

# Disclaimer

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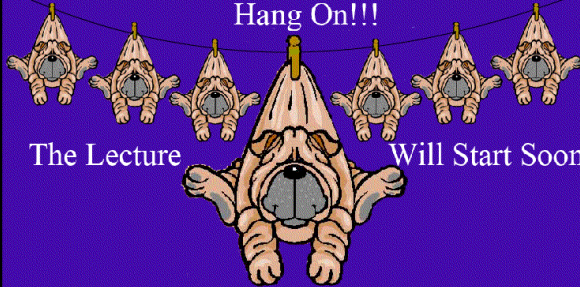
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## Hang On!!!



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### How to Make a Baby

- Pituitary releases FSH (Follicle Stimulating Hormone)
- Estrogen increases until egg grows and then bursts out of the follicle
- The fallopian pulls in and with peristaltic action starts to move the egg down the fallopian tube which eventually will reach the uterus where it imbeds
- Man produce millions of sperm – only one of which will fertilize the egg
- Sperm breaks thru the egg's thick outer covering, known as the zona pellucida. Each sperm head releases a special enzyme, acrosin, which enables the sperm to penetrate the zona pellucida
- As soon as the sperm penetrates the egg, the egg gets real thick so that other sperm cannot penetrate it
- A fertilized egg (sperm and egg combined) is "conceptus"
- Basal body temperature increases slightly soon after ovulation and remains at that level until your next period.
- Progesterone starts to increase to maintain the pregnancy which then is helped by the placenta.
- By the time that the conceptus becomes a blastocyst (6 days), it enters the uterus
- Hcg – Human Chorionic Gonadotropin tells you whether or not the fetus is thriving

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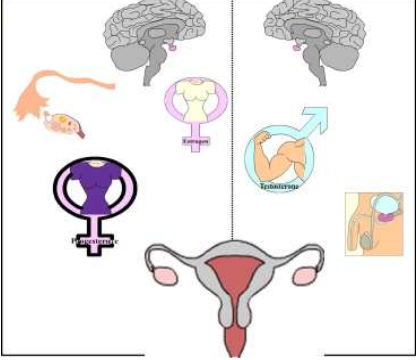
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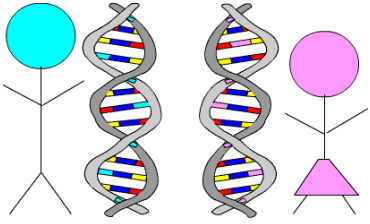
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### Preparing for Pregnancy

Mom and Dad can change DNA they will be donating to the baby.



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## Signs of Ovulation

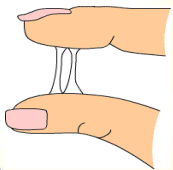
### Basal Body Temperature (BBT)

| Temperature | November | December |
|-------------|----------|----------|
| 37.8        |          |          |
| 37.6        |          |          |
| 37.4        |          |          |
| 37.2        |          |          |
| 37.0        |          |          |
| 36.8        |          |          |
| 36.6        |          |          |
| 36.4        |          |          |
| 36.2        |          |          |
| 36.0        |          |          |
| 35.8        |          |          |
| 35.6        |          |          |
| 35.4        |          |          |
| 35.2        |          |          |
| 35.0        |          |          |

| Temperature | November | December |
|-------------|----------|----------|
| 37.8        |          |          |
| 37.6        |          |          |
| 37.4        |          |          |
| 37.2        |          |          |
| 37.0        |          |          |
| 36.8        |          |          |
| 36.6        |          |          |
| 36.4        |          |          |
| 36.2        |          |          |
| 36.0        |          |          |
| 35.8        |          |          |
| 35.6        |          |          |
| 35.4        |          |          |
| 35.2        |          |          |
| 35.0        |          |          |

The temperature rise of 0.2 degrees an egg has been released. The rise may be sudden or gradual during several days.

Billings Method –  
Cervical Fluid



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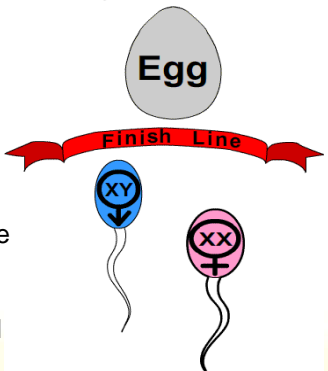
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## Determining the Sex of the Baby



- Male Sperm are faster but are easily destroyed by acid

- Female Sperm are slower but can tolerate acid

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Moms need to get a warehouse of nutrients to prevent deficiencies, birth defects or weaknesses



Example: Folic acid deficiency in the first few weeks of pregnancy can cause a cleft palate and spina bifida

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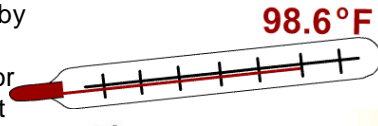
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## Prepare Thyroid

- Prevent cretinism - physical stunting/ mental retardation
- Blighted Ovum – fertilized egg attaches but embryo doesn't develop
- Infertility
- Lower IQ in baby

Thyroid Activator  
Thyroid Support



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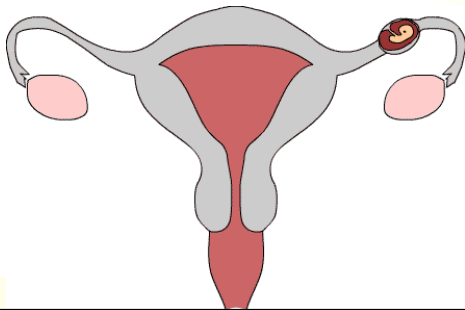
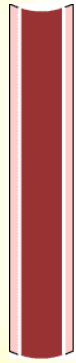
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## Understanding and Preventing Ectopic Pregnancy



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## Male causes of Infertility

- Sperm mobility
- Sperm quantity
- Varicocele (varicose vein in scrotum)
- Testes need to be cool
- Male hypogonadism - Testosterone deficiency
- LH Luteinizing Hormone
- ICSH Interstitial Cell-Stimulating Hormone
- Fluid part of ejaculation comes from the prostate (lack volume)
- Every other day (24-48 hours build up enough sperm)

Zinc, L-glutamine, Damiania, Maca, Saw Palmetto, Neem Oil, Alfalfa

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## Female Causes of Infertility

- LT Luteinizing Hormone
- FSH
- Low estrogen (ovulate)
- Low progesterone (set up egg, mature lining and maintain pregnancy)
- Liver
- Thyroid
- Scarred fallopian tubes
- Vaginal and uterine environment



Maca, Wild Yam, Red Raspberry, NF-X, False Unicorn, Sabina

  
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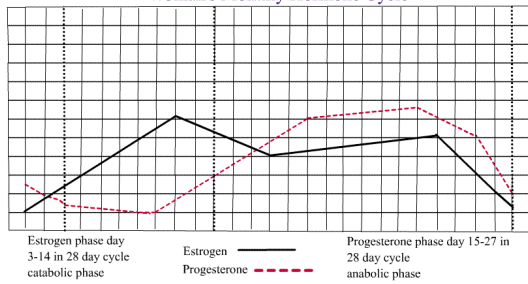
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Woman's Monthly Hormone Cycle



  
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## For More Information

Contact:

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816-903-4884

<http://www.mynsp.com/LifeHerbs>

  
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