

**Coach Emu's
30 Days
Seminar**

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you PAID FOR it.**

~KARMA IS REAL – Don't invoke it~

The information written on this guide is for the sole purpose of education and you are not expected to take it as an all-in-all without consulting your doctor or your medical healthcare giver.

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INTRODUCTION

I want to welcome you to another new dawn.

My name is Emu Omoavowere.

I created GETBELLEFAST or NATURAL FERTILITY SOLUTION due to my sister having INFERTILITY ISSUES FOR 9YEARS PLUS!

I have seen firsthand the pains women go through when TTC. It's not their fault, but then a lot of people point to them as being the problem.

You see, you are solely going to be responsible for taking care of you. The quality of health you are enjoy will be determine how easy it will be for you to conceive.

In 30 days I am going to show you some secrets and I sincerely hope you do these things.

I am a firm believer that EVERY WOMAN ON PLANET EARTH, irrespective of what doctors or anyone have said, **WOULD BE A MOTHER... You INCLUDED!**

So, keep at it. We would get there soon.

Welcome once again,

Emu

09033644587

WEEK

ONE

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LECTURE ONE

A SIMPLE TECHNIQUE THAT HELPS BUILD A POSITIVE MINDSET IN LESS THAN 30 DAYS

You will need the following items:

- i. A pen
- ii. 60 leaves note
- iii. A phone that can record your voice

My advice to most women who are meeting me for the first time is this...

Forget everything you know before now...

No Matter what your doctor told you... for now, Nothing matters... So please...
Ignore everything and believe this is a new phase...

Get those things listed above.

Before we begin, let me introduce myself...

My name is Emu Omoavowere, I am a naturopath!

Over the years, since 2016, I have coached women, all over the world, how to naturally find solutions to TTC PROBLEMS.

Now, most people do not know this... The number one cause of TTC is STRESS; followed by your choice of diet and then your mindset.

These 30 days, we would be conditioning your mindset to achieve your desired result, as this is the bedrock of getting ready to conceive.

What you don't see in your mind cannot come to pass! Always remember this!

The guides I created like the “ALKALINE SOLUTION” and the “30 DAYS FERTILITY MEAL PLAN” are to help you achieve taking care of the body!

The tasks we would be doing is to help work on your mindset!

Now, here is what I want you to do...

Click on this link >>> [TEMITOPE's TESTIMONY..](#)

...and listen to it, once done and let me tell you a short story about this!

That woman crying in the audio file is a 58 year old woman who got pregnant in 2017. She hasn't seen her period for 4 years before joining the program! What she did is one of the exercise we are going to be doing tonight...

Now please listen very carefully!

Whatever you believe will come to pass...

Remember that and don't ever forget it.

Mrs. Temitope had been told that she would never in this life conceive! Now for 18 years she believed that and when her period ceased, she didn't really care about finding a solution to it.

If you go through the link above, where the testimonies of several hundreds of other women are, you would see different women holding on to different beliefs like that of Mrs. Temitope above...

These are part of the problem that are causing stress, especially emotional stress in their lives! Thereby causing their hormones to become imbalanced!

Stress is the first cause of INFERTILITY

If you researched deeply, you would understand what I am saying... And this stress is caused by WHAT YOU BELIEVE! So in that piece of paper and pen you have with you, you are going to write this down!

STRESS IS THE NUMBER ONE CAUSE OF INFERTILITY, FOLLOWED BY UNHEALTHY DIET

Do that right now before you read further!

Have you done that? Great! Let's move on...

Now pay close attention...

The body has the capacity to heal itself, if you provide it with clean food, clean water, sunlight and good thoughts!

Two things made me take this as my life calling!

One, I had an accident as a teenager where I was never expected to walk on my two feet ever again because doctor said my bones are broken beyond repair!

Two, because my sister, who I loved so much, suffered infertility for 9 years and 7 months!

You see, my sister has been beaten blue black by her husband's sisters. They have driven her out from her matrimonial home several occasion.

I have seen her pains, tears, struggle first hand!

She had gone to different churches, bought and used different drugs, different doctors have told her different issues from fibroid, blocked tubes, PID, ovarian cyst, adhesion; you name it, I can tell you that one doctor at one time, had said she had it!

Today, my sister has three children! All boys 😊

What she did are all the things I have documented together and many more to make up this program!

If your mind is being attacked by what is being said, whether true of false, and you believe what they say, there is nothing on earth that would help you!

You are your own healer, after God of course!

Now, the first task is to write down this every morning and every night before you go to sleep!

I AM SO HAPPY AND GRATEFUL NOW, THAT I, "PUT IN YOUR FULL NAME" AM FERTILE! MY OVARIES ARE HEALTHY LIKE THE DAY I WAS BORN AND WOULD CARRY MY OWN BABY THIS YEAR!

I need you to write that down now 

Believe me, I know it's not going to be easy, but then it is also not impossible.

Now here is what you would be doing as from today henceforth...

Every morning and night, you are going to be writing the above affirmation on at least full page of that 60 leaves.. Just one page, you can write more if you desire to.

What you are doing is, **you are programming your subconscious mind to accept the fact that nothing is wrong with you!** That whatever that doctor said is not for you. Whatever belief you have held in the past is as a result of not having the right information!

Every morning and night, you would be doing this exercise!

Is there clear enough? Great... Let's move on...

