

B O N U S

## CREATING A BABY FRIENDLY BODY

YOUR WEEK BY WEEK JOURNEY TO A HEALTHY PREGNANCY

### *How To Get Pregnant Up To 50% Faster*

In addition to the information I shared this week on how water can increase your fertility and why it's so crucial for creating a baby friendly body, I've decided to offer this bonus which, if applied, could help you get pregnant up to 50% faster.

Some things are good for creating a baby friendly body, while others are bad. Avoiding the bad things - those things that cause damage to your reproductive system and all of your living cells will improve your health and fertility.

If you've already started making sacrifices and "going without" some of your favorite foods or beverages in order to create a baby friendly body, then you know how hard this can be. Indulging in the occasional dessert or white bread will likely do you no harm, but there are some things you should eliminate from your diet altogether in order to have the best chance of conceiving because they damage the development of the egg and sperm and even your baby in the early days of development.

One substance to avoid is called mutagens. Think of the word "mutant" and you'll have an idea of what damage mutagens do. They cause genetic damage to the tiny cells of sperm, developing eggs and embryos. In order to conceive quickly and sustain pregnancy, you need healthy, strong, properly developed eggs, sperm and embryos.

So where do you find these mutagens? Throughout this course I will touch on a number of products that you use every day, that contain mutagens and I'll give you ideas on how you can replace these with healthier choices. But today we're going to start with eliminating a mutagen from your diet that an estimated 80-90% of adults and children consume each day. Caffeine.

One of the common addictions we face is the addiction to caffeine. We rely on soda, coffee and tea to give us that morning or midday boost. Though some studies have shown that a small amount of caffeine is okay, the best thing you can do, is to eliminate all caffeine from your diet completely, especially if you're trying for a baby.

First of all, caffeine has a direct impact on the quantity of sperm a man produces. Even if his sperm withstands a caffeine battering, the news is still grim. Caffeine is closely correlated with a baby's inability to implant in it's mother's uterus. If you do conceive a child, consuming caffeine can cause a miscarriage. Caffeine can increase the time it takes to conceive a child by 50 percent. Wow! Most Americans drink coffee and/or soda every day and never even think about the fact that it may be hindering their chances of having a baby.



## *Creating A Baby Friendly Body*

### *Caffeine Bonus*

---

Caffeine is a diuretic, which means it causes your body to excrete water. Since we know hydration is important in your journey to creating a baby friendly body, that fact alone puts caffeine on your list of "don'ts." And if you need a few more reasons to give it up, caffeine hampers the absorption of many of the vitamins and minerals you need. It's just not a good substance for couples who are struggling to conceive or even couples who are just starting to try, who want the best chance of conceiving a healthy baby.

#### **Study shows caffeine can hinder your ability to get pregnant...**

A study published in *Fertility and Sterility*, Volume 80, Page 231 entitled "Does caffeine intake impair semen quality and hormonal levels in a fertile population?" revealed the affect of caffeine on fertility, and this is what they found...

Drinking coffee and sodas with caffeine daily may increase your estrogen levels and could worsen conditions such as endometriosis and breast pain, study findings suggest.

Researchers measured each woman's hormone levels during the first five days of their cycle.

The study provides a basis for believing that caffeine intake from all sources (coffee, sodas, teas, chocolate, etc.) is linked with higher estrogen levels. The women in this study who consumed at least 500 mg. of caffeine a day, or the equivalent of four or five cups of coffee, had nearly 70% more estrogen in their bodies during the first half of their cycle compared to women who consumed 100 mg. or less of caffeine per day (i.e. less than one cup of coffee).

Normally, estrogen levels will fall at the end of your cycle, just before you start your period. This, in turn, stimulates an increase in FSH (Follicle Stimulation Hormone), which stimulates the growth of your eggs. I'll explain more about this later, but needless to say, too much estrogen in the first few days of your cycle could be the reason why your eggs do not fully develop, which would either be the cause of anovulation (not ovulating) or the egg not being of high enough quality to implant properly after fertilization.

If you've been diagnosed with P.C.O.S. (Polycystic Ovary Syndrome) or if you think you might have a mild form of it, it is extra important that you cut out all caffeine. If you're having problems with ovulation or early miscarriage, cut out the caffeine. If you have endometriosis or breast pain, caffeine has been shown to worsen those conditions. (I was able to avoid a breast biopsy when I found a lump in my breast, by going completely off of caffeine for 3 months - the lump disappeared, and I avoided unnecessary surgery.) Caffeine is just one of the big "bad guys" when trying to get pregnant, and that's why I'm giving this to you now, early on in the course. Avoiding caffeine could help you get pregnant up to 50% faster, and now you understand why.



## *Creating A Baby Friendly Body*

### *Caffeine Bonus*

Drinking soda and caffeine can make you feel full, so your body doesn't feel hungry for the good foods you should be eating. The corn syrup and acid in most sodas is enough to overwhelm your body's blood sugar.

A word of caution: Don't substitute caffeine-free soda or decaffeinated coffee for regular. The chemicals and the processes coffee companies use to reduce caffeine are deadly, as are the chemicals used as substitute sweeteners in soda or tea.

Instead of coffee, try drinking a cup of herbal tea or a cup of hot water with lemon. If you feel sluggish in the afternoon, go for a walk, or try some breathing or stretching exercises. A smoothie made with a scoop of protein powder can also keep your blood sugar stable in the afternoon when it tends to dip. You can get used to the pick me up these alternatives offer.

