

**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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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

FOUR

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Lecture 22

UNCOMMON Ways TO PURIFY YOUR DRINKING WATER

In some of our past lecture, I have explained over time, how important water is to the body—especially clean water.

I decided to show you simple ways to purify your water!

So here we go tonight...

In a fast world that we find ourselves in today, we might not think about it that water have any significant effect in our lives but when you begin to see that 80% of your daily activities requires water, you will begin to appreciate the kind of water you drink.

Drinking clean water can eliminate over 75% of our health challenges!

The human body consists of about 65 to 75% of water; this is why water is very important to every one of us.

- i. The liver needs water to eliminate toxins from the body.
- ii. The brain needs water to function correctly.
- iii. The joints need water, to be able to work appropriately.

This is why water is basically the element that can take care of most diseases.

The question then is what kind of water?

I have emphasized on the fact that you should avoid water in plastics or in nylons

Here is why?

Let's take an example of the caveman, the ancient men, or even our great grandfathers.

They didn't have to store waters in GP tanks, they only drank water from flowing stream or in water pots.

Water pots not made of plastics but rather clay. This clay pot only hold water that the family would exhaust in a day and new supply is needed for the next day.

Another thing to note is that they never use plastic cups; rather they used stainless cups or other kind of cups that were totally different from what we use today.

The point is, they drank water that wasn't stored, and its source was also a flowing stream. This is why grandpa was able to father 25 children and grandma was able to give birth without Caesarian Operation!

There was no xenoestrogen (foreign estrogen) binding with their estrogen.

Nothing! Now let's come back to the 21st century...

Today, we store our water in tanks, rubber tanks mostly, and that water will stay in the tanks for days, weeks or sometimes even months!

The water is not flowing; it begins to gather microorganisms that are invisible to the eyes; and causes its own problems.

ok, let's see it another way.

You buy a bag of pure water from a store that has been produced for days or weeks ago. This water is stored in a nylon or plastic bottle...

Water is contaminated in a way you will notice while drinking it, sometimes it smells like the plastic or nylon used in sealing it.

Sometimes after drinking this water, you begin to feel funny, but you tend to think it is something else that is responsible.

See, I have been asked over times without number, why shouldn't we drink water in satchel or plastics bottles or cans.

I have explained over and over, you don't know the source of this water.

Rule Number one of drinking water...

“KNOW THE SOURCE OF YOUR WATER”

Knowing the source will give you a lot of confidence on the quality of water you are ingesting.

Manufacturers of this water calls it "pure" water but it is actually "poor water"

The kind or quality of water you drink would have adverse effect on your system.

So in this lecture, I decided to show you natural ways you can purify your water safe for drinking.

So here are few ways you can do that.

STREAM WATER is the best source of water you can consume...

One of the best water you can find is stream water fetched in a clay pot and served using stainless cups or ceramic cups but not plastic cups or containers.

But hey! We are in the 21st century, right, so this might not be that easy, ok!

i. CHARCOAL METHOD OF PURIFICATION

Charcoal are most effective at removing chlorine, particles such as sediment, volatile organic compounds (VOCs), taste and odor from water.

Charcoal's ability to purify substances has been reported to be employed as early as several millennia ago when Egyptians used it to eliminate certain undesirable elements.

The reason why charcoal is such a remarkable adsorber is that it has an astoundingly porous surface. Its billions of carbon atoms are separated by millions of pores.

Basically, it boasts a large surface area to capture and store impurities. Its porousness can be made even more impressive and the surface supremely large by treating it with oxygen.

The resulting charcoal is known as activated charcoal, which is what your water purifier uses to purify water.

So you can get "ACTIVATED CHARCOAL" and place in your bucket of water. It will adsorb all toxins from the water and help purify it!

ii. TAP WATER

Option two is to fetch water from a tap you know the source from which the water is being tapped.

For example, a borehole, not public borehole or reservoir, but a bore hole is attached directly to the tap where the water is being pumped every day.

Fetch the water in a pot, not a keg neither a plastic, but a clay pot or stainless bucket and put in charcoal.

Charcoal is the black substance that a burnt wood becomes. It has healing properties and can purify your water if you put it in your water.

iii. BAKING SODA METHOD OF PURIFICATION

Another way to purify your water is adding baking soda to it.

You simply pour a tablespoon of baking soda into a 4 liter of water and leave it for an hour before drinking.

It has properties that can purify your water!

iv. WATER PURIFIER

Another method that most of us might be using is water purifier.

Every time you turn water into it, it purifies it; the catch here is to use a stainless cup or glass cup to fetch this water to drink

v. HYDROGEN PEROXIDE (Food Grade) METHOD OF PURIFICATION

Pay close attention..

