

**Coach Emu's  
30 Days  
Seminar**

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**~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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[Contact: Call/Whatsapp +2347082944778](tel:+2347082944778)

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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**

**TWO**

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# LECTURE 8

## THE TYPES OF INFERTILITY

I chose this topic for two reasons, and that is for us to know the root causes of this issue:

TAKE NOTE OF THIS

Now let's get something clear, before you can say you are a TTC (Woman Trying to Conceive) or you are trying to conceive, you must have HAD UNPROTECTED SEX FOR 12 MONTH OR MORE!

If you are the type that your partner is not always around, or he just comes and go, it is possible you are not having any issue at all...

Onwards, it might be as a result of not being able to time your ovulation period and ovulation day!

If peradventure your husband is always with you, then we can then say it is possible...

### THREE MAIN TYPES OF INFERTILITY

- i. Male infertility
- ii. Unknown causes of infertility
- iii. The female infertility

So, I would be explaining them one by one...

## **1. THE MALE-RELATED INFERTILITY**

This is when infertility is as a result of the issues with the male partner in the relationship.

Most men are not really in the business of taking care of themselves up to that extent; except if they have a woman who is ready to force them to stay in line...

So in this case, the problem of infertility might be from the man due to

- i. STRESS,
- ii. PREMATURE EJACULATION,
- iii. WEAK ERECTION,
- iv. LOW SPERM COUNT,
- v. LOW MOTILITY,
- vi. AZOOSPERMIA etc.

Whichever one it is, if it is coming from the male partner, that is male infertility!

You cant really determine this, except if you run a test and the test would show his sperm count and the active sperm and dead sperm he has. Take note, every man has dead or irregular sperm!

## **2. UNKNOWN CAUSES OF INFERTILITY**

This is the one, some Africans refer to as SPIRITUAL CAUSE!

I hope we are following? Good! Let's continue...

This kind of infertility could be as a result of one or more of this:

- i. high level of acidity in the system
- ii. ABNORMAL/ HOSTILE CERVICAL MUCUS (otherwise called Sperm Leakage)
- iii. CYCLE CONFUSION
- iv. EATING ACIDIC FOOD DURING YOUR OVULATION PERIOD
- v. Other health related issues like overweight, etc.

But the most important is TO REALLY FIND A WAY TO DETERMINE WHERE THIS ISSUE IS...

This is because, there are times you would go to a hospital to run tests, and doctors would say the husband is okay and the wife is also okay, but yet conception is not happening...

So this type of infertility could be as a result of those things I outlined above. Then the third one is:

### **3. FEMALE-RELATED INFERTILITY**

Now, I would want you to do something really quick! Get a pen and paper real quick and comment if you have done that!

I am waiting! Good!

Now it is very important you need to do this.... Please.... Do this: Write this down... Clearly and in capital letter

**"NOTHING IS WRONG WITH ME, YOUR FULL NAME"**

Are you done? Good!

It's extremely important you write that down...

This is the part of the reconditioning and rewiring your mind naturally, as part of natural healing start from what you believe!

Now, no matter what they say you have. You have to believe with conviction that you are healthy! There is nothing wrong with you that you cant get solution for, if you decide to go natural!

I am not a gynecologist! If I am, we won't be talking about natural remedies to conception!

I have had amazing results, both in Nigeria and overseas. Amazing results that wow doctors and gynecologists!

I didn't do anything extraordinary, the women who had those results did everything themselves following my simple instructions!

After today's seminar, go and read testimonies here....

<http://www.getbellefast.com/testimonials>

These instructions include these little exercises I am asking you to do; simple instruction like:

- i. Don't eat anything solid after 8 pm

- ii. Drinking at 6 to 8 glasses of water daily
- iii. Making a particular drink (alkaline solution) and taking it etc.
- iv. Sleep on your left side instead of right side etc.

It is because you have been programmed by fear that make most people doubt these things.

All I Just Ask Is For You To

**FIRST, KNOW WHERE THE ISSUE IS**, this is by running a test! Don't just conclude you have a situation because you Google your symptoms. You need to pinpoint exactly what the issue is and where it lies

**SECOND, WORK ON YOUR SYSTEM AND LET IT HEAL**, Stop taking all those drugs, medicine, and supplements they sell all over the internet. They are causing more damage to your system unknown to you.

**LASTLY, FIND A NATURAL SOLUTION THAT WORKS...**and stick to it!

Some Women Prolong Their Miracles. Most women are looking for **MIRACLES OVERNIGHT!** its in that process that they prolong their miracles...

So just know where the issue is, run tests to verify and then find a solution that works...

**Now let's talk about the causes of Infertility**

Please take note of what I am about to share with you as this as it is important. You see there is difference between **CAUSES OF INFERTILITY** and **SYMPTOMS OF INFERTILITY**

**Causes** are the main reason why infertility occurs;

**Symptoms** are the signs of the causes of infertility.

I have a free guide that discussed this extensively... I would send it here once we are done, or ask me if you didn't get it. Send me a message on Whatsapp <https://wa.me/2349033644587>

that guide contains the distinction between causes and symptoms, please read it...

Now lets assume two women have **HORMONAL IMBALANCE**; I can bet you that each women have different cause even though they have what is called **HORMONAL IMBALANCE**

Are we together? Ok!