NUMBER TWO

You have your phone that can record, right? You see what you wrote above, you are going to record it using your phone recorder!

You would have to find a place that is quiet, very quiet... Then record this by reading it... Let it be clear. Pronounce each words as clear as possible... Record as much as you can... Then you can put it on repeat so that it can keep repeating over and over again...

Now here is when you need it...

There are three types of mind. The conscious, unconscious and subconscious mind! The subconscious is responsible for your healing, breathing and any other thing!

It believes anything you constantly repeat to yourself and will work underground in making it become a reality!

Are you with me? Good!

Now it can easily be activated when you are sleeping... So before you sleep... Let this audio keep playing, put it on repeat...

Dont worry about listening to it... Just leave it. Your subconscious mind is hearing your voice and that's OK! It is still you telling yourself that nothing is wrong with you, your ovaries and health!

It is important you be the one to record it!

Remember this...

You see, it would come to a time, that you won't believe you were the one who was scared just a few weeks ago!

This exercises can change your life forever

Your mind can unlock your miracle, you need to work on it! Any question? You can send me a message on IG @getbellefast.

LECTURE 2

ACIDIC DIET AND ITS EFFECT TO TTC

Over the past few years, we have seen a steady decline in fertility rates! This is a sad fact, but our reality today!

Most of our parents and grannies also would have been diagnosed of PCOS, FIBROID, ovarian cyst and you name it. Fortunately for them, the source of their food, water were directly from nature.

Water was in its purest form, and not contaminated in any way.

Foods and fruits from the farm, not contaminated by pesticides, insecticides, fertilizers and what have you today!

Now in this generation, we have medical advancement than the past generations before us, yet we have more sick people in the world today than ever before... This is because...

DRUGS are made for you to depend on them as soon as you start taking them!

Fertility is being reduced to a drastic low, because we do not pay attention to what we feed the body, through our mouth!

Now, imagine as a teenager, our sisters were able to get pregnant without even wanting the baby and when they desire to have children, it just seems difficult!

This is where the knowledge of ALKALINITY AND ACIDITY has to come into place...

You see, there is what is called pH level. It basically determines how healthy or unhealthy one is...

It is measured from 0-14! Everything that goes into your mouth has either an alkaline effect or acidic effect! This in turn feeds the two kinds of bacteria in the system...

The good bacteria called the probiotics! The infectious bacteria causing the body to become acidic!

Now, let's take two kind of drinks for example... Water and soft drinks

Water has an alkaline effect on the body!

Soft drinks contains chemicals that can cause the body to become dehydrated and take water from other part of the body like your organs are used up to help the body function properly!

As a woman, your duty is to determine what is acidic, and to avoid such during your cycle when you are menstruating and ovulating!

Your body needs to be alkaline during these periods...

When your body is acidic, you would notice sperm leakage, discharge, loss of libido, dryness during sex!

These are some of the things that reduces the probability of a woman missing her periods...

From a research carried out some time ago, soft drink is one of the main cause of ovulatory problems! Most of the soft drinks we have today contains two ovarian damaging ingredients!

...PRESERVATIVES and ADDICTIVE...

This is why you always have the craving to take these drinks... Because, the manufacturer includes this ingredient for them to sell more!

In order words, you would do well to learn to differentiate between ACIDIC FOODS/DRINKS/FRUITS and ALKALINE FOODS /DRINKS/FRUITS!

The better you understand this classification, the better your chances of getting your body system in order!

Let me list some acidic foods here:

- i. Foods cooked with microwave
- ii. soft drinks
- iii. coffee
- iv. beans
- v. fast foods
- vi. serving hot foods in plastics

The above causes hormonal imbalance as they introduce xenoestrogens (foreign estrogens) into the body! That's why it is better to find a way to differentiate them.

Listen carefully,

A woman with infection should avoid soft drinks by all means as it would cause the infection to spread to her ovaries!

A woman with fibroid needs to take out meat from her diet. Fibroid feeds on estrogen and drugs, meat and acidic food feeds these monster!

This why a woman can run a surgery to remove the fibroid and in a few years, they tell her fibroid has grown again! She only removed the symptoms and not the root.

An alkaline diet can change your life forever. I am 40+ years old... But I can easily pass for a teenager... An alkaline diet would help you age slower!

It would heal you too...

If you have the meal plan, you would notice the food in the meal plan are carefully selected... They do not contain any food with chemicals or pesticides!

The best bet in cutting off a lot of hidden dangers in what you consume is to cook your own meals because you would have a greater control over the water you use and the ingredients you use as well!

Eating outside can cause more issue to your system...

So, for tonight, you would need to do this:

Go through the meal plan and the alkaline solution guide, and make mental notes of all the acidic and alkaline foods, fruits listed in the guides.

Acidic foods, drinks and fruits have acidifying effects that causes your body to become acidic or unhealthy!

Alkaline foods, drinks, and fruits on the other hand have a healthy effect on your system!

Also take note, that it is not only food, but also other habits like:

- i. Eating late at night
- ii. Drinking water before going to bed
- iii. Not sleeping well at night or sleeping less than 7 hours
- iv. Standing while eating etc

It is important that you know all these... Aside for fertility purpose, it can prolong your life too. So take note!

I included most of these habits in both the meal plan and alkaline solution.. Read them and avoid them!

The secret of a lower or non-existent rate of infertility in the past generations is because they had little or no interference from man made poison that we have today!