There are two types of Hydrogen peroxide

The one at your local chemist is not the one I am talking about! That one cannot be ingested.... It's poisonous...

The one I refer to is the food grade... See an image below



HYDROGEN PEROXIDE (Food Grade) METHOD OF PURIFICATION

Another way is using food grade hydrogen peroxide. (Please take note that this is not the same with the one you buy or see at the chemist store.)

The food grades are sold in food stores. I bought mine from Jumia

You can add eight drops to a liter of water and it would instantly make such water pure and safe for drinking...

...and it is very safe for human consumption.

It is important to note the difference that's why I am emphasizing it again

Another reminder to note, is that, there are two types of hydrogen peroxide, and they are not the same with the one in your local drugstore but rather it is mainly food grade.

So, these are few ways you can purify your water for safe drinking.

It's essential to drink clean water. You can purify you WATER with any of the above method. So take note...

Our lecture ends here! Any question, ask please...

Lecture 23

How To Prepare Daddy To Be Maximally Ready Before Your Ovulation Period!

Now, in most homes, the woman is mostly 'eyed' suspiciously or sometimes blamed for the delay in conception.

As long as the man can ejaculate, then what's the issue? So they ask! Getting pregnant is supposed to be as easy as A-B-C

But there are myriads of factors that could cause a delay; Some or most of these are lack of preparation.

So as I was saying;

Some busy Men mostly don't really care about Diet, exercise, detoxification (alkaline solution), stress management, the sun therapy amongst others. They just go about their normal business on a daily basis

Not putting into consideration that stress is also part of what could cause them issues as well.

So overtime, men are being neglected in the course of trying to get pregnant. But then, as the saying go, "It takes two to tango"

So tonight, we would be talking about how to prepare daddy completely awaiting our ovulation period!

If you can remember what we discussed relating to ovulation; I said, there is what is regarded as ovulation period and ovulation day

Ovulation period is that week that leads to your ovulation day! That is, there are 6 days you are fertile in your cycle...

These days are very important for you to know...

And if your period is irregular, finding a way to regulate it or using OVULATION PREDICTION KIT can help you know the exact day you ovulate...

Except if this is the case of HORMONAL IMBALANCE >>> Click here on how to balance your hormones naturally---
<http://www.getbellefast.com/hormonebalancer>

The first 5 days are period that the sperm can live in the body... That is, "A sperm can stay 3 to 5 days in the body before finally dying off."

Meaning if your ovulation day is on a Friday, even if your hubby makes love to you on Monday and then travel, there is a chance you might get pregnant! If you are ovulating!

Now what can make a sperm lifespan longer....

Recollect, I said it lasts between 3 to 5 days; so what can prolong the life of a sperm to last 5 days?

What can make it swim faster towards the egg? Etc.

These are what we are talking about tonight.

So let's dive into it.

Now supposing you have been doing everything as you have been told, and leaving daddy out in the equation of getting pregnant...

What you are simply doing is removing part of the process of conceiving, which most women have been doing.

You see daddy can see changes, and praise you for doing what you are doing, but if you don't encourage him to join you, he won't!

You also need to prepare him too!

It takes exactly 3 months (90 days) for the sperm to form, just like it takes for the eggs to reach maturation?

This period also needs to be put in place for daddy to also prepare. Daddy needs to also take the alkaline solution to also help him detoxify.

You see getting pregnant is a game of numbers and as I have stated, it is woven around timing and a game between two people!

Two of you must be prepared...

Just like the improvement of the quality of eggs, treated in one of our past lecture, there needs to be adequate preparation for sperm motility as well

Now pay attention!

Two weeks before your ovulation period, if you don't have sex with daddy, the quality of sperm he would produce during that six days would be higher and also healthier than otherwise...

So I took time to draw out a three week chart that I expect to lead to your ovulation period

And it is as thus:

Are we together so far? Great... We move on...

Week 1

- i. Daddy is expected to be on alkaline water on empty stomach early morning,
- ii. He needs to consume alkaline food and foods rich in arginine - green vegetables mostly!
- iii. He is to exercise a little (not rigorous ones... Just push-up or any other simple ones)
- iv. He is to also drink water, a cup higher than the female size e.g. Between 7 to 9 cups of water daily.

- v. He is to Avoid any form of alcohol, soft drinks and acidic drinks.
- vi. Also, the sun therapy would be a plus if you can find a way to motivate him to stick to it.
- vii. He is to Avoid wearing any tight shorts, or under dies made from nylon.

You also have to do away with nagging or stressing him during this period

Week 2 and 3

- i. You have to make him lots of smoothies; Smoothies includes blending, banana, A raw egg, watermelon carrots and tomatoes together are the best.
- ii. And also lots of salad without the dressing; Salad includes cabbage, lettuce, spinach, carrots, tomatoes, watermelon.
- iii. Let him snack on oranges as well.
- Iv While still taking the alkaline drink early in the morning on empty stomach...