From what I explained in yesterday's class. You see, a woman is driven by estrogen! she can go from being calm to really being aggressive at the snap of a finger...

So, a woman who has what is called **HYPERPROLACTINEMIA** would have hormonal imbalance, because her body is producing more **PROLACTIN** than normal...

**PROLACTIN** is produced when a woman is pregnant or is breastfeeding a baby); that simply means, such a woman is not ovulating. If she doesn't ovulate, she can't get pregnant.

SAME THING WITH A WOMAN who has fibroid, she would have hormonal imbalance;

A woman who has PCOS (Polycystic Ovary Syndrome), would have hormonal imbalance.

A woman who has infection would have hormonal imbalance; So most times, you have to find the root cause of the issue and deal with it!

For example, a woman suffering from PCOS needs to know that, PCOS is as a result of exposure to an excessive amount of certain hormones (Anti-mullerian hormones) in the mother's womb! Meaning, most women get this from their mothers' womb, and it is not really their fault!

Then you need to **UNDERSTAND THE MIND-BODY CONNECTION**

Now, here is the thing, there is what is called the MIND-BODY CONNECTION; You need to know how important it is to you as a woman...

**...What You Fear Would Become Your Reality...**

You have to make sure you think positive thoughts and work towards it!

The simplest way to do that is to write down what you want and read it to yourself! As silly as that sound, it has had tremendous effect in my programmes

You just need to make sure you are stress free and happy...keyword is BEING HAPPY! Stress would not help you as well! so find a way to get over that.

Lastly, if you know where the issue is, it is easier to find a solution for it.

The first step of finding a natural solution is to **START WITH THE ALKALINE SOLUTION:**

This drink does the following

- i. Eliminates Cravings For Soft Drinks
- ii. Eliminates Cravings For Sugary Things
- iii. Helps You Control Your Appetite
- iv. Helps You Drink More Water (You Need At Least 6 Glasses Of Water Daily)
- v. Eliminates Toxins From Your System and A Whole Lots of Other Benefits...

THEN the next thing to do is to follow the meal plan as much as you could. The right diet.

Acidic foods is a no-no, alkaline foods is a must!

In summary, run a test, know where the issue is, then start from balancing your pH level and clean up your diet! It has amazing benefits that drugs would never have.

### **ABOUT THE ASSIGNMENT I ASKED YOU TO DO**

Now, if you have bought the baby things I asked you to buy. Tomorrow you are going to take three pictures....

- use one as your profile on your dp, Facebook, whatsapp or any of your social media. Everytime you see this picture, it triggers something in your subconscious mind.

Secondly, write this big and bold and put it where your eye sees the first thing when you wake up and last thing before you sleep;

**NOTHING IS WRONG WITH ME.  
NOTHING AT ALL.  
AMEN!!!**

You can start with just your whatsapp dp. Your mind needs to be radically conditioned.

Your mind is going to be re-conditioned. See, each of you are going to conceive by God's grace and soon too.

Stay positive. Stay strong... We have a lot to learn still

## Lecture 9

# HOW TO MAKE ONE OF THE MOST BENEFICIAL SOUP FOR TTC WOMEN DURING THEIR OVULATION PERIOD

Now, if you have the meal plan, you would have noticed where I mentioned liquid diet during your ovulation period!

Liquid diet are especially Soups. Especially warm soup are very good for you during this period of your cycle.

I would be showing and teaching you how to prepare one of the most beneficial soup that would help you during this period.

I am excited because I feel like a chef already! So let's begin.

I remembered my grandma making this soup for my mum. I could vividly remember how she forced her to drink it, drink it all up, even when she was pregnant!

Then, as I grew older, in my research, the leaves came up as one of the most beneficial leaves for women who are trying to conceive! There are lots of researches and loads of studies to support this same claim!

My granny was not lettered, but how could she had known the benefits of this?

The leaves to make this soup is known as **Corchorus olitorius**; this is the biological name.

It is called "**Ewedu**" leaf in Yoruba language, It is called "**Achingbara**" in Igbo and "**Ayoyo**" in Hausa or **Jute leaves** in English!

Most people know this leaf, but what most women don't know is how powerful this is leaf!

BEFORE WE TALK ABOUT HOW TO COOK THE EWEDU SOUP, Let's talk about its nutritional benefits!

Corchorus olitorius (Ewedu) is

- i. rich in vitamins and minerals and generally promotes good health and well-being.
- ii. It is rich in vitamin A, and can provide health benefits for good eyesight.
- iii. It contains vitamin E and other antioxidants, which is generally beneficial to the female reproductive system.
- iv. It is said to prevent wrinkles and promote youthful looking skin.
- v. Being rich in fiber, it helps to control blood pressure, cholesterol build-up, diabetes and prevents heart disease.

Its leaves are rich in fiber and its slimy consistency when cooked is used to treat various digestive problems such as diarrhea, stomach ache, dysentery, constipation and ulcers.

Yes; lots of researches praised this vegetables to high heaven!

This leaf has long been used as food staple since ancient times by Jewish people and Egyptians hence derived its English names **Jew's mallow** and **Egyptian spinach**.

