause them to have to wait up to twice as long to conceive their baby.

To show you how important it is to eliminate caffeine from your diet, here's a note I received from a reader just 2 months after she saw my videos.

Hey Kirstyn,

Happy new year!

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Thank you, thank you, thank you!

:) Carine

Mistake #2 ~ Not Taking Supplemental Folic Acid

One of the most common vitamin deficiencies is Folate.. Folate is one of 8 very important B vitamins. This vitamin is necessary for conception to occur.

Folate is known as Folic Acid, Vitamin M, and B9. When it is naturally found in red blood cells and in foods such as green vegetables and citrus fruits, it is known as Folate. When it is added to foods such as flour and cereal it is known as Folic Acid.

Folate has many important jobs in the body. It helps prevent congenital defects and neural tube defects in babies. One of the most common defects that is caused by a mother's lack of folic acid stores is Spina Bifida. The Center for Disease Control says that taking Folate reduces this risk by 50% and it has also been proven that women who do not get enough Folate risk miscarriage and still birth.

Does Folate help with infertility?

A study of 18,000 women showed a 40% improvement in ovulation, which coincidentally is the 2nd most common cause of infertility. It's also an important component of producing healthy 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 rich in folic acid to achieve the likelihood of healthy sperm or he may want to consider taking folic acid in supplemental form.

How much Folate is enough?

Most doctors, midwives and nutritionists will recommend supplementing with 400 mcg. - 800 mcg. per day of folic acid while trying to conceive. They will also often suggest that you eat foods high in Folate and take a Folic Acid supplement. If you have a history of birth defects in your family, you may need more. My 3rd child was born with a congenital heart defect. After his birth, my doctor put me on 5,000 mcg. (5 mg.) of Folic Acid per day simply because of it's remarkable effects in preventing birth defects. I had 2 children after that, and neither had any birth defects. Check with your health care practitioner to find out how much is best for you.

FOODS RICH IN FOLATE:

Folate is found naturally in some foods, and added as Folic Acid in other foods. Foods that are high in Folate are:

- Wheat Germ (fresh)
- Asparagus
- Green Leaf Lettuce (i.e. Romaine, Red Leaf Lettuce)
- Dark Leafy Green Vegetables
- Spinach
- Broccoli
- Nuts (raw, unsalted)

One key to heightening your fertility & increasing your chances of having a healthy baby is to make sure you are getting enough folate/folic acid. And if you do not like any of the foods that are rich in Folate/Folic Acid, please consider taking a supplement each day.

Mistake #3 ~ Not Drinking Enough Pure Water

Do you know that our bodies are made up of nearly 70% water? It's not surprising then, that our bodies need a lot of water to be healthy. Being properly hydrated is an important step in making your body ready to conceive a baby.

Water helps cleanse toxins from our bodies, it moves old hormones out of the body (i.e. hormones from birth control) and it keeps our reproductive organs healthy. But that's not all. Indirectly, it protects sperm on it's journey to the egg and keeps it alive until the egg is released giving you a better chance to get pregnant.

Knowing how much to drink, and what kind of water to drink is important. Many doctors and nutritionists recommend drinking 50% of your body weight in ounces (i.e. if you weigh 100 lbs., you would drink 50 oz. of water per day). Some recommend drinking 8 - 8 oz. glasses of water a day. You decide what's best for you, but you'll want to drink pure water whenever possible.

Mistake #4 ~ Eating A Diet That Decreases Your Fertility

The Typical American Diet is full of high fat, high sugar and processed foods. We Americans also tend to eat more of the "good tasting" stuff, and less of the good for you stuff. In fact, eating even one salad a day is a rarity. I'd also guess that women in other countries tend to have a diet that is low in fresh fruits and vegetables as well. So this is something we can all improve on.

So what does eating a diet that is not "fertility friendly" do to your fertility?

Eating a diet that is low in fresh fruits and vegetables, and high in carbohydrates can disrupt the body's endocrine system, which disrupts hormonal balance.

When hormones are out of balance, the reproductive system does not work properly which can cause you not to ovulate, can cause your periods to be irregular, can cause early miscarriage and is often the main culprit of P.M.S. symptoms.