No soft drink; they drank it once a year or so and only during Christmas.

Even in our markets today, you will see people adding sniper to preserve foods... I have such a video on my Instagram page. Tomatoes needs to be preserved and so they spray them with insecticides and pesticides...

This is aside planting them with fertilizers!

Also, try and stay away from maggi... Use locust beans, crayfish etc to spice your food.

Aside this, our lifestyle as children and teenagers also have a role to play in the quality of health we enjoy today!

So here ends our lecture today... Any question, you can ask me on IG @getbellefast

LECTURE 3 - WATER DRINKING HABITS

Yesterday, we discussed **ACIDIC DIET AND ITS EFFECT TO TTC**. Today we would be talking about **WATER DRINKING HABITS!**

Water is free... as a matter of fact, the earth surface is over 75% of water!

Same thing with our bodies... We are made up of 65% of water!

But then the question is:

- i. Do we drink enough water on a daily basis?
- ii. How about the quality of water we drink?
- iii. What exactly does water do in our body?
- iv. Is there a right way to drink water? Like, when to drink water and how to drink water?

These are what we would be talking about today! So let's start with the basic question, what water is made up of!

Water molecule is made up of two hydrogen atoms and one oxygen atom. Simply put water is made up of two parts of Hydrogen and one part of oxygen

What makes water pure is exposure to air...

What contaminates water is when it is being sealed, after 7 days you notice a different taste when you drink such water!

But then, I can bet 75% of water we drink today, are contaminated water!

You see, the female body needs more water to function properly! The breast, the vagina, the body all needs at least 3litres of water on a daily basis!

There is an old saying, "Drink 8 glasses of water a day to stay healthy"

But In the recent years though, research has shown that the recommended amount of water to be consumed is much higher.

For men it is about 13 glasses (3 litres) and for women it is about 15 glasses (3.5 litres)!

Most of us don't even drink 5 glasses of water per day. That is because we often prefer to have a soft drink, coffee or tea instead of just plain water.

The calories we ingest by quenching our thirst with a soft drink, would eventually contribute to heart disease and weight gain! Over the years, the cravings for soft drinks and coffee would make it become an addiction that we struggle to break away from!

There are a whole lot of issue that mere drinking enough water can take care of completely!

Issues like cramps, bloated stomach, inability to visit the toilet, and even other more serious health issues!

Your body doesn't need drugs all the time, it simply needs water to function properly 💧

Some women would prefer to boil their water, you are not in any way purifying your water, instead you are damaging such water the more!

Water contains element that makes it water, such gets evaporated during the boiling process!

Your body won't get the exact benefits that water provides when you boil it... So boiling is a no-no!

So how do you ensure you get water that is not contaminated!

Simply by, knowing the source of your water - you must have a water production company around or buy from a trusted brand!

Unfortunately, we live in Nigeria, where people think of making money than really caring about health and can produce water without any kind of safety put in check.

So, it boils down on you to know your source of water!

Second, stay away from cold water! Drinking room temperature water is necessary for the digestive process. However, drinking chilled water can lead to constipation.

The reason is when you drink chilled water, the food solidifies and hardens when passing through the body.

The intestines also contract which is one of the major causes of constipation.

The next time you want to drink water, make sure you are drinking room temperature water... You are doing your body a disservice by drinking cold water!

Now, what's the right way or time to drink water?

Your body has a biological clock ⌚

You might not know this, but you have a range of time you fall asleep or wake up on your own!

Likewise, you would need to take note of this biological clock as it has a role it plays on our healthy you are or would be...

When it comes to, drinking water, you don't need to drink the entire 3 litres once... You need to spread it across the day!

You can drink a glass first thing in the morning, thirty minutes before eating and thirty minutes after eating!

Its a bad habit to drink water during and immediately after eating!

Water helps your food digest!

Every cell, tissue and organ in your body needs water to work properly!

BENEFITS OF DRINKING

- i. Drinking enough water helps your body get rid of wastes through urination, perspiration and bowel movements
- ii. It helps to Keep your temperature normal
- iii. Lubricates and cushions joints
- iv. Protects sensitive tissues

The advantage of water cannot be over-emphasized and the more water you drink, the healthier you become...

Now, most of us can't drink even up to 5 glasses of water daily!

That's where fruits come into place as well!

Smoothies, fruits eating, water fasting, etc. are all forms of ways you can up your water intake!

The ancient practice of proper water drinking includes:

- i. Not drinking water while standing up, nor lying down.
- ii. Not drinking water when angry or sad

Rather you must learn how to drink water the right way which is sitting down.

You lose water and you need to replenish it before your body ever signals that it needs water... Through thirst!

As a woman, when your urine has a yellow kind of color, then its time for you to up your water intake!

The saying that, "Water is life" is not just a saying... It is true!

The next time you are thirsty, make sure you drink water and not soft-drink, or coffee or tea!

Take note..

Drinking water while eating allegedly interferes with the proper breakdown of food, impairing nutrient absorption.

It also supposedly slows the emptying of the stomach, leaving you uncomfortably bloated

Let the food settles... Then you drink water 💧

So I believe you learnt something?

Any question. Chat me up on IG @getbellefast

Lecture 4

UNHEALTHY AND HEALTHY SLEEPING HABITS

Now, we would be talking about healthy and unhealthy sleeping habits!

Before now, the ancient man had no problem with nature and life in general...