The leaves are very nutritious.

It is rich in **calcium, iron, protein, vitamin A, C and E, thiamin, riboflavin, niacin, folate, and dietary fibers**.

It is usually cooked as stew, forming a thick slimy syrup similar in consistency to okra.

Ewedu as its popularly called in Yoruba is widely found in tropical and subtropical areas from Asia to Africa valued as food and for its strong fiber.

So that's enough story about the leaves; So let's get to the task!

## **THE ANTIOXIDANT PROPERTIES IN EWEDU**

Though small, the leaves are packed full with antioxidants. These antioxidants work on the body's immune system protecting it from free radicals which prematurely age the skin and body organs.

The antioxidant properties in Ewedu also help protect the body from chronic diseases such as cancer, diabetes, high blood pressure and heart disease.

Let's take some time to look at the nutrients in Ewedu individually.

The small green leaves of the Ewedu is rich in iron for the development of healthy blood cells, calcium for strong teeth and bones, beta carotene (a type of vitamin A) is essential for good eye sight and to boost the immune system by lowering the bad cholesterol!

The vitamin C and E in Ewedu help fight against infections such as cold and keep the hair and skin soft, young and healthy.

There are many other benefits of this leaves that blew me away.

It's been one the soups I have told those in my program to endeavor to make at least once or twice a week, few days to your ovulation period!

I hope we are following? Good!

### **HOW TO PREPARE EWEDU (JUTE LEAVES) SOUP**

Now, if you are accustomed to this leaf, you are not going to prepare it the way its being prepared at homes or in the restaurant. So here is how:

What you would need...

#### **Ingredients:**

1. Fresh fish
2. Iru (locust bean) - by now, you should know maggi is also an issue to ovulatory health.
3. Salt to taste
4. Pepper

## 5. Ewedu leaves

### **HOW TO PREPARE:**

**Step One:** Wash the ewedu leaves.

**Step Two:** Cut these into very small pieces. Like you are slicing them...  
Chop them into very small bits...

**Step Three:** Wash Your Fish

**Step Four:** Arrange All The Other Things; pepper and the locust beans.

Put a pot on fire with little water, then add your "Sliced ewedu" and a little pepper, then add iru, then add your fresh fish, stir until well done.

TAKE NOTE: Don't ever cook your vegetables more than 5 minutes... I stated this in the meal plan remember... Same with this

Drop it, let it simmer and you can actually drink this like you are taking pepper soup.

Another way to prepare this (one of my student taught us this way)

### OPTION 2

- i. You are going to buy these leaves and cut it, very small like onions, very tiny.
- ii. add little water.
- iii. add little salt and let it boil a bit.

- iv. add fish and a little pepper to taste but no oil.
- v. Cook for a few minutes , but not more than 5 minutes.

You are going to drink this sweet, nutritious soup. Drink this, better on empty stomach or last thing before you go to bed.

The benefit is outstanding and you would notice it in just few short days! This is how easy it is to make one of the best soups to take.

Now please take note, my way of cooking the soup is not set in stone.

You can cook it however you like, just make sure you don't add other ingredients that would take away the benefit. As long as you wash it well!

Note: You can use any fish aside catfish. Catfish should be avoided. All kinds. Same with stockfish. As a rule, Stay away from all and every form of catfish.

I believe you must have known by now that you are not meant to eat meat in this program??? Except if you don't have the meal plan, then no meat.

I believe everyone of us here already have both THE ALKALINE SOLUTION AND THE MEAL PLAN

These two are the foundation of everything we do here....

## Lecture 10

# !!!YOUR EMOTIONS & HOW IT AFFECTS YOUR HORMONES!!!

I studied Philosophy & Humanities in my university days. We did what was called ANCIENT PHILOSOPHY!

Where different people and tradition believes that every man has two forces battling to gain control over him or her!

We have the good and we have the evil. The Chinese referred to this as YIN and YANG.

This is what other traditions or religion, consider as **good and bad, male or female**. These forces resides deep inside of us and forms our temperaments and personality! Which in turn influences our emotions.

Are we together so far? Good!

This might seem somehow technical. I would explain in lay term soon.

There is what the Chinese call yin and yang. It is what makes the world flows the way it is today. It is the of the belief that without the color **white**, there won't be anything like **black**. Without the female, male would cease to exist!

But then, one is black and dangerous. The other is white and good

So I am going to teach you something tonight...

Every yin is female, kind, and white. Yang is male, aggressive and black!

Now every time you hold on to **yang**, there is always a **repercussion**. Every time you hold on to the **yin**, there is always a **reward; and most times**, its internal peace and tranquility.

Now here is how it's going to relate to you.

No matter who you are, I know you have a grudge against someone in your life. Scientists have found out that grudges has a way of making the body toxic (poisonous), unhealthy and sick!

You are going to do something about that...

Now bring out your note book. You are going to write the following:

**I FORGIVE YOU, NAME OF THE PERSON OR PEOPLE!**

Names could be written in full, it could be written in abbreviation. You need to eliminate hate from your heart! You have to write that down like 13 times as well!

What you are doing is trying as much as possible to let go of the "yang" that's making your system toxic; and letting "yin" take over by healing you!