Three weeks of doing the above leading to your ovulation period would do wonders in his life, and increase your chances of conceiving...

Likewise, you should try to Avoid acidic food by all means;

Lots of vegetables, fruits, exercise (as simple as walking 15minutes daily); drinking enough water, making him smoothies can help him in ways untold.

Now, every morning if possible, make him this drink...

Get ginger, garlic and honey with warm water

Here's How to Prepare It:

1. Peel the ginger,
2. Peel the garlic
3. wash them thoroughly,
4. then dice them into small pieces
5. Set them aside
6. then boil a cup of hot water
7. Add a teaspoon of honey to it and Let him drink this after the alkaline solution in the morning...

It would not only improve his erection, but would also help him last longer as well.

It would also improve the improve the quality of his sperm.

Exercise is important for you and stress management is also important for both of you.

During this period, don't nag daddy and don't cause undue stress or tension at home

Eat enough alkaline food, and you have to mainly go on liquid diet during your ovulation period.

Also do the Ewedu task, drink lots of water, stay away from tea, except natural teas, no soft drink, no drinking from plastics at all, both of you, use glass or stainless to drink your water!

See when you are pregnant, all the food you have not eaten, you are going to eat them all. But for now, please avoid acidic food especially during your ovulation.

If daddy is well prepared and mummy is well prepared. Miracles would happen...

According to BBC.com, they carried out a research and discovered that:

Lycopene - a nutrient found in tomatoes—may boost sperm quality. So tomatoes is a must in his diet... Do not overcook the tomatoes...

Make sure you add as much as you can to his diet this period... If he can't eat it raw... Half cook it and add to his meals!

So, this ends our lecture tonight

Any question, ask!

Lecture 24

7 Things That Must Be Observed In Your Daily Affair

We are going straight to the point. Shall we begin? Good!

1. The Alkaline Solution

First, I talked about the alkaline solution, and I recently discovered to my surprise that some people would do it a day and skip it for two days and do it another day...

You are not going to benefit or see any difference at all, if you follow this path.

This is wrong...

If you have done that, you might not see any difference, and are actually wasting both your time and my time!

But for changes to take place, you have to follow the rules as exactly as I have stated them...

I have shown you over time how many people have been able to rid themselves of different issues by simply observing the rules I stated in the alkaline guide...

So please, I want to believe we all did exactly as stated in the guide! Take note, you are to do it **ONLY FOR 28 DAYS!**

2. Eating Habits

You see your eating habits are very important.

And as a rule, I have stated that anything in a can or anything packaged should be avoided by all means especially in this our program!

That means no Maggi, use Iru (dadawa) instead, or garlic grinded in your pepper...

Moreover, your diet will affect your eggs, your menstrual cycle and your ovulation!

It will affect your reproductive organs that is why it is very important that you follow the alkaline diet for at least 30 days before balancing it with the 70-30% rule!

More so, if you love fast food, packaged fruit juice, sugar, soft drinks etc., if you have done the alkaline solution as I stated, you are going to see massive change to the extent you will never crave for sugar, all the above inclusive!

So, all these need to be avoided!

Also, the container you utilized also matters e.g. You use breakable plates, stainless steel cups, or ceramic cups

Plastic and nylon introduce foreign bodies that binds with your estrogen and makes your hormones go haywire. So avoid plastic plates and nylons by all means.

Avoiding eating acidic foods before bed. Follow the meal plan as closely as you can!

3. Clean Water

We have discussed a lot about water, and I even showed you ways you can purify your drinking water!

What's your source of water? Bottle water or sachet water? If you know where this water is made, 90% of that water is impure water.

You might not be able to see the germs or bacteria in them with the naked eye.

You see, some of this water are not treated, they serve them directly from the tap and put them in bags, bottles or nylons and seal and sell to you.

Some of these water have been in the bottle for days, if not weeks, and when iced, your taste bud might not pick up the taste of stagnancy in the water.

Believe me, these things you don't want in your system.

If possible, your water must be directly from a source you know...

We have had seminars on how to preserve water including using charcoal, and also making ionized water.

It is very important that you know the source of your water. It will save you a lot of future stress

4 **Cosmetics**

I know you must look beautiful and amazing. I also want you to look that way...

But then, the kind of cosmetic you use needs to be put into consideration.

The chemicals used in making these cosmetic like foundation, eyeliner, powder etc. finds their way into your system...

Let's take for example, if you look at your body, you will notice spores (tiny holes) on your body... These holes are responsible for letting out sweat...

So, to speak, anything you rub on that skin can irritate the skin or find their way into your blood stream...

Meaning, if you bath with water, water will find your way into your system!

