

**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

THREE

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LECTURE 15:

THE SUN PROTOCOL: HOW ANCIENT DOCTORS HAVE USED THE SUN TO CURE VIRTUALLY ANY DISEASES BEFORE THE ADVANCEMENT OF MODERN MEDICINE.

Since we began the lectures from day one, you would notice I have been consistently talking about the meal plan and the alkaline solution, over and over and over again!

This is because, for the basis of everything to work effectively, you need to make sure you are eating clean and also must have balanced your pH level. That's how important it is.

According to most studies, sunlight has been discovered to be an essential factor in optimizing women's health and wellness with lots of amazing benefits; including **increasing fertility, balancing menstrual cycles and improving bone and heart health.**

It is claimed that, getting sunlight in the morning for an hour helps to regulate the menstrual cycle and increase fertility significantly!

The sun is also known to be the ultimate source of Vitamin D! Dietary supplements of Vitamin D are not completely absorbed by the body, that is, those brands of vitamin D found in the pharmacy.

Vitamin D helps to regulate estrogen, progesterone, embryo implantation and improve the immune system.

You see, overtime, everything I have been showing you from time works wonder. You are going to heal your body of the so many damages that you have caused it over the years, that's why it is important you correct your diet, by following the meal plan, and reduce the level of acidity in your body, using the alkaline solution.

If you have started the alkaline solution, you can testify to the effectiveness of the alkaline solution so far, right?

The truth is this, what we ever need in this life to heal our body are the cheapest out there; they cost next to nothing. Nature have created them free for us to utilize.

If it were to be possible for man to make something to heal us, by the level of our medical advancement, we shouldn't be having any form of sickness in the world today!

The ancient men (our fore fathers) didn't have access or enjoy the technological advancement, medical health care or any of these things we enjoy today; but, they were stronger, healthier and they had a longer lifespan.

This is because, they lived and did everything according to how nature had intended it to be!

They drank water from flowing streams. They ate fruits and vegetables on a daily basis! They had their share of the sun, while working at the farm, walking to the farm, at the market or you name it! These are what we are not used to today, we would rather be cooped up in an airconditioned room. 😊

Now, it is this part of the sun that we will be discussing tonight. Before we begin, I want you to put this at the back of your mind...

THE SUN CAN CURE ANY DISEASE

So many people have been made to believe that exposure to the sun causes cancer!

This is a myth.

The sun is needed for life. Everything on earth needs the sun to grow, live well or function effectively.

If you don't spend time in the sun, you will be sick! It's a fact! The sun is vital for health, longevity, and to be disease free.

If you are sick, one of the things you must do is to **get out in the sun more.**

Virtually every living thing on Planet Earth needs the sun to survive: Humans, animals, trees, you name it. Now from the benefits listed above, it is then important to note that:

THE SUN IS THE SOLE PROVIDER OF VITAMIN D

From the information I cited above before now; Vitamin D is one of the most important vitamins that the body needs to function at optimal level.

Without sunlight, a whole host of physical abnormalities and diseases become unavoidable.

Without sunlight, you develop abnormalities and diseases including:

- i. Depression
- ii. Lack of Energy
- iii. Poor Sleep
- iv. Poor digestion
- v. Weight Gain
- vi. Constipation
- vii. Arthritis
- viii. Stress
- ix. Anxiety and many more too numerous to mention

Now, the truth is this:

The sun can potentially cure you of all of these diseases and many more, even when it relates to menstrual issues!

This is one of the examples of natural cure that most doctors don't want you to know about.

Why should a doctor want you to know about this? if he does, he would be out of business. Same thing with the drugs and pharmaceutical companies.

For those who have been following me before this class started, and you have stayed away from drugs and the following the natural way, how do you feel?

What the sun does to you is that it draws out from your body toxins through your skin pores. It stimulates cell re-growth.

But then, you must understand that there are things you need to put in place to really enjoy the benefits of the sun!

one of them, is to know the exact time that the sun is beneficial to you. Now, this is not the harsh sun that appears late in the morning or afternoon...

...rather, it is that early morning sun or late evening sun....

Also, when your body is toxic—that is the acidity level is higher than your alkaline level, the full benefits of sunlight would not be enjoyed!

So the only way to get the amazing benefits of the sun is to make sure that

First, you have balanced your pH level

Secondly, you have started your diet; focusing on alkaline diet and avoiding acidic diet

I hope we are together so far?

Then you must be eating healthy, that is, you have **stopped consuming sugar, alcohol, soft drink, spaghetti, meat, indomie, bread, pounded yam** etc. check your meal plan for alkaline food that your body needs!

You also need to cut out certain habits like:

- i. Eating late in the night
- ii. Not drinking enough water
- iii. Not sleeping enough

HOW TO OBSERVE THE SUN PROTOCOL

This is very easy to do.

The following is a step by step method to observe before engaging the sun-bathing technique of naturally healing your body.

Go into the sun for 5 to 15 minutes within the first two hours of sunrise that is between 7a.m and 9a.m! And also for 5 to 15 minutes, or two hours before sun set, that is between 4pm and 6pm!

This is how to start the sun protocol while you begin to build up as much sun as you are comfortable with.

Just a few short weeks, you would see amazing benefits! Not only on your skin or body, but also health wise!

But...

Remember, you must always remember the following:

- i. Your pH level is at least alkaline.
- ii. You are drinking enough water i.e. between 6 to 8 glasses of water daily.
- iii. You are eating alkaline producing fruits
- iv. You have stayed away from drugs and antibiotics but instead you use other natural antibiotics like garlic, ginger, green tea.
- v. And other habits should be avoided

so here ends our lecture for tonight. Any question, you can ask in the group. If I haven't added you yet, send me a message on whatsapp <https://wa.me/2349033644587>

I hope you learnt something tonight?