There is a saying:

Happy people live in a happy world.  
Sad people live in a sad world.  
Angry people live in an angry world.  
Depressed people live in a depressed world.  
Yet, we are all live in the same world.

Your outlook matters...

You will see results. No matter what others think! Be positive. You are next in line.

Do this As soon as possible.

# Lecture 11

## EXERCISE AS PART OF HEALING YOUR SYSTEM

Welcome! So let's begin!

Ever wondered why our fore fathers loved long, healthy lives and could still have children at a very old age?

Most people would say, it was because of fresh food and clean water, clean air, etc. But during their era, they never had half of the advanced medical care we have in the world today.

So, it was not because grandpa was using herbs, but it was because he was always on his feet, moving from one place to the other! So is grandma! She treks to the market or rides a bicycle to the market. Trek to the farm in the warm early morning sun.

They were always moving all around. They had no air-condition, no fridge, nothing to interfere with their hormones. Even up till the 80's; exercise was still pertinent, as you would stand up to put on your TV set! and in this process, you are acquiring a daily dose of your exercise.

If not modern and technological advancement, I highly doubt if our grannies could sit in one position for up to 4 hours.

But then, their time was different from ours and we have cut off these basic things, due to the advancement of medicine. According to a study carried out in Finland, whatever issue most of us have, have been carried down to us via genes.

Another study in the United States found out that there are about five kinds of POLYCYSTIC OVARY SYNDROME, and these are passed down from the mothers to their daughters!

But then, why was it easy for them to give birth without any usage of the modern drugs we have? Remember, they never had that:

It was all as a result of: "**UNCONSCIOUS EXERCISE**" they engaged in.

Coming back to us, the question is when last did you trek without taking Uber or Keke or bike? 😊

When was the last time you just walked around for 60 minutes or even 30, 20 or 10 sef?

It is said that, **Being active and spending less time sitting down** (known as being sedentary) can help with getting pregnant, pregnancy and mental wellbeing!

Exercise/being active can boost your ability to get pregnant! More research suggested that 'Women who do regular, moderate exercise get pregnant quicker than women who don't exercise regularly!' 🤔

Now when we talk of exercise, some would say I don't have time abeg! I am not talking of carrying weights or going to the gym. Exercise could be any activity that will **raise your heart rate**, make you **breathe faster** and make you **feel warmer**.

It could include, **squatting, brisk walking, stretching**, or all forms of other exercise!

I want to believe you know this fact:

**That the first thing any gynecologist  
would tell you  
when trying to conceive is  
"TRY AND LOSE WEIGHT"**

Aside diet and other forms of healthy eating. Exercise does not help the outer body alone, it affects the reproductive system as well!

The truth is: **If you are unfit, your metabolism would not only be slow**, meaning, it would be working below its best! You will have a weakened immune system, always feeling tired, depressed even most of these leads to being unhealthy!

The good news is this:

**Many of these issues  
can also be alleviated,  
and even prevented by exercise**

In moderation of course...

The faster your metabolism is, the stronger your immune system becomes. Your body can digest food faster;

The healthier you are, the higher your chances of conceiving; Same with that of men...

Most men who suffers from premature ejaculation, can become better in bed by merely exercising!

There are loads of benefits these exercises can do to your body. Women with PCOS can drastically reduce their symptoms via exercise as well!

Looking at the fact stated above on exercise, you would discover that all are connected together; that is:

To have a healthy system—  
**you need to eat healthy!**

You need a faster metabolism—  
**to consume your food faster**

You need exercise—  
**to have a faster metabolism**

Just I stated in the beginning, it would be walking for just 10 minutes, squatting, and any other simple exercise you can do!

During exercise your body will release endorphins; A chemical that triggers the feeling of happiness or "feel-good" which improves your overall mental outlook!

Grannies were always happy. Never seen my grannies sad. They had a dose of these chemicals released every single day of their lives!

So part of the program includes doing some form exercise. It could be in your room, or a corner in your office or walking around your compound!

Exercises can include: Crunches, Plank, Push ups, Abdominal crunches, Yoga poses etc. Google would show you picture and videos

Exercise can go a long way... So do them!

A few weeks of doing this would transform your life for the better. So, you know what to do now. When to start is completely up to you... but...

My advice is start tonight 😁

## Lecture 12:

# CAUSES OF INFERTILITY IN A LAY MAN'S LANGUAGE

In 2016, November I started Natural Fertility Solution, now known as **getbellefast** with the aim of helping women conceive naturally!

Over the years, I have learnt a whole lot of things and discovered, in the course of many researches, that basically all female infertility issue could be classified under three types!

I have given them my own nomenclature....

- i. Simple infertility
- ii. Minor infertility
- iii. major infertility

I am going to explain in a simple lay man's term. So stay with me.

Now, what you should understand is that we all make mistakes in life! Some of us through poor choices, wrong association and being in the wrong place at the wrong time. for some, something, it is due to circumstances beyond their control!

But then, I have always believed that there is always a solution, as long as one is willing to take the bulls by the horn! So let's start with the first one...

### 1. Simple infertility

This is the kind of infertility that occurs as a result of **poor diet**, and **other reasons** that can easily be corrected by making a healthy choice when it comes to diet and lifestyle...