Same thing, if you rub bleaching cream, the harsh chemicals used in making them will find their way into your system and cause havoc in your body...

One of the side effects is **hormonal imbalance**, others acne, skin irritation, discoloration, cancer etc.

So the next time you will want to buy any cosmetics look for the word 'organic' written on it. Meaning you can eat it and won't even have any side effect as it is made from natural ingredients!

5. Exercise

When last did you exercise???

Simple exercise like walking 15 minutes daily will do amazing miracle to your body. You can do squat in the comfort of your home...

You must make sure you exercise at least 10 minutes daily! Take a walk...

You need to make sure that from this minute henceforth, you need to exercise for just 15minutes daily,

It is very beneficial to your heart, the foundation of your life...

When your heart beat, it burns out carbon and the stronger your heart beat, the easier it would be to pump blood; quality well oxygenated blood to every part of your body.

Exercise with diet can do miracles in your body even if you are 60years old!

Remember granny had lots of exercise when she goes to the farm, the market; they walk to the market.

She was agile. she was strong. she had no problem when it comes to Fertility, even though they ate acidic food, but they were able to exercise and they had great source of water (stream-water).

6. Fruits

No matter who you are, in this our program, you need to eat alkaline fruits! Listed a lot of them in the meal plan!

It is very important. Fruits are very important as I am stressing it. Fruits like watermelon, banana, straw berries, apple--red apples, etc.

I listed a lot of them in the meal plan, both alkaline fruits and acidic fruits. You have to make sure you eat at least two different fruits daily...

Fruits should also be eaten only in the morning, that's when it's really beneficial to your body, except you are fruit fasting.

7. The Sun

If you have irregular menstrual cycle, no period, and any female disorder, you lack vitamin D!

You can get it in supplement or drugs...

You can get it in food...

But the main source of vitamin D is the Sun.

Vitamin D is used by every part of your body... remember our lecture, **THE SUN PROTOCOL!**

Vitamin D is important

- i. You need it to produce breast milk!
- ii. You need it for your thyroid
- iii. You need for functionality of your entire system.

You are a warm blooded; minimize your staying in Air-conditioned room, cars or offices!

You need an intake of 5 to 15 minutes sun...remember, it's not the hot sun, but simply early morning sun and the evening sun!

Cold water does what AC does to the body! You will want to avoid cold water until you give birth, then if you like, you can drink all the cold water in this world. Lol.

So this ends our lecture. Any question, you can ask!

ANSWERS TO SOME QUESTIONS ASKED!

The two main reasons, aside many others, that hyperprolactinemia happens is this:

1. Miscarriage, of any kind, or abortion

or

2. Contraceptives

So treating this has to do with balancing of your hormones... Connecting the pituitary gland back to the uterus... To put it in a lay man's word

LECTURE 25

MISCARRIAGE: Causes & Prevention

This has been one of the most asked question....So tonight, we would be discussing this:

Now, Truth Be Told, You Can't Prevent Miscarriage, But... What You Can Do Is Prepare Yourself Not To Experience It.

It is painful enough for one to pass through the rigorous monitoring of menstrual period, ovulation period and ovulation day, and getting pregnant and only to lose such...

God forbid!!!

So here, tonight, I would be showing you

- i. Causes of miscarriages
- ii. How to ensure you never have it!
- iii. Foods to eat in each trimester that helps
- iv. Foods to avoid
- v. And other important information you need to know

First of all, miscarriage is a term used for a pregnancy that ends on its own within the first 20 weeks of gestation.

According to certain studies, it is stated that most miscarriages occur during the first 13 weeks!

1 out of 4 women
would experience
a miscarriage
in her lifetime.

There are many factors that can cause miscarriage in each trimester.

An average woman carries her pregnancy for nine months. This nine months is divided into three months each...

The first three months are known as the first trimester...

The next three months are known as the second trimester...

The last three months are known as the third trimester...

In each of these three trimesters, there are certain foods and fruits you are expected to eat to help the development of your fetus.

This is because, throughout the nine months 'fetus' will feed from the food you are eating or the drinks you are taking. So it is important you eat healthy.

You see...

Miscarriages occurs for different reasons and at each trimester, it could be caused by a particular reason.

For example any miscarriage that occurs in the first trimester can be as a result of any of the following :

1. Chromosomal abnormality which are factors that are wrong with the baby's chromosomes and could be caused by
 - a. A damaged egg
 - b. A damaged sperm cell
 - c. Problem that came up as a result when the zygote went through the division process...

To put it mildly:

The expectant MOTHER'S health conditions plays a critical role in the fetus development and can also affect her pregnancy...