For your husband, it can cause low sperm count, low sperm motility, and even a lowered libido (less interest in sex). A healthy, fertility friendly diet can reverse these problems.

To show you how effective drinking plenty of pure water and staying away from "junk food" can be, I'd like to share this note I received from Demetria a few days ago. She says...

Hi Kirstyn,

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I wanted to ask you...do you think I became more fertile (after 2 years) because of me & ccã } * Á [~ cÁæ | | Ác @ ^ Áb ~ } VÁ - [[ä É Áæ } ä Á ä | ä } V ä } * Á [] | ^ Á , æc ^ ! NÄ Ö [~ | ä Ác @ æcÁ @ æç ^ Á • [{ ^c @ ä } * Ác [Á ä [Á äc @ ÁäcÁ [| Á ä • Áäc @ ^ Á] ! ^ É } æcæ | Áçcæ { ä } • NÄQÁ @ æç ^ Á à ^ ^ } Á ä [ä } * Áæ | | Ác @ ä • Á - [| Áæ à [~ cÁc , [Á months now. What caused my fertility to increase?



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Demetria cut out the junk food and upped her water intake (cutting out sodas and other drinks) and I do believe that this is what allowed her hormones to balance better in order for her to see signs of increased fertility. Making positive changes to your diet on an ongoing basis can definitely improve your fertility. In Demetria's case, she saw the benefits of cutting out junk food and drinking water in two month's time - and again, that was after 2 YEARS of having very low fertility. Oh, and lest I forget to mention... Demetria got pregnant within only 2 months of learning some of my powerful tips.

Mistake #5 ~ Not Making Time For Relaxation

You have a lot to do each day. Work, church activities, caring for your husband and home... let alone meals to prepare, laundry to do, friends to catch up with...well you get the picture.

Life is busy - and stressful. Relationships are stressful, and when you've got stress, you've got a recipe for reduced fertility.

It's amazing to realize that the thoughts you think and the busy-ness of each day can alter your body's hormones, but in actuality, stress can play the biggest part in how your body functions.

It's one thing for well meaning friends and relatives to tell you to reduce the stress in your life... and it's quite another to show you HOW to do this.

So I'm going to give you two ideas on how you can reduce stress in order to conceive more quickly.

The first thing you want to do is you want to take time to Pamper yourself. Give yourself permission to have some "you" time without feeling guilty. Slow down for a moment and think about that word... pamper. I think every woman would love to feel pampered in some small way every day.

One of the best ways to do this is to schedule time for a warm bath.

When was the last time you actually pampered yourself with a long, warm bath or soak in the hot tub? If it's been longer than a week (and I'm betting it has) then it's time to take some time out just for you. Put it on the calender if you need to. Tell your husband that this is your time and you'd appreciate it if he would give you an hour to just relax in the tub without interruptions.

Light some candles, put on some soft music, fill a glass with pure water or juice and slip into a relaxing tub of warm water. Let the water melt away the stress of the day, as you consciously relax every muscle in your body.

Close your eyes and start with your face, relaxing your eyes, your jaw, your shoulders, every muscle, all the way to your toes. Take some slow, deep breaths, and then think about your body becoming healthier and more fertile. This is something you NEED to do in order to create a baby friendly body, so don't feel guilty about just relaxing and doing "nothing" - you're actually doing something to increase your body's fertility so relax and enjoy your soak.

Reducing your commitments, taking time for "you", and slowing the pace down can increase your fertility as it has for many others who were finally able to "relax" when trying to conceive.

I hope you're learning some helpful tips here. The next two mistakes I'll share will show you which over the counter pain reliever to avoid when trying to conceive, and how often you should have sex to increase your chances of getting pregnant.

Mistake #6 ~ Taking The Wrong Pain Reliever

According to [a study published in the August 16, 2003 British Medical Journal](#), women who take ibuprofen (i.e. Motrin, Advil, etc.), Aspirin or Naproxin (Aleve) during pregnancy may have an 80% increased risk of miscarriage.

The study was conducted at Kaiser Permanente in the San Francisco Bay Area and showed that women who took these painkillers around the time of conception experienced miscarriage 35% of the time, a marked increase. And if that news isn't bad enough, most of the women who took the medication for more than a week lost their babies, having an 810% increased risk or 52% of those pregnancies resulted in miscarriage.