These are easy to take care of, but unfortunately, most women have complicated the issue by causing a form of reaction that has thrown their bodies off balance.

For example, a woman using certain methods to tighten her vagina could cause her vagina pH level off balance! Then in the bid to find a solution to the issue, she is advised to use something like "yoni pearls" only for it to cause further damage to her hormones and system, which might affect her vaginal environment making it become acidic or hostile to sperm.

Under simple infertility, these are easily corrected by balancing the level of acidity in your body, something as simple as the alkaline solution could take care of this...

Then diet, **eating healthy**, **fruit fasting**, **Water drinking**, **Water fasting**, **Liquid diet** etc. can have a life changing effect when it comes to issues like simple infertility.

Here you don't need anything, except patience being stress free!

The level of stress can also delay Conception and all you need to do is find a way to destress. So in summary:

In simple fertility, you can find a solution to this by knowing how to deal with it!

Others in this category includes:

- i. Not having frequent sex
- ii. Not taking note of your cycle or cycle confusion
- iii. Being obese or making your system acidic by food and drinks you feed it
- iv. Increased stress level
- v. Not sleeping well
- vi. Dehydration etc.
- vii. etc

All these can easily be taken care of easily. So this brings us to the second one...

## **2. MINOR INFERTILITY**

This is sometimes experienced as a repercussion of what happened in the first stage.

Take for example, the woman who inserted something into her vagina to tighten it or clean it or whatever. When the pH of the vagina has been thrown off balance, it could lead to infection and in some cases; sperm leakage i.e. **sperm leaking out after sex!**

Sperm leakage is when the vagina becomes hostile to the sperm coming into it and then kills them off; hence the leakage. Or to simply put it, when the woman meets the man, after love making, everything pours out.

It might be immediate, it sometimes take days!

This minor infertility could be as a result of **hormonal imbalance**, sometimes caused by over usage of painkillers, antibiotics, contraceptives, soft drinks, acidic drinks and foods etc.

In one of our classes, HORMONES 101, I mentioned that, there is a connection between the brain and the womb (uterus). That, when there is a disconnection, you experience what is called or known as HORMONAL IMBALANCE!

Hormonal Imbalance is when the hormones produced by the body are either in excess (surplus) or in a shorter quantity!

- i. Lower hormone production could cause ceased periods, irregular periods, etc.
- ii. Higher hormone production could cause eggs not to mature or be released as at when due.

The following could cause high level of acidity in your body. They include:

- a. Infection
- b. sperm leakage,
- c. hormonal imbalance, sometimes ceased and irregular periods

### 3. MAJOR INFERTILITY

This could be caused by the following

- i. Adhesions
- ii. Endometriosis
- iii. Polycystic Ovary Syndrome
- iv. ceased period as well, premature ovarian failure (symptoms of PCOS that is sometime diagnosed as menopause)

- v. Fibroid
- vi. Ovarian Cysts
- vii. An abortion not well done could cause adhesions, and generally most women who go under a knife experience some sort of scar tissue that causes infertility

These are regarded as major because, the body may not be able to function exactly the way it is meant to function on its own without supplementing it!

Taking fibroid as an example; fibroid is being fed by estrogen!

Stress, meat, white foods like rice, bread, pasta are all sources of estrogen that feeds fibroids!

PCOS is as a result of the body not being able to convert androgens into hormones, thereby causing ceased period or high sugar level! This is why DIET is the first solution you can embark upon, no matter the cause of the infertility.

I have seen women going for fibroid operation and few years later, they are experiencing the symptoms again and after checking, they see the fibroid had grown again!

What they did was simply taking care of the symptoms and leaving the causes behind!

Doctors won't tell you to diet. Except they just want to tell you, you would need to work on your diet, lose weight, exercise regularly. But then, nature has a solution to all problems!

You can work bit by bit, in getting your body in order by you diet, exposure to sun, drinking enough water, and following the advice in this book!

Pay close attention, I still insist, there is nothing wrong with you! No matter what your report says! Awareness and information like these are what you need!

Many women who joined my program in 2016 are now into natural solutions too! This is because, they are better informed!

We have two weeks more, So we still have a lot of other things to unravel. So bit-by-bit, we would unravel a lot of other secrets that would make all the pieces become a whole!

So, before I end the lecture... It is very important that you keep writing on that your note book. The more you write it, the more you begin to believe it...

The more your subconscious accept it to be real, the easier it becomes real...

There was a testimony of a woman I was looking for, it's on my page on IG here <https://www.instagram.com/getbellefast> but can't remember the post. I wanted you to read it!

I would find it though!

In the testimony, doctors have told her she can never be a mother. Another woman, the doctor told her, her husband can never father a child! But today, both women are pregnant!

So everytime you are alone, and you are crying, "WHY ME!!!

You should remember, out of every 5 couples trying to conceive, 2 are passing through this issue and majority would spend millions they don't have for IVF that the doctor knows would not be successful!

The quality of your eggs can be improved by your diet, and lifestyle adjustment!  
As simple as this... It is difficult for most people to believe

## Lecture 13

### CAN STRESS CAUSE INFERTILITY?

This is a question that arose from my findings on temperament and infertility!