LECTURE 16:

WHAT TO DO WHEN WAITING

When after many attempts at making a baby seems to be failing, it is not uncommon to find some women go into depression, anxiety or even stress themselves.

The thing, especially in our African culture is that, we have been conditioned by society and culture to believe that a couple is only normal as long as they have 'tiny-patters' (child-ren) running around the house.

When a woman is trying to get pregnant, everywhere she turns, she begins to see people with children, a baby always smiling at her, a woman carrying a baby close to her, lots of baby bumps (pregnant women) walking all around, and then she begins to think she is different.

Truth is:

You are not different
Rather
Everyone is not the same

Overtime, because of fear or anxiety, most women have resulted to engaging in more damaging effort in a bid to get their dream come true.

As a result, they have opened themselves up to a position where they have been exploited, drained, and some unlucky ones have been given far more dangerous experimental drugs, that have in one way or the other aggravated their situation.

As a woman trying to conceive, there are times you are ready and willing to do anything—anything at all...

But then, you have to be cautious about what you are taking into your system and how these things would affect your health on the long run.

Overtime, I have met many women who have been waiting for over 7 years, and only a mere change in their diet have transformed their lives.

The body is an intricate 'machine.'

Science with all their advanced gadgets still finds something different from what they discovered a few years ago, every single time they run an experiment or Conduct fresh research!

This is because the human body evolves every generation.

Today, we are adapting to be way smarter than our grandparents; the speed at which we process information today is not the same rate they did during their time...

...all these are affecting how we act, react and behave.

But then...

...nature has the answers to all our health questions.

The benefits you derive from garlic (which has been a miracle cure during the Egyptian era when they were world powers and is still very much the same today) is superbly unbelievable.

It is the same with Turmeric, Cinnamon, Ginger, aloe vera and many other natural fruits and herbs.

Likewise, the benefits these natural fruits give won't change in the next 2,000 years from now.

Over the years, the same treatment known to treat one disease has changed in less than a few years, and new methods are being discovered over and over and new discoveries are made and each procedure needs 'lab rats' to help carry out the experiment.

Nature has endowed us with everything; they are all at our beck and call, and most important is that these things are far cheaper and safer than drugs or surgery!

Please don't get me wrong: Modern medicine has its role to play.

If you have been trying to get pregnant for more than 12 months of unprotected sex all, as long as your womb hasn't been tampered with in the past, then going back to nature is your first step...

...healing won't be overnight, but there is every guarantee that healing would surely take place.

Here are the things you need to know while waiting. I am of a high opinion that this would change your life and your outlook for ever!

I hope we are all following?

Now, I call these the 9 KEYS FOR THE WOMAN Trying To Conceive!

We might not be able to treat them all tonight, So let's start with key number one

KEY 1—PATIENCE

Once upon a time, a woman joined my first group. She wanted to buy my guides, but the only problem was that she was in the hospital when she saw the ad I ran, but irrespectively, she still wanted the guide by all means.

According to her, she had been going in and out of the hospital for some few months now. I asked her for reason, which she refuse to state.

So I told her whenever she is out of the hospital she can make order for the guides.

Fast forward to a few weeks later, according to her anyway, she wanted to go to the bank and she fell from the stairs and broke her ankle, so she had to be on bed rest, then she sent someone to make payment.

This was January 17th, 2018.

Days later, guides delivered.

She read them all in a single day and started implementing right away.

She was always giving me situation report. Every day she takes the alkaline solution, she would tell me!

By February, she was losing hope—so she said—she had a chat with me, it was at this point that I discovered she was 58 years old.

Now at that age, patience should have been a part of you! So I was surprised that she ‘claimed’ not to see any ‘significant’ change within few weeks and she was already calling it quits!

I talked her back into starting the program afresh, and even told her, it might take up to 9 months for her to see changes. But then, she would need to be consistent

I think the time-frame I gave her did the magic.

March 21st, she sent me a message where she was profusely crying, thanking God for remembering her.

This audio was what she sent to me; click here the link below to listen—

[Click and listen to it yourself](#)

My point in all this is that:

The only people
who I know would see results
are those who are patient!

Nature would definitely heal you...

...but think back to all the damages you have done to your system over the past—the drugs, drinks, foods, lifestyle habits you have engaged in etc.

- i. Infection would take weeks or months to get cured.
- ii. The body would take weeks or months to return to homeostasis.
- iii. The system needs to go back to its normal shape.

There is really nothing to do, than to be patient enough, to let nature do the healing.

It takes patience, which you must also accept—I can assure you, time would restore your system back to its healthy state.

KEY 2— STOP DOING TWO THINGS AT THE SAME TIME

Impatience is also the cause of doing two things at a time.

November, 17th 2016, I created the first group ever on WhatsApp. The first woman to join that group was Kachi (not real name).

She was always asking questions about what was entirely different from what I was teaching them.

“How can Keto diet help us?” even when she knew I mentioned ‘alkaline diet.’

She would say, “I take cucumber, garlic, orange, banana and carrots and blend them together, every morning and night,”

My reply always was, “follow our plan!” she would ‘grudgingly’ agree.

So, a few weeks later, she decided to pay for all the guides.

But then she begged me she couldn’t afford the guides and was literally crying on phone, telling me how she had paid for this and that, bla... bla

During this period, I use to have a money-back-policy in place. (I STILL DO)

In less than 4 hours, she sent me a message that she already knew about everything in the guide, and that she OVERPAID for this information.

Now, let’s establish a fact here...

This was a woman who knew about ‘Keto diet’ and ‘many other things’ that can presumably work...

...yet, she was always asking questions about if it works or not.

This same woman begged, waylaid, stalked me for days, just so I could accept a quarter payment as she regaled me with stories of how she had spent all her life savings buying fertility drugs and supplements.