Others include

2. Viral infections which can weaken the mothers' immune system, thereby leading to a miscarriage.
3. Hormonal problems.
4. Infections
5. Smoking, alcohol or excessive caffeine intake and other dangerous lifestyle habits
6. Unhealthy eating habits
7. Age
8. Stress level

9. Trauma

10. other unexplainable factors

The good news is, you can avoid having a miscarriage if you just do the following:

1. Exercise regularly.

It doesn't have to be rigorous exercise, especially when it is your first time of getting pregnant.

2. Eat healthy foods.

Eat both acidic and alkaline food in proportion of 30 to 70%.

3. Learn to manage stress

Find a way to reduce your stress level. Engage in a brief walk in your garden, meditate, watch comedy movies etc.

4. Eat Foods Rich In Folic Acid

Take foods rich in folic acid or supplements that has folic acid.

5. Cut Off Certain Unhealthy Habits

Stop indulging in habits that would risk your pregnancy. And most of all... Try and avoid alcohol by all means.

Now, there are certain food, fruits that have been discovered can cause miscarriage...

These are foods you must avoid by all means, though it depends on which trimesters that you are eating these foods.

6. Foods, Drinks And Fruits To Avoid Include:

They are listed as follows: Crabs, Pineapple, Green tea/caffeine, Processed meat, Alcohol, Unripe paw paw, Unwashed fruits, Undercooked or raw eggs, Foods with sugar or preservatives, Packaged juice.

7. Foods, Drinks And Fruits To Take:

Folic acid rich foods like spinach, citrus fruits e.g grapefruit, tangerine, oranges, lemon etc. These helps to develop the baby's brain.

Grape fruit is rich in Alpha Hydroxy Acids (AHA). So if you are pregnant and you want your baby to be healthy, strong and resistant to various disease. Drink a glass of grapefruit juice twice daily..

Oranges as I mentioned above. It is rich in Vitamin C and helps in the growth of a baby and even improves your baby skin tone...

Eat eggs but it must be properly cooked; not raw, not half cooked.

Fish, like tilapia, salmon fish, shrimp.

Also, take folic acid supplements; Plenty of rest and sleep; Drink lots of water...

So tomorrow, I would be telling us the kind of fruits or foods to eat in each trimester

Here ends our lecture, any question, do ask

*LECTURE 26

MISCARRIAGE (PART 2)

Miscarriage is the most common type of pregnancy loss and often occurs because the fetus isn't developing normally!

Miscarriage is a sad event that can affect the woman mostly, physically and psychologically.

But then, in order to minimize miscarriages, one must live a healthy lifestyle especially if one is doing drugs partying over night, poor diet, poor sleep, etc. These needs to be stopped completely...

...This includes making sure you do not have infection and if you do, you can easily get rid of it naturally >>> [CLICK HERE](#)

Treat or balance your hormones etc., here is how to simply to do that >>> [CLICK HERE](#)

What is referred to as **Chromosomal abnormality** in yesterday's lecture is this: “when miscarriages happen because the embryo sometimes lose it's attachment to the uterine wall!”

Unfortunately, when a miscarriage happens from these things, it's out of the woman's control.

Other miscarriages happen because the woman is completely unaware they are pregnant in the first place...

Recall, I said we have three trimesters?

In each trimester, your baby is in a developmental stage, and certain foods would help it develop a healthy organ as it goes from one trimester to the next...

In the first trimester, that is, the first three months...

Foods like brown rice, millet, citrus fruits e.g. oranges, lemons, grapefruits, are highly essential foods for proper embryonic development during the first trimester.

Salmon fish, this contains proteins in huge quantity. It is essential for the development of baby's nervous system, its eyes, and its brain. It has 53% of Vitamin B-12 and 30% of Vitamin B6.

Remember, I usually say, you can eat acidic food when you get pregnant? So the second trimester is where that begins to happen...

In the second trimester,

1. MEAT—This contains proteins and it is a must diet in the second trimester.
2. –Kidney beans: This contains 100% dietary fiber. It has 35% magnesium, 45% iron and 48% of proteins. It also has vitamin B-6 and Vitamin C

3. Beetroot—This reduces the chances of birth defects. A mother-to-be needs high immunity level. The high immune system protects both mother and infant from various infections and ailments.
4. Oatmeal—It helps the nourishment of the baby during the second trimester.

In the third trimester, foods to eat include:

1. Avocado—This fruit is rich in the following nutrient. Vitamin C, Vitamin E, Vitamin B complex and fiber. Vitamin E protects the cell membranes to maintain the structures property of cells.
2. Carrots—Most of the time you can get nausea or vomiting complication along with drowsiness or weakness due to loss of energy. When you add carrots to your diet, it boosts up the energy level.
3. Green beans—Green beans have no fat contents but has Vitamin C and dietary fiber in moderate amount.
4. Bulk amount of calcium is needed for the baby's final development of bones and also makes its bones stronger. It is also needed by the mother for milk formation. Supplements with calcium is needed here.