Same with our great grandfathers... even the immediate past generation, and all this was due to the fact that they lived according to nature... From morning till sunset, you will see them doing their job, trade or farm work...

There was nothing interfering with the course of nature like what we have today... Like Cellphone, television, Telemundo 😊, football, internet, Facebook etc.

They had a good night rest and they had no problem with giving birth... It was that easy!

Nothing was messing up their hormones!

The only sex style known to them was the missionary style!

Their sleep pattern was only at night, which is the only time that our cell regeneration and repair can actually function without interruption!

According to a scientific Journal, *Fertility and Sterility*, they recently published an article which espoused that, mothers prenatal sleep habits had far-reaching consequences on their offspring!

This points to the fact that there is a relationship between sleep and other disorders like depression, which also has a direct impact on your body's hormone levels.

Meaning, if you are not getting enough sleep, it might have adverse effect on your fertility.

You see, when your body sleeps, it is busy repairing cells and regulating hormones.

One of such hormones produced during sleep is called MELATONIN. It helps regulate your sleep/wake cycles and also helps protect eggs against harmful entities such as free radicals.

Another reproductive hormone impacted by sleep is LEPTIN! It is mostly known as an appetite-regulating hormone, but it also plays a role in ovulation...

When LEPTIN production is compromised, menstrual cycles can become irregular!

Sleep if compromised can lead to stress and stress is as a result of the hormones mentioned above not being produced enough which can have a direct impact on affecting your fertility!

I hope we are following so far and not bored....

So not getting enough sleep like 6 - 8 hours have a lot of role to play when it comes to depression, pain, stress, weight gain, increase of anxiety, and memory loss!

But that's not the worst thing... Here is the worst thing....

It is not the length of sleep that matters but rather your sleeping position! Your sleeping position can have a big impact on your health!

There are certain sleeping position that ensures you sleep on your organs! There are others that results to waking up with body pain, neck pain or even back pain

Meaning, your sleep position can cut your life short, literally!

Now suppose you wake up and you experience back pain, this simply means you have been lying on your stomach!

Lying on your stomach is one of the worst and most dangerous sleeping position you can ever sleep in... This is the favoured sleeping positions by most women...

This position is associated with serious health issues like sleeping on your organs.

Forcing your neck to be in a rotated, closed pack, tight position which compromises your breathing and oxygen circulation.

This position is not ever encouraged, except you don't mind having a saggy breast likewise!

There are actually other sleeping positions, but sleeping on your chest is dangerous to men, talk more of women...

As you balance all your weight on your organs... And for those who eat late, these are usually the cause of acid reflux!

The next sleeping position, which is fairly OK, is sleeping on your back!

This is actually called the Star fish position!

As illustrated by the image above

Where you lie on your back and your legs are spread apart!

This position is great for balancing out your body weight, keeping your internal organs aligned and preventing neck and back pain.

But there are some of us that can turn like turn-tables during the night, these people, can simply place a pillow under their knees to help in maintaining proper alignment of your back!

But there is a but to this position....

If you are the type that snore before, in this position, your snore will be a gear three grade!

Now, so many sleep researchers have carried out lots of research and discovered that there is one best sleeping position that guarantees your sleep quality and health...

that is...

...sleeping on your side...

But then here is another problem, When you sleep on your right side, you are sleeping on your organs... This also will cause body pain, and problem with acid reflux!

So, the best position to sleep is sleeping on your left side!

This according to sleep researchers is the most recommended sleep position and there are two types of left side sleeping positions!

Here you sleep on your left side with your back straight and your knees bent, this is the best position!

This position has the following benefits

- i. It make digestive traits clean
- ii. It controls the blood circulation.
- iii. It provides mental relaxation and de-stressing
- iv. It repair cells and keep them active
- v. It increases memory power

- vi. It correct bad posture
- vii. It strengthen your immune system

So as you are trying to conceive, here are the things to put in mind...

- i. Make sure you sleep 6 - 8 hours in the night
- ii. If you are finding it difficult to sleep, please sleep without lights!
- iii. Make sure you drink enough water during the day and do not drink much water to avoid waking up and peeing in the night
- iv. When you eat, eat light and eat four hours before your bedtime
- v. Maintain a particular bed time routine either sleep 9 to 5am or 10 to 6pm

So I hope you learnt something tonight!

Here ends the lecture. Any question? Ask me on IG @getbellefast

Lecture 5

HOW TO IMPROVE THE QUALITY OF YOUR EGGS

Regaining your health is not about applying a magical quick fix; rather, it is a reconstruction process that affects every part of your life including your creativity, job, relationships, emotions, happiness, and so on!

It would be very simplistic to assume that a few vitamin pills, a new wonder drug, a surgery, or even an alternative medical treatment could, in the spur of a moment, undo the effects of many years of neglect your body may have had to endure much strain from not receiving proper nourishment or sufficient sleep and exercise for years on end!

This ends up affecting your entire system, mostly compromising your fertility.

Unfortunately, this does not only affect women, but men also.

There is a fact, a sad fact, that women are born with all the eggs they will ever have, and this number reduces with age.

This is a fallacy.

You have heard over and over, time without number that your eggs age, however, there is evidence contrary to this belief..

Research at Harvard has shown that women may actually be regenerating eggs every month. This simply proves wrong the belief that, “You are born with all the eggs you’ll ever have.”

Now the question is, what exactly is the reason a woman chance of conceiving reduces after her twenties?