Well that wasn’t the point—the point was she knew a lot of things, but then, she was doing too many things at the same time.

She is not the only guilty one. Many other women did the same.

A woman once sent me a message that she was bleeding and didn't know what caused it.

I asked her, "What did you take today?"

"Nothing, except the ginger drink and cinnamon-honey tea." she replied

"Okay, be calm," I replied, "Now what did you take yesterday?"

"Nothing, except one agbo one woman told me had helped her with her ovulation!"

"Hmm..." was all I could reply

I only sighed and told her what to do, the next day, the bleeding stopped.

You see,

Definition of anarchy
is doing two organized or systematic activities
at the same time!

Over the years, I have always screamed at the top of my lungs to all the women I know:

**“PLEASE IF YOU WANT TO TRY OUT
SOMETHING DIFFERENT,
THEN LEAVE MY PROGRAMME OUT FIRST,”**

You can come back and try the programme again!

Over time, I have to deal with the mess of other drugs, prescriptions, agbos etc, you name it, that these women have used and a side effect had occurred.

Some of them are so wicked that they will tell me they haven't used any other thing aside what I told them to use.

The question is how can I help those people if I really don't know what exactly caused the problem in the first place?

You see, doing two things at the same time might yield result, but then the probability of this working is 2/100.

Aside risking your health, and causing more problems, it also prolongs the duration of seeing positive results.

Stop doing two things at a time—start with one until you discover it is causing more harm than good and focus on something else...

But the truth is this; nature does not give you complications.

We complicate issues ourselves by trying to cut corners...

...believing the more things we use, the better it is...

It is not!

One would counter the effect of the other and if care is not taken, it would put your health at risk!

So my advice for anyone and everyone is to focus on just one thing at a time! If you have something that's working, then pause this program first and use that...

If not, when using this program, pause the other one!

I can tell when women are using different things alongside with my program...

I know the reaction you might likely get when you use my program, but the moment it is something else, I straight away ask them what else used?

The moment they deny it.... I simply tell them to contact me when they are ready to tell the truth!

You see, I have met more than 200,000 women, and I am not exaggerating—I am even being moderate...

...So I know how their bodies would react to any of the items I ask them to use....

So, the point here is...

Focus on just one thing at a time... So it would be easier to know where the issue comes from, if there is going to be any...

So I hope this point is clear?

We are going to stop here... And then continue tomorrow...

As for the audio testimony I asked you to listen to:

Mrs Temitope is 60 now. She gave birth at age 59 to a bouncing baby boy! Her period had seized since she was 43 years old.

She is the reason why I believe till next thousands of years that anyone can get pregnant. You—Anyone else, as long as you let your body heal!

God is going to do it for us

Stay positive.

Any question, ask in the group.

LECTURE 17

9 IMPORTANT KEYS FOR WOMEN TRYING TO CONCEIVE (2)

So far we have discussed two of these keys:

Key 1—PATIENCE

Key 2—NOT DOING TOO MANY THINGS AT THE SAME TIME

The Third Key is

Key 3—GRATITUDE

There is a quote I came across:

“When we focus on what we don’t have,
we won’t value what we have.
But when we focus on what we have,
what we don’t have would find its way to us—speedily!”

This is true...

Many people are single and desire to be in a relationship—you already have a man. There are lots of other things to be grateful for.

Overtime, I knew my mission was to help others. I was a rebel in school. I studied philosophy.

It was when one my lecturer really frustrated the life out of me that I took interest in studying ancient medical books—books that today's medicine would never allow to be practiced.

It taught about how you can use nature to heal yourself, aside from the initial knowledge I had gained over my teenage years, I began to take a deep interest in what I was reading to the detriment of my discipline.

Weeks on end, I would laze around the library, reading one book after another, comparing and contrasting etc.

Then one day, I started practicing... lol.

I had many female friends in school—ladies—who I helped by putting into practice what I had learnt in these books and I was surprised this worked exactly as the book had stated.

Infections disappeared. Others lost 'stubborn' weight. Some others told me they had clean system and they felt as light as a feather!

So most of the time, they were always flocking around me and I was known as the 'DOCTOR OF PHILOSOPHY.' lol

Before then, I had hated my lecturer for trying to frustrate me, but today, I am grateful for what I discovered.

I am grateful to my lecturer that drove me to the point of insanity and had me discover where I truly needed to be.

You see, most times we don't really value what we have, and what you don't appreciate won't have value.

If you are not grateful for the little you have, there is no way it can grow.

If you are grateful for the little things you have, great things would begin to happen to you...

I keep a gratitude journal where I write the little things, I am grateful for and every time I open up that diary, I still have something new to be added to it every day.

This even work when you are grateful for what you don't have yet, as if you have them.

Nature has designed it to be so...

To the Christians, this is called Faith for things yet unseen, but you believe it would happen

This is easy to do!

All you need to do is, remember that your 60 leaves that you are writing in.... I hope you are still doing this

You can go to the back of the book and write down exactly the below or modify it to your taste.

I am grateful for having my twin,
triplets boys, or my baby girl
and I am now a mother

You can write it as many times as you want and speak these words out aloud to yourself!

There is power in the tongue, and the more you speak of a thing, the more it becomes true. The more true it becomes, the more real it becomes!

Your mind begins to accept it and your body begins to prepare it....That's why you need to do the exercise I requested in the beginning of this programme, it is in LECTURE ONE—take it serious....

One of them is this...

...While you are sleeping, continue to listen to your recorded message that you are grateful now that you are fertile. Your ovaries are healthy like the day you were born and you would carry your own baby this year...

Be grateful that it has come to pass...