In fairytale Ancient Greece, when a child was born, at that same hour, such a child's destiny is defined and is decided by the day and month of his birth!

Here is where the knowledge of astrology came into being. They knew that each person on the planet was born in this world belong to one of four personalities!

Therefore, they are fitted to different vocations based on their personality or temperament. Then in the 70s and 80s, Dr. Tim LaHaye came up with a better description for these temperaments in his book titled, **WHY YOU ACT THE WAY YOU DO!**

You see, we all belong to one of four temperaments!

You are either a **SANGUINE, CHOLERIC, MELANCHOLY** or **PHLEGMATIC!** meaning, as long as you have one of these above listed temperaments, your outlook towards life would always be dependent on this as a social foundation!

The way you interact, behave, act, even react is a function of your temperament.

Some of these temperaments can handle stress like it is nothing. In the face of danger, they are just calm, but others would cry, panic and some even faint! Lol!

Now, you might be wondering why I am telling you all these long story...

But it is related to fertility... So just come along with me

According to a research, it was discovered that when your body is stressed, it is placed in a flight or fight mode!

The **fight-or-flight response** is a physiological reaction that occurs in response to a perceived harmful event, attack, or threat to survival. It was first described by Walter Bradford Cannon.

Cannon believed that, the 'perceived threat' we talk about here could be as a result of both 'real' or 'imagined' situations or circumstance!

Real, as in there is a perceived threat that we can perceive with any of our five senses!

Imagined, as in the case of we making up situations or circumstances in our minds!

Take for example, someone you have a grudge against.

You can sit down and begin to imagine a whole lot of things, and soon you begin to have this anger build up inside of you, and then a chemical is released in your body that puts your hormones in this fight and flight mode...

This chemical is known as cortisol and it is one of the resultant effects of stress.

Stress comes in different ways, but two different individuals have different ways of reacting to stress.

It is not the stress that's the problem, it is how you react to it that becomes the issue. Stress could be physical—

- i. It could be as a result of a job, negative emotions, pressure from family, workers or boss.
- ii. It could even be as a result of you comparing yourself with others and in that process, you place your body in the fight and flight mood, Cannon talked about

Negative emotions actually are what we refer to as stress, and these are the things you would have to cut out as soon as possible!

Now temperament!

According to the Father of medicine, Hippocrates, a Greek doctor; he claimed that, each individual can be completely healed by any physician who understand which temperament they belong to!

He says, there are some sicknesses that doesn't need any form of medication but rather they need other form of relief like sleep, eating right and exercise!

He says, some people react to stress like it's a life-threatening issue. Others react to stress in a different way that makes other people think they are not human or they are made of something different!

Now if you can simply understand temperament (I would advice you to get a copy of Dr. Tim LaHaye's - Why you act the way you do), it would help you in knowing exactly how to manage stress!

For some, they manage stress by listening to music or watching comedy; some have to sleep. Some, they have to take up some form of vocation that helps them to ease up!

We all react to stress differently.

Now, can stress cause infertility? Yes it can!

When you worried overtly, your body produces excessive hormones called cortisol. These cortisol are hormones that your body can't disperse or do away with because the body needs to secrete hormones in a balanced proportion!

When such doesn't happen, hormonal imbalance sets in place, thereby disrupting other bodily function like causing periods to become irregular, low libido, (you need more sex to increase your chances of conceiving), for men premature ejaculation and even low sperm count!

So not being able to manage stress can have devastating effect on your body, and on the long run, your health as a whole.

Your temperament would also have a role to play in how you manage stress. You are not abnormal when you flip over little issues. It's as a result of your temperament!

Neither is it abnormal that you just find yourself crying and feel hopeless, depressed and alone... It's still part of your make-up, and a function of your temperament.

But then, we all can learn to manage stress, and to manage stress is to **consciously learn how to positively react to situations or events.**

The next time you would want to shout, you should count one to ten, breathe in and out and possibly walk away!

It is not easy, especially if you are either a SANGUINE or CHOLERIC!

Those who fall into the above category are outspoken and tend to forgive easily, but then they need to 'shout out' their opinions and move on.

But for those who fall into the other two, like MELANCHOLY and PHLEGMATIC, their middle name is patience.

But then they tend to bottle up their emotions and lock themselves up in their own world.

These set of people need to learn to communicate their feelings! Need to speak out, as it is easy to become depressed in such a state.

To understand deeply where you fall into, you would need to get a copy of TIM LAHAYE's book. It would tell you more about yourself that you don't really know and knowing yourself would help in controlling your stress level!

The better you are at controlling your stress level, where you don't care what people say, or you are not pressured to find a shortcut to reach your goals, or envy, jealousy, anger towards other, the better it is for your hormones!

As your hormones is everything that can delay or improve your fertility rate. They are interconnected in one way or the other.

Temperament—stress level—fertility rate!

You can become healthy by simply making sure you control how you react to situations outside your control.

## **How To Reduce Your Stress Level**

The first thing is to believe you are passing through a phase that would soon pass...That positive mindset that this would also pass, while you put in your best effort to work on your body and not compare yourself with others!

Secondly, change the conversations in your head. From that of negative like "WHO DID I OFFEND!" "WHY ME OR WHY AM I THIS UNFORTUNATE?" "CAN I BE A MOTHER?" etc

Your body is listening...