It is as a result of what I would call '**wears and tears**'

Try and remember the number of drugs, antibiotics, alcohol, soft drinks, fried foods and a whole lot of other toxic and acidic lifestyle choices we might have made?

All these play a role... A significant one at that! But the good news is that it is easy to keep eggs healthy or boost their quality.

Are we following so far?

Alright...

And you are the sole determinant of influencing the health of your eggs as they develop their follicles.

Egg quality is a major determinant in conception, so it is important to keep these eggs as healthy as possible.

How? Let me explain in details some things you might know or not know

The human ovary begins maturing several follicles at one time, but then only one egg (usually) is “chosen” to be released because your body knows the eggs that have the best chance of dividing, implanting and developing into a baby.

Now, bunches of egg follicles begin to migrate towards the area where they will be released... This takes almost an entire year before they actually would be released.

This then translates to the fact that, what we feed our body, through foods, drink and other habits are mainly what would affect the egg quality for an entire year before ovulation! 😬

After ovulation, the egg lives only about 24 hours, but it takes 90 days for that egg to mature first.

This is plenty of time for you to choose good nutrition (diet), oxygenation (proper drinking of water and other nutritious liquids), proper blood circulation (through sleep), hormonal balance, stress reduction and a positive outlook for your ovaries.

So, at this junction, I would advise you stop believing everything you hear people say or assume.

Because, how you feel and what you believe really have effect on your fertility...

Your body is so intelligent that it can create new life!

Don't allow limiting ideas like “your eggs are too old” to make you lose faith in this intelligence.

You need to believe you have “good eggs” within your beautiful little ovaries.

You see, Stress can prevent ovulation or encourage the release of a premature egg, so there are certain thoughts you shouldn't permit.

As you are already aware, there are certain lifestyle behaviors that have constantly damaged the quality of these eggs.

They also include certain eating habits, and even drinking habits like not drinking enough water daily, or consumption of alcohol.

Now, one of the most important of the major way of boosting your egg quality is exposure to sunlight.

This is so important that even the Pharmaceutical companies also recognized the importance of vitamin D in the cure of certain female disorders and other illnesses and now produce expensive drugs that contain synthetic (artificial) Vitamin D.

However, synthetic vitamin D has little or no effect when compared with vitamin D produced by sunlight.

When we talk of sunlight!

This is getting a daily dose of sunlight, as little as 5-15 minutes daily.

It could be between 5 and 15 minutes in the morning and 5-15 minutes in the evening. This is a daily act you must perform as it would greatly ensure your body never lacks vitamin D.

For maximum benefits, though, and to wash off any natural oiliness, it is best to take a shower before sunbathing.

Start your sunlight treatment by exposing your entire body (if possible) for a few minutes, and then increase the time each day by a few more minutes until you reach 20 minutes.

When talking about the sun... not the hot, burning afternoon sun... Take note please!

Alternatively, walking in the sun for 15-30 minutes several times per week has similar and greater benefits.

This will give you enough sunlight to keep your body and mind healthy, provided you incorporate the basic measures of a balanced diet, lifestyle, and other healthy daily.

Your body can store up a certain amount of vitamin D, which may last you through 4-6 weeks during the rainy or harmattan season, but it is always good to recharge your “vitamin D battery” whenever possible by exposing yourself to direct sunlight.

Then the next one is **Your choice of what goes into your mouth**

There are plenty of natural things that can replace injection and other harmful drugs.

Dieting on alkaline foods and fruits is one way to put your body in balance. (Check the 30 days fertility boosting meal plan for alkaline food, fruits, and drinks to make)

For example, just one teaspoon of ground cinnamon per day can balance blood sugar and at the same time help your female reproductive organ.

Turmeric is an amazing herb/spice with a similar effect, like that of sunlight we just discussed above.

It has powerful anti-inflammatory and antioxidant properties.

It inhibits the growth of cells that make up uterine fibroids and prevents their spread.

It is also shown to inhibit the growth of endometrial cells by regulating the secretion of estrogen (this is among the female hormones that are essential for the menstrual cycle and fertility in women).

It is one of the herbs that have been proven to restore the uterus to its proper shape and function, and can help stimulate blood flow to the pelvic area and uterus.

Its function is too numerous to mention, so here is how to put it to use:

Studies have shown that drinking a few cups of turmeric tea each week has been discovered to boost natural fertility and decrease pain in the body.

HOW TO MAKE TURMERIC TEA:

- i. Get two cups of water and boil
- ii. Add one teaspoon of grounded turmeric
- iii. Then let it simmer
- iv. Sieve the tea into a cup
- v. You can add lemon and/or honey to taste.
- vi. Drink once daily.

It is also an effective way to promote fertility, regulate hormones and balance within the body.

Conception occurs easily when the body is balanced. This in turn, lays the foundation to improve ovarian health and egg quality.

Broccoli and other vegetables also provide enough nutrient to keep the quality of your egg on the increase.

Fish also have a role to play in improving quality of eggs as well!

Certain fish like Salmon and Mackerel (Titus fish) are a rich source of Vitamin D, that you would also benefit from by including them in your diet.

Next in line are Berries

Strawberries, black berries and all kind of berries are very good in protecting eggs from damage and aging because they are full of antioxidants.

Note this: In case you have Urinary tract infections. (UTI's) are triggered by bacteria, primarily E. coli, adhering to the walls of the bladder or kidney.