So while you are waiting for physical manifestation... Your mind is also prepared for the task and your body is working towards achieving it

On my testimonial page <http://www.getbellefast.com/testimonials> You would read how many women have talked about this same task helping them..

So be grateful for what you don't have yet, like you already have it

Write and read this to yourself...

...I am so happy and Grateful now that my body is passing through a divine healing process, and my ovaries are preparing to carry my baby...

Make a gratitude list tonight before you sleep...

KEY 4—UNDERSTAND THAT EVERY CHALLENGE IS AN OPEN DOOR IN DISGUISE

I graduated with a first class in my discipline. A department where for the past 15 years had never produced a first class. But then, my story was not that of bliss.

A new lecturer that was newly employed was against everything I did.

When I became the President of the department, he was always having problem with how I led the department.

Then I became 'unlucky' when he was given a course to teach in my final year.

In the beginning, no matter I wrote, it was always incorrect to him—not one single line or even a word was written right!

He frustrated me to the extent that I had to always go to the library to focus on others things that caught my attention, since no matter what I write, he won't see it as correct.

So, it was one day that I was just walking around lazily in the library that I found myself in the medical section of the school library.

There was a table where ancient medical books were abandoned

I picked one of them up and things began to take a new shape.

I was already interested in the gifts of nature, as my sister was also helped through this medium.

I began to read and read, and then practiced on my female friends, course mates and they even introduced their friends to me as well.

From infection, to other health complications, they got relief from natural means—we were student, so it was a relief for them not to go to the clinic where they would be given panadol or paracetamol...

...and if they are unlucky and “DOCTOR EVANGELIST” is on duty, (ONE OF THE SCHOOL DOCTORS WHO ALWAYS RELATE EVERY FORM OF SICKNESS TO IMMORALITY) he would have to preach about their immoral lifestyle before answering them... lol

...So it was a relief, when they can get solutions naturally without eating deep into their pockets...

The truth is this, if my lecturer had not been hard on me, I won't be doing what I am doing today... because I would have been limited in what I know now...

Same thing, if there was no challenge in your way, I bet you, you won't even know that there are certain habits you engage in today that would have harmed your life in the future, and ultimately, our paths won't have crossed.

You won't have become the person you are today! Or who you would be tomorrow as a result of the knowledge you are gaining today.

You don't have to see this as a challenge but rather as an opportunity to better your life.

Meeting each and everyone of you was a blessing to me... and I believe likewise you meeting me.

Fortunately for you, soon you are going to be ready and we will dance together at your naming ceremony.

And tomorrow, when someone is having a kind of challenge, you are already in a position to advise them on what they can do to improve themselves...

...Unlike when we haven't had the opportunity to meet me...

So, every obstacle in your way is not a challenge but rather an open door to making you a better person and also giving you the opportunity to touch other people's lives via your experiences!

KEY 5—BE POSITIVE

There is no IMPOSSIBILITIES with GOD!

You see, placing your trust in one man would fail. No one can really help you on earth.

The most important thing you need to believe right now is this:

Believe it is impossible for God to fail, so you have every means of getting answers to your entire question.

God directed your path, so we can cross. I want to believe that you are better off today than the time you were trying everything else.

Please, put all your hope in God. Be positive and do not have any doubt.

Read your Bible or Koran and meditate and believe in the key chapters. Then repeat them to yourself and personalize the blessings.

You are going to carry your own baby, as God never created any woman barren.

Just keep doing what you are doing. Be hopeful. Hold on to your faith, and NEVER GIVE UP!

Time WILL heal you!
Nature WILL heal you!
God WILL heal you!

KEY 6—READ! READ!! READ!!!

You need to read and know about a lot of things. It is not for anything, but for the purpose of you discovering things for yourself.

Most people I know of have discovered solutions to virtually problems that doctors have said there is no cure for.

For example, most doctors would say, the only way to get rid of fibroid is via Myomectomy!

Then after the surgery, some years later, you run a scan and discover the fibroid has grown again... Even if you do the surgery for 5 times more... The fibroid would still grow again, because...

You were only dealing with the symptom and not the problem itself!

Estrogen feeds fibroid. Same with foods and drugs, especially, painkillers and other drugs, produce estrogen that feeds the fibroid! So, the only way to fight off the fibroid is to start on your diet

Doctors know this, but might not tell you, you find these things out by reading...

So read, research.

I am not talking of using Google alone. There are so many wrong information there that would give you heart attack if you believe them. Lol.

Do your own research when you are giving a drug or something to use. Don't just use it... Find out if there is any side effect...

...Is it something that won't cause the issue to become more worse?

Read. Read. Read and this would help you know how to pinpoint scammers who have nothing to offer!

There are times you feel down; you can get hope from many sources out there. You only get to these sources by reading up on everything you come across...

If I ask you to take something, you should be able to know the reason why you have to take that, and that is by getting more information about it.

I am your coach, but the truth is, there is limitation to what I know...

Many people have given me insights that have made me discover lots of outstanding discovery...

If you ever have any reason to doubt something, please tender your explanation, and let's reason, who knows the kind of breakthrough we could discover.

Aside this, reading would also expose your mind and it is nearly impossible for someone who reads to be depressed as your mind would be trained on seeing positivity in every negativity!

Who knows...tomorrow you could also be a coach to millions of women out there too!

If you are thinking of good books to read, then read the following:

BOOKS TO READ

- i. Acres Of Diamond
- ii. Think And Grow Rich

iii. Power Of Positive Thinking

Key 7--FIND A COACH

There is different between a MARKETER and a COACH!

If I were a marketer, I won't have time to run a 30 days seminar; no matter how much I am being paid.

Never!

I am doing this because of the love and passion I have in touching lives!

Pay close attention, you see, you need to have someone who understands exactly what you are passing through.

Most women are shocked that I am a man!