Add more fruits to your diet especially strawberries, banana etc, and Yes, you are good to go!

During your pregnancy, the following needs to be completely avoided!
Completely...

1. **Pineapple**—pineapple is a no-no because it contains bromelain which has the ability to soften the uterus and produce aborticide. This fruit could lead to contractions and in turn leads to miscarriage.
2. **UNRIPE PAW PAW**—Unripe paw paw is also a no no. This is packed with enzymes that can trigger uterine contraction. This green paw paw can increase the miscarriage risk three times.
3. **Cinnamon tea**—Avoid cinnamon completely. It can abort your pregnancy as well.
4. Artificial or processed juices or drinks that have addictive or preservatives! artificial flavourings and colorings all affects the fetus.

So, follow the above guide line and there would be an increased chance you can avoid the pain of miscarriage.

Lastly, avoid stress by all means. Emotional stress and otherwise. Relax and eat well and healthy!

So, make sure you have worked on being healthy alongside... And God will keep you till you deliver. Amen

This ends our lecture, any question, ask

Stay away from pineapple.. If you check the meal plan, you would notice it's classified as an acidic fruit!!!

P.S. Women with PCOS or fibroid might experience heavy flow, so, that might not mean they had a miscarriage!

When you miss your period... Tone down anything you are taking... Medication or otherwise till you run a pregnancy test.

LECTURE 27

HOW TO IMPROVE YOUR CERVICAL MUCUS

So let's begin

Everything we have been doing from day one to this point is to prepare you for the next two lectures...

So tonight, this lecture is very important. Can we begin?

WHAT IS THE CERVICAL MUCUS?

The cervical mucus or the CM is also known as the FERTILE CERVICAL Mucus!

Now, the number one job of the cervical mucus is to provide an enabling environment for the sperm to live or swim towards your egg!

So, it is important your body produces this cervical mucus as at when it is necessary and this is when you are close to your ovulation period.

The cervical mucus dries off after your ovulation...

The cervix, now getting "wet" is not just for the comfort and ease of enjoying intercourse but also for the purpose of assisting the sperm to swim towards the eggs.

Now, do not compare the fluid you release during pleasure with that of the cervical mucus.

When your body is aroused, it can become wet at any time, even when you are not ovulating! Take note...

The cervix produces different types of mucous depending on where the woman is at her menstrual cycle; just after your period, the cervix produces a fluid that is thick and acidic, this prevents sperm from entering the vagina!

This is known as the infertile mucous or safe periods where you can NEVER GET PREGNANT...

The FERTILE CERVICAL MUCOUS (CM) also known as cervical fluid (CF) is produced by your cervix as ovulation approaches. The (Cervical Mucus) CM is necessary for aiding sperm to swim freely through the cervix;

So, it is very important that you are able to chart or calculate when you are fertile. This is why it is very important for a woman to have a regular menstrual cycle.

When a woman is about to ovulate, there should be an increase in her cervical mucus, as well as a change in the mucous texture, from "wet" to a more pliable one.... like stretchy, egg white like mucus.

This signifies a change of an acidic environment to an alkaline environment!

Healthy fertile cervical mucous

- i. nourishes the sperm,
- ii. protects the sperm from the natural acidity of the vagina (preventing sperm leakage)
- iii. and also guides the sperm towards the ovum

Charting cervical mucous change is known as the **OVULATION METHOD**.

it is important to have a regular cycle! and being able to know exactly when you ovulate, this is the importance of proper timing.

As the ovulation period helps the sperm stay alive in the body without dying of— as sperm can have a lifespan of about 3 to 5 days!

so, now let's talk about the method of increasing your cervical mucus naturally!!!

For most women that have low or no cervical mucous, it is harder for the sperm to reach the vagina and beyond for conception!

This is when women experience sperm leakage, this is because the vaginal environment at this time is not a friendly environment for the sperm to sustain themselves!

This period, the woman's body may have developed anti-sperm antibodies, or have some type of infection (yeast, STD, Bacterial infection) or eating of acidic foods which might cause **Cervical HOSTILITY**.

The Following is responsible for LOW CERVICAL MUCOUS

- i. NOT DRINKING ENOUGH WATER
- ii. POOR CIRCULATION TO THE REPRODUCTIVE ORGANS:
NO EXERCISE, NO SUNLIGHT, COLD WATER INTAKE, ETC
- iii. HORMONAL IMBALANCE MAY ALSO CAUSE CHANGES TO
THE ENTIRE MENSTRUAL CYCLE WHICH MAY PREVENT
THE PRODUCTION OF FERTILE CERVICAL MUCOUS'
- iv. ALSO, LOW PROGESTERONE and estrogen levels may cause
low cervical mucous production
- v. Infection etc'
- vi. Fibroid
- vii. Scar Tissue damage

Natural Options for increasing cervical mucous

- 1. Drinking enough water (about 3.5litres on a daily basis)
and not only during your ovulation!**

So, if you are not drinking enough water or not hydrating your body, your cervical mucous production may lessen or become non-existent! Your cervical mucous is made up of over 90% water!