Many scientific studies have found that blueberries and cranberries are beneficial in fighting UTIs by blocking or prohibiting the growth of bacteria.

Next is ADEQUATE SLEEP

Remember, I mentioned that the best sleeping position is sleeping on your left side! Adequate Sleep. Your body operates better when you are getting eight hours of sleep.

When you sleep less, it affects the quality of your eggs.

Some people try to sleep less than 8 hours with the hope of catching up by sleeping more hours later.

This habit does not allow for optimal recharging and rejuvenation of cells in your body, and likewise it has a telling effect on the quality of your eggs.

You should maintain a proper and regular sleep routine as well i.e. Sleep at a particular time, everyday as much as you can

If you are not tired yet, lets continue...

Great!

The last but not the least is EXERCISE!

The benefit you derive from as simple as walking 15 minutes daily is far more than taking the most expensive drugs in the world!

The lack of exercise has an impact on the quality of your eggs, remember, when you are obese or overweight, the body is not in a balanced condition and this has effect on your entire system.

Exercise doesn't have to be that rigorous;

it could be as simple as squatting, running, dancing, jogging, walking or swimming.

This helps increase blood flow in the body, carrying fresh, oxygenated blood to the organs.

Also learn the method of deep breathing.

Take as much air in and exhale. If done properly, brings fresh oxygen into the lungs and increases circulation of oxygenated blood.

So remember, you can not improve the quality of your eggs with one single supplement, it all has to do with you understanding the 90 days rule!

This is what we would be talking about in the next lecture.

So here ends tonight lecture

Any question, please ask on IG @getbellefast

Lecture 6:

THE 90 DAYS RULE: HOW IMPORTANT IS FOR WOMEN TRYING TO CONCEIVE

First, I appreciate everyone of you... It's not easy for anyone to leave what they do to listen to someone...

So God bless each and everyone of you.. May He answer each one speedily. Amen!

Over the years, I have met a lot of women who always tell me, "Coach Emu, please I want to get pregnant in the next 1 month"

For decency sake, I just don't tell them anything, but here is something important!

It takes 90 days for anything to take its root

From diet to begin to really have effect, to getting rid of infection, or healing your body... The 90 days rule is always in place because it takes exactly 90 days to get any measurable result¹

There's a Chinese saying that, "The best time to plant a tree is ten years... The next best time is to start now!"

It simply means, whatever you do now, it takes about 90 days to see result.. and there is no need to rush anything! Desperation would prolong these and cause further delay that could have been avoided in the first place

This brings us to the subject of IMPATIENCE

Most people are IMPATIENT and want to see result immediately.... No one can give you this.... You need to re-wire your mentality!

Some have jumped from different drugs, programs and used everything and anything in the space of few weeks or months, all in a bid to see result!

You need to stop or pause everything! I mean everything

When it comes to healing your system, it starts from your diet...

It takes exactly 90 days for that egg to mature and be released to be fertilized

We learnt that in the previous lecture!

But what you don't know is this, your choice of diet, stress level, mindset (positive or negative), water drinking habits have a great role to play in deciding the quality of this egg!

Hope we are following so far?

Good!

So for every thing I have asked you to do, PATIENCE is the first key as this year, your body must obey!

Now, here is the THE 90 DAYS RULE...

No matter what you are asked to do, especially when it comes to NATURAL THINGS LIKE WE PREACH HERE

You have to be patient...

When you introduce anything new to your body, even mere traveling from one place to another, your body needs time to re-adjust to the environment, water and even the food!

You have to learn to be patient... Really patient!

When I asked you to write down those affirmations... At first week or first month, you might be tempted to stop...

Please don't...

So to recap...

The 90 days rule is simply to EXERCISE PATIENCE FOR 90 DAYS BEFORE DECIDING ANOTHER COURSE OF ACTION

You would need to have faith that you are doing the right thing...

You are following the right path

You are cutting off toxins and eating healthy!

These are what puts you in a relaxed state of mind where anything and everything begins to take its shape...

So for those who don't know what the affirmation is... Here...

Get a 60 leaves note book, a pen and a phone that can record!

Write down this on a full page every morning and night

I AM SO HAPPY AND GRATEFUL NOW, THAT I, "PUT IN YOUR FULL NAME" AM FERTILE! MY OVARIES ARE HEALTHY LIKE THE DAY I WAS BORN AND WOULD CARRY MY OWN BABY THIS YEAR"

Do this everyday.. Twice a day... Morning and night

Also record this on your phone as many times as possible and while you are going to be bed... Let it play over and over again

Its a matter of time you would need understand the power of what you are doing

So here ends our lecture...

Here is a little assignment I have for you. "ITS CALLED MANIFESTATION"

You are expected to buy anything you like on your baby or babies.... A shirt, a diaper, anything

Forget about how 'stupid' this sound... It has worked for many women before you

In the next lecture, I would tell you exactly what you would be doing with them!

So if you have any question, please ask

Lecture 7

HORMONES 101

This night, our lecture is going to be deep, and in case you are confused.... Don't be. You can ask questions at the end.

I decided to delve into HORMONAL IMBALANCE as this would comprise everything relating to the issue of hormones.

You see, the female folk has been regarded as **THE EMOTIONAL BEING**. This is a result of what drives them – Emotions. Unlike men who are driven by logic and testosterone. The women folk is driven by **EMOTIONS AND HORMONES**.