They have shared a lot of things with me that I have given them practical answers and they saw results and when we spoke on phone, they are always saying:

"Please, I want to speak to Coach Emu," she would say on the phone

"Coach Emu speaking," I would reply.

“Hello... ma...”

“Yes, I can hear you,” I would reply

“Please, can you give the phone to Madam Emu?”

I would laugh and tell them I am a male. Most of them never believed a male could know the things I know...

But here is the thing, in my discipline, as a philosopher, we have been trained in a way we study every discipline, by understanding the fundamental element that each discipline has.

We are always looking for the ‘universal truth’, in philosophical term; they call it the ‘ontological truth’.

The ontological truth of a thing is the essence of that thing and it is this essence that makes it what it is...

Let me not confuse you;

as your coach, I am determined to look into the nature of everything, that’s why I would recommend you watch your eating habits, exercise, drink enough water, you eat healthy food, etc...

Doctors won't tell you to watch what you eat, because they believe you don't need to, drugs can do that for you...

Here, I employ holistic approach to finding solutions to problems, and that is why we are seeing results...

If you take all the drugs in the world, but you don't talk about your water, food, exercise; you are only taking care of a part...

But a coach would tell you this.

So you should have a coach, or as many coaches as possible, but you must be able to find a way to 'test' them and see they are up to their mettle.

A coach would encourage you when you are down.

You can share all your problems with them, and they would give you a listening ear.

This journey is sometimes a lonely journey; a coach will help you to 'cushion' the loneliness by giving you specific instructions...

You would be accountable to them and them to you. So find a coach that you resonate with.

key 8 –FIND A POSITIVE SUPPORT GROUP AND JOIN

So tomorrow, we are going to be meeting and this is what we would talk about

Our relationship doesn't need to end here... A support group would help you in ways unknown!

So tomorrow we would continue from here

I hope you learnt something tonight? Thanks for joining tonight's class. Any question, please ask

LECTURE 18

FIND A POSITIVE SUPPORT GROUP AND JOIN

Today's the last part of the series of WHAT TO DO WHEN WAITING. So today, I would be talking about SUPPORT GROUP!

When I started GETBELLEFAST, It was formerly FERTILITY SOLUTION. I would add anyone who buy any of the guide into a Whatsapp group!

Now, my job is to always make sure I give them a daily task to carry out, which I usually post in the very early hours of the morning before they wake up!

It got to a point that I had over 7 groups all filled up! I called these group SOON TO BE MUMMIES SET 1 etc

Now every single week, we were having testimonies of all kinds!

Even while I was not around, some women would be the one to answer any question...

A woman took it upon herself to always encourage other women to hold on to faith and would post motivational stories from people passing through similar issues...

It was something that everyone looked up to every single day!

Some women drew strength from the fact that they were not alone and were encouraged to do everything I asked them to do!

The testimonies other women shared with me encouraged everyone!

And I did an analysis then....

When I had such a group, the number of women who followed up with the program in the group were so much than when there was no group; this is why a support group is necessary!

Due to the activities of some women, I had to stop creating groups on whatsapp!

As my phone number was being repeatedly reported by 'some group of women' according to whatsapp officials!

You see, as much as a support group is important. You end up having the feeling of encouragement!

The fact that you are not alone...

There are questions people would ask in a support group that if you are on your own, you won't find out!

A support group is meant to encourage you to stay focused and motivated.

There are bad eggs in every group; those who are always looking for a way to exploit others! But these bad eggs are soon fished out and pushed out of the group.

Belonging to a support group is very important.. Let me tell you a short story why!

While in the university, I started tutorials for my course mates.

Now, this was a class of about 124 students. When we started in our 100 level days, we had over 50 students attend the tutorials—for free!

Soon, it became a thing of group (cliques) where people started forming different groups, and soon, there was some sort of rivalry...

I had on many occasions had to step in, but then it always did not work... until I decided to become a part of every group of clique.

I associated with each of the cliques, they were about 10 of them; some other students had no affiliation or loyalty to any group.

Then I made an outstanding discovery...

Each of this group met a specific need of each of the members that made up this group.

For example: The Joyce group were the 'fashionistas' in the class; the members of this group were those interested in fashion, make-up things you name it... and the people who had joined this group wanted to be just that.

It is little wonder that today, Joyce runs an entertainment outfit, Ashley has a fashion design School, Nonye runs a make-up class while Tina runs an entertainment blog...

Same thing with Blessed group. My hanging out with them made me understand everything in this life is a passing phase, but what is constant is just your HAPPINESS.

No matter where you see them, there was always a smile on their faces and they had this childish way of acting that you can't just help but admire them.

Even when Favour, who was always stuck-up and closely guarded, joined them, soon, she began to play like a school girl—always happy, confident and laughing.

This same girl hardly even had a smile on her face back then!

I am sorry if I am boring you with my story, but you see, a POSITIVE support group can help you in ways you would never understand.

When you listened to the testimonies of that 58 year old woman? How did you feel?

You see, it raised your hope and gave you the conviction that you are doing the right thing and following the right process...

You see, Being alone causes depression... Being in the wrong group is worst.

But being in a negative support group is way more dangerous. Just one wrong person allowed into the group can destroy the group.

That's what happened in our soon-to-be-mummies group.

Just one woman I allowed in made me realize that I could have a heart attack, so I had to do what was needful...

The right support group... Encourages you to follow a set of programs!

It doesn't have to cause you to look like an outcast.

It is meant to be a place of togetherness, where you can ask questions and get answers to all your worries! Being a member means you should help others who obviously needs help.

My first group, there were women who became so close and called each other, talked to each other and even became friends till today!