Even if you use supplements, without drinking enough water, nothing would happen!

2. SUPPLEMENTS

Examples are Omega 3, 6 and 9 and they are very important.

Though you can get this from your diet... especially alkaline diet, vegetables, fish etc. but it is important that if you are not getting enough from your food, then you should consider taking these supplements listed above!

3. BALANCE YOUR HORMONES

High level of prolactin can suppress ovulation. Same as low or high production of other hormones in your body!

you need to find a way to balance these hormones

4. EVENING PRIMROSE OIL (EPO)

one of the benefits of evening primrose oil is that it may increase the quality of cervical mucus, making it a more fertile medium for sperm.

This has been used by herbalists or naturopaths for hundreds of years to increase cervical mucous!

Evening primrose oil is high in Omega 6

Evening Primrose Oil helps women produce fertile quality cervical fluid, or “egg white” cervical mucus.

This variety of cervical fluid is fertile, thinner, watery, more clear than cloudy, and stretchy or stretchable.

It easily aids sperm in transport through the uterus and into the fallopian tube, and to the egg.

Fertile cervical fluid helps sperm remain alive and mobile for several days inside the uterus and fallopian tube, enabling conception to take place, even if ovulation occurs days after intercourse.

This is known to increase cervical mucous production and it has lots of studies backing it up!

5. STAY AWAY FROM LUBRICANTS

So many lubricants out there are unfriendly to sperm and harm them. The destination of the sperm is to get past your cervix!

Also, avoid using spit' as a form of lubricant. When in the mood, we tend to do things unconsciously, do not use spit to lubricate at all... use water instead...

Take note as well.... certain foods are your enemies.... I mentioned the "LIQUID DIET" during your ovulation period!

So ways to aiding your cervical mucous is to stay away from MOST OILY LUBRICANTS or USING SPIT as a lubricant!

it is very important that you consider that...

LECTURE 28

GENDER SELECTION

Now, over the years, I have seen women who would prefer a particular sex. Either male or female; Every child is a gift from God!

But then, for reasons best known to us, we might decide we want a particular sex!

So tonight lecture is aimed at ways to stack the odd in your favour when it comes to the sex of your child.

Before we talk about the methods; Let's start with a little bit of biology...

Everyone knows that the woman carries XX chromosomes while the man carries the XY chromosomes; meaning, the female egg is always XX chromosomes... Always

While the male sperm can either be XX or XY! Meaning, there are two types of sperm, one carrying the X (female) chromosome, and the other carrying the Y (male) chromosome.

The type of sperm that fertilizes the egg determines what sex the baby will be.

That is, X for a baby girl, Y for a baby boy.

According to the author of the best-selling book, “How To Choose The Sex Of Your Baby,” Dr. Shettles believed that each type of sperm has a number of inherent differences.

Through his research, he discovered that

The boy sperm (the Y chromosome) are weaker, smaller but faster than the female sperm (the X chromosome).

While the female sperm were more resilient and able to survive for longer inside the mother’s body.

If you recall in one of our past lectures, I mentioned that...the sperm can live anywhere between 3 to 5 days in the body before dying off!

This is to understand the differences between the male and female sperm! The male sperm has a lifespan of about 3 days while the female sperm are more rugged and can live about 5 days!

The man's motility rate would determine how fast the male sperm can swim towards the egg!

Now since this fact has been established, let's go to the next subtopic

BEST POSITION TO CONCEIVE THE MALE CHILD

Doctor Shettles, believed that certain sexual positions gave the advantage to the sperm carrying the chromosome of a particular gender.

Shettles found that boy sperm were weaker but faster than their female counterparts.

He believed boy sperm could swim very fast but survived for shorter periods, because of this he felt that sexual positions that allowed for deep penetration gave the upper hand to boy sperm who could swim quickly towards the egg!

So, in his research, he discovered two main positions that can help achieve this

i. DOGGY STYLE



There are a lot of real people who claimed that this is by far the sex style that have helped them have a male child.

Aside Dr. Shettles, there is a popular belief (actually backed up by many doctors and researchers) that deep penetration was important to give the boy sperm a head start.

This is done so as the boy sperm can outswim the girl sperm and find the egg.