Change your conversation and speak positively to yourself... "Everyday by every means I am getting better and better " "Wow, this red shirt would look good on my baby" "soon I am going to become a mother"

Also, learn to differentiate between what is in your control and what is outside of your control. You can control how you talk to people or treat them. You can control yourself to an extent...

...but you can't control situation, time and how others act or react. Take time to find a positive way to react to things, people and circumstances.

Then read books, sleep without any form of electromagnetic interference (no laptop light, no phone close to you while sleeping), Eat well and healthy.

Be in the midst of people with positive mindset and stay away from those who make jokes of others, they would also do the same to you when you are not present.

Also, the sun is a powerful source of energy and vitamin D, get a daily dose of it, like that early morning sun and the evening sun... They do a lot to improve your mood!

Read, Talk positively to yourself. Keep writing in your journal whatever you want to see happen in your life. Read what you have written down!

Be rest assured... Soon and very soon, everything would be alright. It always would be...

Stay positive and stay relaxed... Find a way to cut off other form of stress. The less stress your body is, the healthier you become. So take care of yourself... This is just a phase that would pass soon...

Keep saying this to yourself daily... It would pass soon

## Lecture 14

# IRREGULAR MENSTRUATION & WHAT TO DO ABOUT IT

Today we would be discussing the topic "Irregular Menstruation and what to do about it"

In all my life, I have seen various women making the same mistake over and over and over again! You see getting pregnant is a game of numbers...

Take a look at our grannies!

Before technology came to destroy our cells and organs, they had no sophisticated doctors like we have today, but they were healthy!

**What kind of water were they drinking?** Stream water!

**What kind of food were they eating?** Food that wasn't planted by fertilizer and had no preservatives and addictive.

With the advent of technology, we were supposed to be more healthier, but what then happens today is the reverse. We have more sick people in the world than we ever have before medical advancement.

Truth be told, nature has endowed us with so many secrets that we don't need more than 500 naira to get rid yourself of most diseases and sicknesses.

I am telling you this of a fact...

What I aim for, by God's grace in this 30 days is that here in this group, you will be responsible for your own health.

Can I get an Amen?!

I have many people contacting me, asking what kind of drug, supplement or this should they buy.

I have a sister who bought everything from forever living, Swiss Gard, you name it, and this singular reason is why I DO NOT PROMOTE OR SELL ANY NETWORK MARKETING PRODUCTS!

Most of you have spent hundreds of thousands of naira to buy drugs that has not worked at all...so what the aim of this 30 days is, is to return you all back to nature!

you see, I want you to take a closer look at the animals in the bush! Are you with me so far? Good!

Look at the animal that live in the bush and the one that we cage in the zoo; The one in the bush would live healthier, longer than the one caged in the zoo!

now, the one in the bush would be more healthier because...nature has designed our body like a symphony. If you don't obey the law of nature, take all the drugs in this world, it won't work...

The leg was made to walk, but if you don't use it for its function, you would build up a lot of toxins that can destroy your body at the end; including obesity and other bone disease.

It simply means that, instead of buying antibiotics that would lower your immune system by killing both the good bacteria and the bad bacteria in your body, you have to learn to use natural items like garlic, cinnamon that nature has provided, that only fight against bad bacteria and strengthen the good bacteria.

So this brings us to timing...

You see the 'unluck' women have is this... to get pregnant, we need to be a master time keeper!

There are only 6 days in a cycle is when the fertile window is opened! and to know these 6 days, you need to know your menstrual cycle. This helps you in calculating your ovulation period, which is the most important part of your cycle

when you don't know your menstrual cycle, there is a problem... You won't know when the eggs would mature; when you don't know when egg would mature, make love all day and night, there is no egg for the sperm to fertilize...

This is why I said any woman who have irregular menstruation would struggle to get pregnant? before we talk about irregular menstruation which is medically known as oligomenorrhea...

## **Let's talk about menstruation..**

During a woman's fertile life, the eggs mature within the ovaries in a cycle that typically last 28 days to 35 days!

are you still following? Good... Onwards...

On the 5th day of the cycle, about 20 eggs start to mature in the follicle of the ovaries. Each of these follicles is like a tiny fluid-filled sac, as day 14 arrives (that is if you have 28 days menstrual cycle), one follicle has basically matured earlier than others and releases its mature egg to be fertilized!

The others just dry up and are reabsorbed by the body while thematically, follicle transforms into what is known as 'corpus luteum' which is responsible for producing the hormone progesterone to prepare the uterus to receive the fertilized eggs...

I hope I am not confusing you? good... lets move on!

If the egg is not fertilized, it disintegrates and dies, while the corpus luteum withers. This causes the uterus to shed its lining, that is the endometrium, causing the bleeding menstruation...

Now this is supposed to work like clock work... but, for some it doesn't work like that, rather you see your period in 21 days this month, and then you see it another month 25 days, this is what makes it difficult for us to track the ovulation period...

...women are supposed to have about 11 (if you have 31 day to 35 days cycle) to 13 periods (if you have 21 to 30 days cycle) in a year... but when you are having fewer than 7 or 6 periods, you have irregular periods

This leads us to the question:

## **WHAT ARE THE CAUSES OF IRREGULAR PERIODS**

The following are the main causes of Irregular periods.