Not a group where people would bring others down... Mock you... Or say things that are not within the context of why the group was created

A support group helps you to hear the frustrations of everyday... As you are all united by one common goal

Most Facebook group claim to do this... But on the long run... everyone there is looking to sell something to someone...

So for now it's important to join a support group and stay within the aim and objective of the group.

Strength can be drawn from numbers... A group of people with the same aim. So join a positive support group... It would do wonders for you.

Key 9 - OTHER IMPORTANT THINGS

I have said these times without number, so I am going to say it again...

Stress—You have got to cut off stress out of your life. Aside it causing you other problem, it can bring about hormonal imbalance.

When you begin to fear or become desperate, there is every tendency you make matters worse by just asking anyone for help. Even those who can't really help you.

Also, try as much as possible to have sex frequently.

I have seen women who say having sex decrease the sperm count or something like that, but you can't conceive if you don't have regular sex. You have to make sure you are having sex regularly or frequently...

Whenever you are down and you are losing faith, you can look up to your support group, and share stories, motivational stories etc.

I created one when we had the first 28 days lecture, and you are automatically a member since you have this guide...

You can ask questions, send motivational messages and articles that are related to the aim of the group

So here ends our lecture tonight. Any question, ask please

Lecture 19

Uncommon SECRETS TO A HEALTHY OVARY

Over the many years of researching natural solutions, I have come to discover a startling revelation!

One, is that many women in our generation have unknowing cause great damage to their ovarian health via what they have read on the internet

There are many mistakes most of us have made in our younger years, that we might know is affecting our chances, such as Abortion of a kind that has left a form of adhesion or scar tissue in place!

And taking of other concoction in a bid to tighten the vagina or drugs that is taken to get 'high' etc.

These are common mistakes most women in this generation have made which have resulted to a high case of infertility in this generation...

And some others are just 'unlucky'

But tonight, I would be showing you some uncommon secrets to a healthy ovary

Your body can heal itself; you need to aid or help it in the natural process of healing.

It won't be a week, a month or three months...

But definitely it would always happen

SECRET NO 1

Wash your hands and vagina (your partner should do likewise) before sex.

The vagina has its own pH level.

It is a self-cleansing organ and it is easy for a woman to contract infections even by mere fingering the vagina...

Most men aren't that 'cleanliness freak'

If you have watched some men seat on the toilet seat, they allow their manhood to dangle in the bowl and sometimes touching the side of the bowl.

Some urinate without washing off the urine... No matter how long he urinates and shakes his dangling Johnson. Some particles still get tucked in his boxers.

In the heat of making love. No one really cares about hygiene, you just jump into the 'do'

Hands that have been used to shake people with different germs are inserted into the vagina.

All these in one way or the other have a way of causing 'harm' overtime to the female organs.

And if not taken care of, spreads to the female reproductive organ... Which sometimes could be the cause of cyst...

Cyst not taken care of become solidifies and causes blocked tube. These are common issue that a little self-consciousness could save you from

Secondly, your vagina was created in a way that it can take care of itself, if the pH level has not been tampered with

Don't sit on hot water, insert soaps, hypo, Alum, or some other things into it

No matter how healthy something is and if it is meant to be inserted into the vagina... Wash your hand properly. If possible, with apple cider then rinse with clean water before inserting into your body!

So be cautious of what goes into your vagina... You won't know when problems start occurring...

I hope this point is clear?

Secret No 2

Take more alkaline foods and drinks and avoid acidic foods or drinks

Whatever you eat or drink on any given time, your vagina also eats or drinks! If it is alkaline, the pH level at that time would be alkaline. If it is acidic, the pH level at that time would be acidic.

Overtime, I have insisted on alkaline diet or drink. It's for your good...

You see, a bottle of coke takes about 5 days to dissolve from your system, meaning your vaginal environment on the second hand is also acidic for this period!

Notice how women with yeast get yeast infection after taking anything with sugar or flour!

Soft drink is number two causes of all ovulatory disorder. Cutting out acidic diet or food and drinks is the first step to having a healthy system!

Take note...

Secret 3

Take more of holistic remedies and less of medication/drugs

So many women with infection have had recurrent infection even after taken care of the infection and the signs have disappeared, only for it to reoccur after some time.

Scientists today have discovered that most bacteria are becoming antibiotics resistant! By learning to adapt!

The antibiotics you use doesn't just kill off those bad bacteria, it also affects the good bacteria called 'probiotics'. It learns to adapt! Before long, it learns how the drugs works and adapt to it...

Since your body militates against infectious bacteria. The antibiotics kills off the body's immune system... Alongside the bad bacteria

And the stronger the antibiotics, the more damage you are doing to your immune system!

Same with drugs; drugs leave behind toxins that the liver needs to take care of... And certain habits can make it nearly impossible for the body to eliminate these toxins completely.

Here is where holistic remedies play a role.

Which most time provides the body with the needed protection and single out the infectious bacteria!

This is what natural remedies does to the body. It knows which bacteria is foreign and which ones the body needs! Same with a lot of other natural herbs around today.

So take note.... Synthetic drug is a no-no

Secret number 4

Walk more

The body is designed for walking! Your body releases certain positive chemicals to the brain.

The brain and the womb are connected. The body sends signals to the brain and it secretes hormones in proportion to what the body needs!

When there is a disconnection, the brain secretes hormones in imbalanced proportion that affects the body's chemical balance! This is what is mostly referred to hormonal imbalance!

Walking helps the brain improves in its functioning.... Same thing with exercise!

The more exercise you do, the better it is for your ovarian health! The benefits are outstanding...

Adding a 'walking' routine to your exercise or lifestyle is a must that is needed for the body's function

So tomorrow... We continue with Secret number 5

Any question, please ask

LECTURE 20

Uncommon SECRETS TO A HEALTHY OVARY (2)

So far, we have discussed four out of 10 secrets!