This is why a woman can miss her period by just being in a worried state!

What are Hormones? Hormones are chemicals that are produced by glands in the endocrine system. Take note of the word endocrine.

Hormones travel through the bloodstream to the tissues and organs, delivering messages from the brain that tell the organs what to do and when to do it.

Hormones are important for regulating most major bodily processes, that's why depending on certain period in your cycle, some hormones would produce more and others less.

Lets take for example: As a woman, you are going to be passing through stages or phases from childhood to adolescent to womanhood.

During this period, certain hormones produces more and others less. For example, while you were around the age of 4, your body has sent a signal to the brain that its not time to menstruate!

But the moment you began menstruating, another hormone has reduced in how much it secretes and another has increased its secretion to provide your body with the needed hormones it needs.

As you begin to pass through these phases, you begin to adopt habits, like eating habits or pick up social vices like drinking, smoking etc.

All these have effects on your hormones because your body learns from habits you embrace on a daily basis.

A woman who takes pregnancy prevention pill is teaching her body to see sperm as a threat!

The brain picks up the signal and quickly secretes these hormones that kills off these sperm cells before they ever begin the journey of swimming towards your egg.

Another example is that of a pregnant woman, the minute you get pregnant, the body shuts down certain hormones production and increase another called PROLACTIN which is responsible for the production of breast milk. In this state, you do not ovulate as the body has shut the womb down!

So a woman with HIGH LEVEL OF PROLACTIN is also facing the issue of ANOVULATION and infertility, this is because the body is imbalanced and producing hormones that is negating your need or desire, such as getting pregnant.

So when a woman is having constant and unprotected sex for 12 months and she is not getting pregnant, the first thing she needs to do is to run a test to know exactly which of the hormones is causing the problem.

For a woman with PCOS {PolyCystic Ovary Syndrome}, her body produces more of male hormones called ANTI-MULLERIAN hormones that is responsible for growth of hair on her chin, face and other manly features...

A woman with fibroid is producing too much of estrogen, which incidentally feeds the fibroid, knowing which hormone is out of place is the first thing that can help you tackle hormonal imbalance.

Now, for women who have at one time or the other taken contraceptives, what you succeeded in doing, depending on how frequent you took them, is that you have, in a lay man's explanation...

...Disconnected the womb from the brain...

Your brain is being triggered to produce chemicals known as hormones at a particular phase in your cycle. This is why your period doesn't last all round the month, but then, certain things could interfere with how the body produced hormones and they include:

- i. Water you drink
- ii. Food you eat
- iii. Medication you take
- iv. Stress level,
- v. Changing environment
- vi. Starting a new program like diet,
- vii. Exercise
- viii. A Change of job or lifestyle as well

Our bodies are different, and we have different symptoms that points to the fact that you might be having hormonal imbalance. They include:

- i. Secretion of breast milk from the breast
- ii. breast tenderness
- iii. heavy, irregular, or painful periods,
- iv. Osteoporosis (weak, brittle bones),
- v. hot flashes and night sweats,
- vi. vaginal dryness,
- vii. indigestion,
- viii. constipation and diarrhea,
- ix. acne during or just before menstruation,
- x. uterine bleeding not associated with menstruation,
- xi. increased hair growth on the face, neck, chest, or back,
- xii. infertility,
- xiii. weight gain,
- xiv. thinning hair or hair loss,
- xv. skin tags or abnormal growths,
- xvi. clitoral enlargement and many more

In other words, when you notice one or more the symptoms listed above, you don't yet conclude that your hormones are imbalanced, you need to run a test to be sure.

CAUSES HORMONAL. IMBALANCE

Are we following please?

Good, onwards!

- i. chronic or extreme stress usually due to job or emotional stress
- ii. type 1 and type 2 diabetes
- iii. hyperglycemia (overproduction of glucagon)

- iv. hypoglycemia (more insulin produced than there is glucose in the blood)
- v. underactive thyroid (hypothyroidism)
- vi. overactive thyroid (hyperthyroidism)
- vii. over or underproduction of the parathyroid hormone
- viii. poor diet and nutrition
- ix. being overweight
- x. hormonal replacement or birth control medications
- xi. abuse of anabolic steroid medications
- xii. solitary thyroid nodules
- xiii. pituitary tumors
- xiv. Cushing's syndrome (high levels of the hormone cortisol caused by stress level)
- xv. benign tumors and cysts (fluid-filled sacks) that affect the endocrine glands
- xvi. congenital adrenal hyperplasia (low levels of cortisol)
- xvii. endocrine gland injury
- xviii. severe allergic reactions or infections
- xix. chemotherapy and radiation therapy
- xx. iodine deficiency (goiters)
- xxi. hereditary pancreatitis
- xxii. Turner syndrome (females with only one functioning X chromosome)
- xxiii. Anorexia
- xxiv. phytoestrogens, naturally-occurring plant estrogens found in soy products like milk, sweetened yoghurts etc.
- xxv. exposure to toxins, pollutants, and endocrine disrupting chemicals, including pesticides and herbicides

Medical conditions causing irregular hormonal imbalances in women include:

- i. Polycystic ovary syndrome (PCOS)
- ii. hormone replacement or birth control medications
- iii. early menopause
- iv. primary ovarian insufficiency (POI)
- v. ovarian cancer

Now, by merely sitting down and assuming you have hormonal imbalance, you are not doing yourself any justice but harm, as you can see from above that there are many causes of hormonal imbalance.