It's important to talk to your doctor to see if you can reduce any medications you may be taking or eliminate them altogether while you're trying to get pregnant. A good rule of thumb to go by is... if you wouldn't take it during pregnancy, you'll want to think twice about taking it while trying to conceive, because some medications can affect the quality of eggs and sperm and can interfere with proper hormonal function which is critical for conception to occur and the pregnancy to continue.

So what should you do if we have a splitting headache or fever or cramps? Acetaminophen (Tylenol) did not appear to affect the miscarriage risk in this study and may be the better choice while trying to conceive. Drinking plenty of water can also help you to stay hydrated and can reduce the occurrence of headaches. In fact if anyone in my family gets a headache, I'll often suggest that they drink as much distilled or pure water as they can within an hour. Almost always the headache goes away (unless it's attributed to a cold or flu in which case drinking plenty of water helps to flush the system and speed recovery anyway).

If you tend to get uncomfortable or even painful PMS, there are lots of natural things you can do to alleviate the symptoms. I'll give you the opportunity to learn more about this later, but there are definitely things you can do so you don't have to suffer.

The moral of this story (or study) is... the next time your body aches it might be better to reach for the water or nutritional supplements before reaching for the medicine... and always check with your health practitioner before taking any course of action.

Mistake #7 ~ Sex Too Often or Not Enough

You're probably doing all you can to keep your husband interested in sex while trying to conceive... day after day...for as long as he's willing, in hopes that you will have covered any possible days of ovulation.

However this can become very, very taxing on your relationship, and often times your husband will end up feeling like he's just a sperm donor...and you will end up feeling like you're just trying to get the job done (this happened to my husband and I when we were trying so hard for our fourth baby).

Sex becomes an act, rather than an emotional experience which strengthens the bond in your relationship.

But there's another reason why having sex day, after day, after day isn't the best, and that's because it takes time for a man's sperm count to increase after an ejaculation. And...the higher the sperm count, the better the chance that your egg will be fertilized.

Alternatively, you don't want to "store up" the sperm because after just a few days, sperm start to die off, and then when your husband ejaculates, the live sperm are mixed with dead sperm which makes it harder for the live sperm to move to the egg.

Avoid having sex too many days in a row and avoid waiting too long to have sex. It's a delicate balance and I'll give you the opportunity to learn more about the optimal interval for sex a little later. But a good rule of thumb is to make love once every 3 days or once a week, and more often during your fertile window.

If you're wondering how to keep your "baby making sex" from becoming more of a chore than a passionate adventure, I have another tip for you.

Being tense during sex can be counterproductive and can actually keep you from conceiving, so it's important to keep passion alive so that you both can enjoy this journey into parenthood.

Rebekah Jimenez from California told me that she believes that the reminder to keep sex passionate played a big part in her becoming pregnant. So here's an idea that you can use tonight. Ready? Here it is.

When you determine that it's time for your "baby making sex", don't hone in on the mechanics of what needs to be done. Encourage sex to happen naturally by doing things that show your husband he still drives you crazy. This can be very easy.

Follow The Trail

Make sure you get home before he does. Leave a trail of clothes that leads to the bedroom. Strategically place them so it looks like you got undressed on the way, or actually do strip your clothes off as you make your way to the bedroom. 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 what you want to do for him (those things you know he loves in bed) 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 and you will have reached the goal of making love during the most important time of the month... without the "baby making" stress.

Remember Rebecca? The gal I mentioned above? Well she conceived just one month after seeing my videos and she sent me this note...

Hello Kirstyn,

I took an at home pregnancy test on thursday, and it showed two lines (one line was lighter than the other). I wanted to be sure so I took a blood test at Kaiser, and the results

de-stress. How funny that the month I take off I end up getting pregnant...

T

*Thanks,
Rebekah*

I hope you've learned some great tips from the "7 Mistakes" that will help you to conceive faster. But there are two more mistakes that couples make that are bigger than any others. Get these wrong and your chances of conceiving become nearly nothing.

Let's take a look at those ([click here to continue](#)).

Best wishes on your quick pregnancy!

Your friend,



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