SECRET NO 1—Wash your hands and vagina (your partner should do likewise) before sex.

Secret No 2—TAKE more alkaline foods and drinks and avoid acidic foods or drinks

SECRET NO 3—Take more of holistic remedies and less of medication/drugs

Secret No 4—Walk more*

So, unto the next secret....

Secret No 5

Drink more of natural teas and less of packaged juice

Over time, here in this lecture, and on [Instagram](#), and in most of my guides, I have explained in details how packaged items are enemies to ovulatory functions...

Instead of those packaged juices, you can get yourself a juicer and make these juice from fresh fruits you hand-picked yourself!

You can blend as many fruits together to make different blend and still derive more benefits than from the ones that's packaged; no matter how expensive they are...

Secondly, teas don't really have the nutrients written on the package...

We all know we don't really have a reputable regulatory body that inspect these items or verify the quantity of vitamins or whatever it claims to have...

But rather... You can get green tea...

Note, I am not referring to extracts like the ones lipton does.... I am talking of real green teas. They contain antioxidants that are good for the system.

I am not talking of network marketing kinds... Overtime, the quality of such products diminishes when they gain ground!

There are a lot of green teas you can get in your supermarket or on jumia... Very good ones!

Always remember, whatever is packaged in cans and jars would always have preservatives and addictive. These two are ingredients you don't want in your system!

You can make natural drinks like garlic-honey tea...

Garlic helps the body produce a lot of white blood cells that boost the immune system.

Secret No 6

Drink More of water and eliminate soft drinks and alcohol

Water has never had any negative effect, unless it is contaminated water. Every part of your female organs need water.

Little reason, why you can easily be wet when you are drinking enough water!

You need to find a way to stay off alcohol by all means and replace it with water.

Most women are actually drinking less water on a daily basis.

From one of our past lectures I mentioned that you should drink at least 3 litres of water on a daily basis. It can improve not just your reproductive organs but also your skin.... So do take note...

Secret 7

Take your drinks/food in glass cup/plates, stainless and avoid taking them in plastics

Read more on the word xenoestrogen; These are foreign estrogen that gets into the system from the use of plastics or nylon.

You see, high temperature of food can increase the risk of chemical transfer from the plates to the food.

That is, Chemicals which is built into the plastic structure can migrate from the materials into your food.

In the recent past, you would notice the lesser use of plastics in drinking or eating; Our parents had ceramics or glass or even stainless cups and plates for their foods and their drinks...

...something that is missing right now in most homes.

Chemicals are used in making these plastics... And today, the advancement we have had in the field of technology has done more harm than good!

Try to limit the use of plastics... You can read more on BPA!

Even when trying to avoid junk foods, we are exposed to these types of synthetic materials daily... and are ingesting molecules from them, too.

For women with fibroid or hormonal imbalance mostly, plastics are your enemies!

Secret 8

SELENIUM, MAGNESIUM, ZINC and FOLIC ACID are a must!

VERY IMPORTANT NOTE: If you have fibroid, stay away from folic acid!

If you want to keep your reproductive system, from the fallopian tubes to the uterus to egg production, in tip-top shape...

...it is important you consider the above vitamins I have mentioned!

The good news is that: Most or all of these vitamins and minerals can be found in foods or sunlight!

That's why it is important you follow the instructions in the meal plan and the alkaline solution!

These prepares your body and eliminate free radicals and waste clogging the system, from your body!

The relationship between iron and fertility is still being uncovered, but research strongly suggests that low iron levels are related to infertility;

one study of 18,500 women found out that those taking iron supplements were 40 percent less likely to suffer from ovarian-related fertility problems!

it's a crucial factor in the oxygenating properties of red blood cells, and if they're not working properly, your organs (including your reproductive system) won't get enough oxygen to do their jobs well.

You can easily get enough iron from spinach, veggies, fish and other plant sources. Also, you can buy them in supplement form.

Women International traces several impacts that a B12 deficiency can have on the reproductive system...

- i. from cell abnormalities in the cervix and uterus to anovulation (no egg being released in a monthly cycle)
- ii. abnormal estrogen levels, which are vitally necessary for successful full-term pregnancies.

Omega 3

Omega 3 seems to play a role in regulating menstrual cycles and on hormone levels in the body. It helps in creating a better environment for conception.

The American Pregnancy Organization points out its many uses in a pregnancy, including

- i. a better-developed nervous system in the baby
- ii. lower chance of preeclampsia in the mother,
- iii. a heavier child,
- iv. and less risk of premature birth.

vitamin D

A review of the role of vitamin D in women's reproduction in 2011 found that vitamin D deficiency is "associated with impaired fertility, endometriosis and polycystic ovary syndrome. Evidence from observational studies shows higher rates of preeclampsia, preterm birth, bacterial vaginosis and gestational diabetes in women with low vitamin D levels."

And this is why the sun is your greatest ally!

If you have been doing the sun protocol, you WOULD NOTICE A GREAT DIFFERENCE by now!

So, most women have deficiencies of these vitamins and they need to make sure they follow the diet plan and other lectures we have in times past!

So here ends our lecture for today. I hope you learnt something new?

LECTURE 21

4 MAJOR REASONS WHY INFERTILITY OCCUR

Now imagine if you could turn back the Hands of time and go back to when you were 15 years old, what would you have done differently?

- i. Would it have been about your decisions?
- ii. your health issue?
- iii. or about the actions you have come to regret this day?

This is what we would be talking about today!

You see, no matter what disease or health challenge you have, whether it is infertility, cancer, diabetes, asthma, herpes, pimples, you name it.

The cure is the same because the cause is the same... Please stay with me, let me explain...