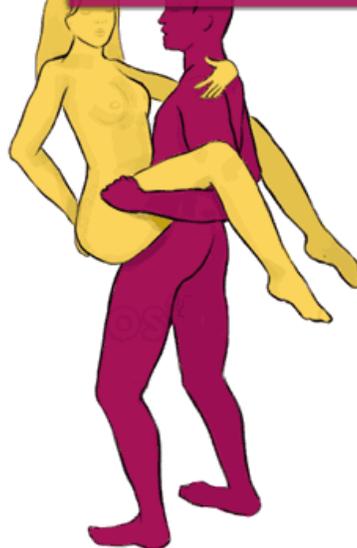
Positions that allows for deep PENETRATION, ensures that the closer to the cervix the sperm are ejaculated, the more likely they are able to find the eggs.

According to many couples, the DOGGY position is praised as the optimal position in which to conceive a boy as it allows for deep penetration.

In this position, you should kneel on all fours, and have your partner enter you from behind.

ii. STANDING UP

All Sex Positions on SexPositions.Club >>



SexPositions.Club

This is another position that allows for deep penetration.

Some researchers believed that the boy sperm are given an advantage in this position, because the boy sperm is discovered to swim faster against gravity to reach the egg.

In this position, your partner may be able to lift you up or if you prefer, you have to lean against a wall.

But be careful ooo, you need something to lean or hold on to.

OK..

BEST POSITION TO CONCEIVE THE FEMALE CHILD

Let's talk about the best Sex position for the female child

i. THE MISSIONARY POSITION

All Sex Positions on SexPositions.Club >>



Girl sperm, are slower swimmers, and they have better stamina and are able to travel further to seek out the egg.

Dr Shettles believed that shallow penetration, which would lead to ejaculation a greater distance from the cervix, would give girl sperm an improved chance of reaching the egg.

In this position, the boy sperm would swim very fast for a short time, and would probably never make it to the egg, while the female's ruggedity would allow it to live long enough to reach the egg

Ok

Part 2

The next thing you could do to improve your chances of conceiving a male child is **TIMING**

Y CHROMOSOME AND CYCLE TIMING

Because the male sperm is the faster of the two, Dr. Shettles suggest having sex as close to ovulation as possible.

For example, I told you about the 6 days ovulation period in one of our lectures

Where the sperm can stay in the body for 5 days awaiting the egg to arrive, on the ovulation day for them to fertilize it

Secondly, that the egg only lives for about 12 to 24 hours, depending on the health of the mother!

Now, if you can calculate your ovulation period, this would help you time your cycle and decide which sex of sperm can fertilize your egg!

For example, if you would prefer to have a male child, you would have to have sex close to your ovulation day

If you prefer a female child, you would have to have sex about 5 or 4 days to your ovulation day; this is because, the male sperm can last 3 days, as established above....

During which the female sperm can have a greater chance of fertilizing the egg.

For this to be a success, you must know exactly, the day you are going to ovulate. Have sex a day before or on that day or the next day to increase your chances of getting pregnant with a boy.

Also, do not have sex two or three days before the exact day of your ovulation. As this would reduce your chances of a male child and increase your chances of a female child

This is because the sperm can live up to 5 days in the body and the male sperm could have died off.

So having sex on your ovulation day or the day after would ensure the release of healthier sperm

3. LOWER ACIDIC CONDITION IN YOUR VAGINAL ENVIRONMENT

Sperm is alkaline, and it cannot survive in an environment that is acidic.

Note that the kind of food you consume on that day you are ovulating can destroy or boost your chances of having a male child.

Close to the period you are going to ovulate, eat more alkalinizing foods and avoid acidic foods.

Your vaginal environment, if very acidic can destroy weak sperm, in this case, the Y-chromosome sperm

4. EAT RIGHT

This is one of the most important tips on how to conceive a boy because diet and nutrition plays a vital role in determining the baby's gender.

Foods like banana, strawberries, vegetables, watermelon etc. are high in sodium and potassium.

These are the kind of foods you should consider eating on the day of your ovulation or the day after, these are the two days that you have a high probability of having a male child.

5. HUBBY'S DIET

The man is solely responsible for providing the sperm cells that would produce a male child!

So, his Y-chromosome is needed; meaning, his diet must be clean, from two weeks before you ovulate!

His food should consist mostly of fruits and vegetables; Smoothies are also great too for him.

Great!

Now, finally, you should know that God is the giver of children... He decides mainly which sexes to give 😊

YOU can only try to some extent... But then, chances are higher if you put all these into consideration

So here ends tonight's lecture

Any question?

P.S. The best way to track the day you ovulate is to use OVULATION PREDICTION KIT

P.P.S. If you don't know how to calculate your cycle, this should help. You need to note down the dates and count from the first day you saw your period till the next day you see another... That's what's called a cycle

Also, you can use an app called "FLO" you can google it. It's a good app, and the more data you add to it, the more accurate it become

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

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