If the cause of your hormonal imbalance is as a result of high cortisol level, all you need to do is observe more rest, sleep, and worry less. But then, modern medicine would always treat every form of hormonal imbalance case as the same, thereby, causing more harm to the system.

For example, women with PCOS are given birth control pills to regulate their period, which leads to problems like becoming overweight etc.

Some are given clomid, to force their body to ovulate; and anytime you don't use it, you won't ovulate, so you are stuck with it for as long as you are trying to conceive... But then, all these are easy to take care of the minute you know what the cause of the imbalance is or are...

This brings us to the secret ancient item used to regulate hormones!

It's called **MACA ROOT!**

Anyone ever heard of this before?

In ancient times past, in Peru, it is used to control the production of breast milk! Over the recent years, studies have discovered that maca root powder is very powerful to both men and women.

There are three kinds of maca root powder!

The Yellow, red and black maca root!

Now, take note of the following:

- i. The yellow maca root is for women
- ii. The red is for. Men, very good for boosting their sperm count
- iii. The black can be taken by both sexes

Maca Root Powder contains powerful nutrients that regulates your body.

It helps in 'linking' the brain to the womb, so to speak...

You see, certain habits you engage in can cause your brain to get disconnected from the womb and I mentioned one of them as: Contraceptives

Maca root powder on the other hand works in connecting the brain back. to. the womb. The yellow is more effective in doing this!

But... But... Then... We have two Classification of maca root powder. something most people are not aware of:

One, is called **raw maca root powder** and the other is called **gelatinized maca root powder**.

The raw maca root powder is mainly meant for cooking and not to be taken raw! It would make you sick, or you won't even notice any change.

While the gelatinized has passed through a process that has helped removed the toxins in the raw ones via being cooked first dried, then grinded.

Most maca root you see around are raw... And these can make you sick when you consume them!

Do you understand so far?

The next time you want maca root, you should do well to use the gelatinized maca root. The benefit of maca root to you as a woman is profound that I cannot explain it completely!

Then for the man, it boosts his libido (same as the woman), improve his sperm count and sperm motility!

Then the second one I would be talking about is called **SERRAPEPTASE** - This is a miracle in a bottle...

Both of these items I have mentioned are natural; no chemicals whatsoever. You can visit Google. And type "serrapeptase review"

Your jaw will drop from the amazing job it does. It has amazing benefits as well

But... But...

These will not work, if your diet is in not put in place; that is if you have poor nutrition; secondly, your pH level is must be balanced.

In short, it could cause you to become sick!

This is why you have to get the alkaline solution guide and the meal Plan.

Acidic foods feed the anomalies in the body, alkaline food balances your pH level, and many women who have used the alkaline solution here can testify to the fact that they have control of their cravings for food and drinks!

You might even eat once a day and won't crave for food throughout the day!

Your body was in that state, where you eat only what is needed by the body and as we begin to grow, we adopt unhealthy eating habits.

So...

In conclusion, when we talk about hormonal imbalances, we are talking about different kinds of hormonal secretion. Hormonal. Imbalance caused by infection, or high prolactin or Pcos is way different from each other.

And the only way to pinpoint how to solve this is **TO RUN A TEST!**

A balanced hormone helps to regulate your metabolism and appetite, heart rate, sleep cycles, reproductive cycles and sexual function, general growth and development, mood and stress levels, body temperature etc.

And when you have hormonal imbalance, you experience one or more. Of the following:

- i. unexplained weight gain or weight loss,
- ii. unexplained or excessive sweating,
- iii. difficulty in falling asleep,
- iv. changes in sensitivity to cold and heat,
- v. very dry skin or skin rashes,
- vi. changes in blood pressure,
- vii. changes in heart rate,

- viii. brittle or weak bones,
- ix. changes in blood sugar concentration, irritability and anxiety,
- x. unexplained and long-term fatigue,
- xi. increased thirst,
- xii. depression,
- xiii. headaches,
- xiv. needing to go to the bathroom more or less than usual,
- xv. bloating,
- xvi. changes in appetite,
- xvii. reduced sex drive,
- xviii. thinning, brittle hair,
- xix. infertility,
- xx. puffy face,
- xxi. blurred vision,
- xxii. a bulge in the neck,
- xxiii. breast tenderness

1. STEP ONE: run a test
2. STEP TWO: balance your pH level
3. STEP THREE: clean up your diet
4. STEP FOUR: use any or both of what I mentioned above

Here ends our lecture, any questions, send me a message on IG: @getbellefast

P.S. In case you have got the powder form of MACA ROOT, then here is how to use...

Half a teaspoon in your smoothie or any drink of your choice or you can use it in making tea too.

You won't even know the difference except you know about them. They look the same but contains different nutrients.

I gave you all an assignment yesterday

You are expected to buy anything you like on your baby or babies.... A shirt, a diaper, anything

How many of you did this?

Please all the assignments I give to you are very important...

I value everyone of you and this is why I am making out 30 days of my time... To teach you in depth knowledge of what I know

So do the assignments, please... You don't know it yet but the benefits would amaze you!

Do this, and I would tell you what to do with them. If you want a twin, buy for two, if you want to triplets, buy for triplets

Everyone here is going carry their baby in their womb, their back and suckle them. Amen

Now, keep doing the affirmation as listed in the beginning of this guide above...

The Author's detail

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