You see, every health challenge or problem you have health-wise is as a result of one or a combination of these four reasons listed as follows:

1. Toxins in your body
2. Nutritional Deficiencies

3. Exposure To Electromagnetic Chaos

4. Mental Or Emotional Stress

This is in fact the cause of all illness and disease. The cure is simply to correct these imbalances, meaning, the key is to make sure your body's pH is alkaline!

Before we continue further, let me explain what pH is...pH stands for Potential of Hydrogen. Science students would understand this, but I will explain it in a lay term.

The pH is measured from 0 to 14... Anything from 0 - 7 is acidic, and a body that falls in between these number is unhealthy!

Anything from 7 - 14 is alkaline, and a body that falls above 7.3 to 7.45 is alkaline and there is healthy

Acidity is one of the reasons you are having irregular menstruation, hormonal imbalances and infertility problem!

You see, every food, drink and drugs you put into your mouth have one of two effects—

Alkaline effect
or
Acidic effect

When the body is acidic, it feeds disease causing bacteria and therefore causes imbalance in the body system.

For example, fibroids begins like a cyst... Simple, and pimple like...

It grows bit by bit, and the more you feed it with acidic foods e.g. sugar, alcohol, spaghetti, EBA, meat etc...

These bacteria begin to feed on it and as you take drugs, these drugs which are unnatural also have adverse effects in the body, while feeding these bacteria causing more damages to your system.

Meaning, when the body is acidic, there is the tendency that you can easily get sick...

When the body is alkaline, you virtually can never get sick!

In my simple opinion, and from the lots of testimonies we have had here so far, if you are able to turn your body pH from acidic to alkaline, I am of a very high opinion that you can heal yourself of every disease and you can never get sick in the future

Truth be told, Medical doctors treat symptoms and do not treat the whole person.

Mental stress and emotional stress like pain, grief, heart break can make you fall sick in less than a minute...

This simply proves that drugs do not really heal us, at best they only remove the symptoms and then leave an adverse effect on our liver to take care of.

Drugs simply suppress symptoms by causing the body to do unnatural things.

In other words, Drugs create a state of imbalance.

Listen, this is important...

You can't heal the body,
only the body can heal itself!

The most you can ever do is assist the body to heal by providing it the "**necessary**" ingredients to heal itself while eliminating the unnecessary ingredients that will stand in its way of healing itself...

Take a cue from this:

we are different individual, but the medical society has scammed us to believe one drug can have the same effect on different people with the same symptoms...

This is a fallacy

You see what could cause Mrs A's body to be acidic might be dehydration that is not drinking enough water, while Mrs. b could be mental and emotional stress and Mrs C could be the kind of food she is eating!

But if these three individuals go to the hospital, based on their description of the symptoms, they would be giving the same drugs.

Our bodies are different.

Simply put we can return our bodies back to the state of homeostasis (balance) by taking the four aforementioned causes of diseases into mind.

Toxins comes into the body through the kind of food we eat, the kind of water we drink and the kind of drugs we take

When you eat acid-producing food, you give room for sickness and ill health to occur.

Take for example, the woman who is overweight, the kind of meal she eats would be mostly acidic e.g.

Meat (that she can only digest 25%) while the others stay in her body feeding these bad bacteria's.

Soft drink that dehydrate the body! Dehydration, that is, not drinking enough water so that the liver can be able to flush out the toxins.

Lack of exercise to remove waste through sweat etc.

You discover overtime, all these habits begin to make the body fat grow...

Then talk about nutritional deficiencies like the kind of food we eat, when we eat it.

Example:

- i. Every food you eat after 8pm does not digest.
- ii. It takes days for your body to eliminate a 35cl of soft drink from the body.

Food like EBA, spaghetti, bread are the leading cause of health challenge in Nigeria.

Doctors would only place an embargo on these foods only when the problem has become intense like stroke or HBP; You would be asked to cut down or eliminate these foods!

Then exposure to electromagnetic chaos like television, cellphones, laptops, washing machines, toasters and the different technology we use daily...

Each causing their different level of radiation in our systems causing more problems than we have ever experienced over 2 decades before now.

You then have mental or emotional stress, days of shouting at or being shouted at, the stress of everyday life, meeting up of deadlines, not sleeping well, always thinking of solving one problem or the other.

Each of these have taken a toll in our lives....

That's why most of us are angry, frustrated, sad and helpless which literally sends messages to our body that all is not well...

These are the main reason for our health challenges and when you go to the hospital, they prescribe 'drugs' which is truly not the cure to these imbalances.

But rather it is the combination of one or more of the above reasons that has made our pH level imbalanced

Listen

A woman would have a hard time getting pregnant if she has irregular menstruation... This is because you won't be able to calculate your ovulation period...

And when you don't know your fertile period, you cannot know if the food you are eating is causing your cervical mucus to become acidic.

Then other habits like Using Spit and Vaseline and other kinds of lubricants are also one of the killers of sperm. They displace the pH level of the vaginal environment. They make your body toxic and your cervical mucus hostile...

The first thing you can ever do to restore your health is to balance your pH and eliminate every acidic-forming fruits or foods from your diet.

Eliminate stress and eliminate the use of drugs.

Natural fruits and vegetables like garlic, etc can help you restore the damages you have done over the years to your body in just few months...

Antibiotics and contraceptives are the two main drugs that have made many women have infertility problem

Note: it won't be overnight, neither would it be magical...

It boils down to:

- i. Eating the right food
- ii. Drinking enough water for your body size, stop eating after 8pm, alkalinize your body pH and learn to de-stress...

Your body is the key... You just have to know how.

*** Switch off electronic gadgets or put them in a separate room while sleeping for the night

*** Avoid eating late and avoid eating acidic foods at night

As much as you are following the guides.. You would get answers sooner

Here ends the lecture. Any question, ask!

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

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