- i. Hormonal imbalance of all and any kind
- ii. Extreme weight gain/loss
- iii. The use or abuse of contraceptives
- iv. uterine fibroid
- v. other problem with the womb or ovaries

others includes:

- vi. STD,
- vii. Age
- viii. Polycystic Ovary Syndrome (PCOS) - this is whenever small cysts (small, fluid-filled sacs) develop in the ovaries

So, when you have lesser than 6 or 7 periods in a year, you have oligomenorrhea... Irregular periods.

But here is what you don't know; **most of the problem are caused by microorganism that we feed our bodies with...** infectious germs cannot thrive in a healthy, clean environment!

Tell me, when last did you detox? detox is a word for alkalinizing your system. a body that is acidic cannot hold sperm or pregnancy!

so you see the very first step is to let your body heal from all the acid and drugs that you have filled it! For example, it takes 5 days for a bottle of minerals to dissolve from your body!

Every time you drink water from a plastic cup, or nylon, satchel water, you are indirectly introducing foreign estrogen that spike your hormones!

The body is the best pharmacy in the world wide world, every drug you see on the counter is made to mimic something the body can produce using natures free gift like fruits, vegetables, sleep, exercise!

Listen very carefully, you need to lay off these dangerous drugs, painkillers etc. So you should drink your water from either stainless cups, ceramic cups or glass cups! now let's head over to solution to irregular menstruation.

## **SOLUTION TO IRREGULAR MENSTRUATION**

### **i. OVULATION PREDICTION KIT**

If you are sure you are ovulating, even though you can't track your period, then you need **Ovulation Prediction Kit!**

The ovulation period is your 'green light' to getting your timing right! You would increase your chance of conceiving when know your ovulation period, and you are well alkalinized.

Now, some women engage in the habit of killing their chance of getting pregnant applying spit or some other form of harsh lubricant during sex. When you are dry, better use water. It works; the alkaline solution would also help you get rid of dryness during sex!

What you should know is that **spit or lubrication** are sperm killers as they impede the movement of sperms; so stay away from them.

The ovulation kit is something you can buy at any pharmacy around you. The kit helps you predict when you are ovulating; that is when there is an egg that needs a sperm to fertilize; so you can fire down with oga. 😊

## **ii. DIET**

I have been emphasizing on diet, because a change of diet would not only change your life, it would heal your body!

There are some vital information you need to know like:

- i. every food you eat after 8pm won't digest.
- ii. Also, eat light food as dinner
- iii. eat 4 hours before bed time

It is important that you learn to differentiate between alkaline diet and acidic diet.

THE MEAL PLAN has this information.

## **iii. Cinnamon and Honey**

Cinnamon helps regulate insulin levels which in turn help in regulating ovulation and helps you have regular menstrual cycle.

Honey you must use should be organic, and undiluted. Not the fake honey; those have sugar that reacts in the body.

Simply make a hot tea by adding a tablespoon of grinded cinnamon, then add honey to taste. Simple!

#### iv. De-Stressing

Every time you are stressed up, you are sending a message to your cells and organs!

You need to find a way to relax; laughter can help a lot, so watch comedies, worry less, read a book, meditate, observe minutes of silence while listening to your heartbeat etc.

#### v. EXERCISE

We have treated this LECTURE in past lecture.

You need to at least engage in some sort of exercise.

- i. Take an evening walk,
- ii. do squat,
- iii. climb up and down a stair

Just move your body

#### vi. THE SUNLIGHT PROTOCOL

The main solution is what I term the Sunlight protocol. If you have not being paying attention since, now draw close and listen carefully!

The sun, according to thousands of studies, have been known to be the major **source of vitamin D.**

You see, every organs and cells in the body needs vitamin D to function at its maximum!

According to studies, over 65% of the world's population are lacking this vitamin D!

Imagine sitting in an air-conditioned room for days at end; for crying out loud, we are warmed blooded animals; and not cold blooded.

Everytime you alter the chemical structure of the body, you are giving bacteria room to have a field day in the body.

Using the sunlight protocol with exercise can drastically improve your fertility rate! You can re-establish a healthy menstrual cycle by using the sunlight protocol plus exercise and any of the solution I mentioned above; in just few short weeks, you will see result of a regular menstrual cycle!

# **10 commandments of conceiving fast into mind:**

1. Thou shalt know your menstrual cycle.
2. Thou shalt know thy ovulation period.
3. Thou shalt know your ovulation day.
4. Thou shalt have no infection
5. Thou shalt consume no sugar during your ovulation period.
6. Thou shalt balance your pH level.
7. Thou shalt not use any form of lubrication either spit, Vaseline, cream etc when trying to conceive
8. Consume no or less acidic food
9. Thou shalt lay off any and every form of medications like drugs or antibiotics.
10. Thou shalt have unprotected sex during your fertile window period.

If thou obey these laws, your life will experience a new transformation

## The Author's detail

Whatsapp – <https://wa.me/2349033644587>

INSTAGRAM – <https://www.instagram.com/getbellefast>

WEBSITE – <http://www.getbellefast.com>