Remember that when you're trying to create a baby friendly body, you have to beware of every little thing you come in contact with. To be perfectly sure you are doing the best things to increase your fertility, caffeine has to go. All of it. Yes, even that little cup in the morning. Your body and your baby will thank you for it.

So you may now be convinced that caffeine hinders the body's ability to create a baby, and that's all well and good, but you likely love your coffee or soda and giving it up may seem nearly impossible.

Well I'm going to give you a few tips to help you make this very important change.

1. Motivation - Right now, think about what you want most in this world - even more than coffee. Yep! It's a baby. So put a picture of a baby on your coffee cup and every time you go to fill that cup up, you'll be reminded of the baby you long for. This will help you to make the better choice - fill your cup with water, juice or herbal tea. If you choose to drink juice instead of coffee try to dilute it with some water. Juice is concentrated sugars without fiber and can trigger blood sugar levels to rise too high, which hinders fertility (we will talk more about this later). Just try to cut the juice with 50% water or however much water you can tolerate. The more water the better.

#### **Pregnancy Success Tip**

##### **Avoid Beverages With Caffeine**

Caffeinated drinks such as coffee, tea, soda and alcohol can rob your reproductive organs of the life giving water they need. Drink plenty of pure water and be sure you're avoiding beverages that act as diuretics.



## *Creating A Baby Friendly Body*

### *Caffeine Bonus*

- 
2. The next tip I'm going to give you is a 12 day plan to wean you off of caffeine gradually so that you'll avoid headaches, grumpiness and/or depression. Talk with your husband to see if he will join you, but if he won't then you do it for your own health and that of your future baby.

First begin by writing down everything you drink that contains caffeine. This includes coffee, caffeinated soft drinks, chocolate and some teas...okay, you can keep the chocolate for now, as long as it's only once a day. Write down the number of cups of coffee or soda, and how frequently you consume each. Chances are that you will be surprised that your coffee and soda drinking follows a pattern. We are going to wean you off of all caffeinated drinks, but we are going to do it gradually so that you won't experience the uncomfortable and sometimes painful symptoms of caffeine withdrawal.

#### **Here's your 12 day plan.**

Day 1 you will continue your normal intake. Now here comes the part that seems impossible, time to reduce the amount that you drink.

Day 2, reduce your intake by 25%. This does not mean do not drink coffee or soda at the times you usually do, instead just do not drink it all. Either do not fill your cup up all the way, or drink  $\frac{3}{4}$  of it and pour the rest out.

Day 3, you are going to repeat, drinking 25% less than your normal coffee and soda intake.

Day 4, you are going to reduce it again by 25%, so now you will be drinking only half the cup, consuming 50% less than what you did when we started. Same holds true if you were drinking 2 cups of coffee in the morning, now only drink 1.

Day 5, do the same as day 4.

Day 6 reduce it again by 25%, so now you are only drinking a quarter of what you did in the beginning. See how far you have come in a short period of time?

Day 7 drink nothing with caffeine in it. Substitute a hot cup of coffee with an herbal tea or with pure fruit juice diluted with water. When you substitute other beverages at the same time of the day, it will make



## *Creating A Baby Friendly Body*

### *Caffeine Bonus*

---

this so much easier, you are not looking to change the habit of having a drink in the morning, just changing what you consume.

Day 8, go back to the plan from the 6<sup>th</sup> day, drinking a quarter of what you would normally consume. And remember it is important to keep the timing to what you are used to.

Day 9 you are to drink nothing with caffeine in it, substitute with decaffeinated tea and fruit juice.

Day 10 do the same as day 9 drinking pure water, juice and teas without caffeine.

Day 11, go back to a quarter of what you used to drink.

Day 12 drink nothing with caffeine, at this point your body is starting to wean itself off of caffeine. You will notice that you will not have the headache and you will discover that you really do not need coffee after all.

If you can eliminate your caffeine intake, your body will be healthier and happy just from this one change and you'll be able to conceive up to 50% faster than you did when caffeine was a part of your life.

Your next "regular" lesson will be in your inbox soon.

And, as always, keep an eye out for more bonuses like this one.

Your friend,

*Kirstyn Sierra*



**NOTICE: You DO NOT Have Permission  
To Reprint or Resell this Lesson!**

**You MAY NOT Share  
any of the content herein.**

**You MAY NOT Give Away or Sell  
Any of the content.**

If you received this lesson from anywhere other than [www.BabyFriendlyBody.com](http://www.BabyFriendlyBody.com) you've received a pirated copy.

Please help stop Internet Crime by reporting this to [KirstynSierra@gmail.com](mailto:KirstynSierra@gmail.com)

© 2008 copyright Kirstyn Sierra

**All Rights Reserved.** You do not have permission to copy or transmit this lesson in any form including electronically, manually, photocopying, recording or using any informational storage or retrieval system unless you have written, dated and signed permission from the author.

#### **DISCLAIMER AND/OR LEGAL NOTICES:**

The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update information based on new conditions. This lesson is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor her affiliates/partners assume any responsibility for errors, inaccuracies or omissions. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought.

Information in this report is for informational purposes only, and is in no way to be considered medical advice.

Please consult your doctor or health care professional before choosing to follow any course of action. You should always follow the advice of your health care provider.

None of the information in this report should to be used for medical diagnosis or treatment.

BabyFriendlyBody.com, Kirstyn Sierra and contributors, do not take responsibility for any consequence relating directly or indirectly to any action taken by any person using the Creating A Baby Friendly Body Lessons or personal consulting provided by Kirstyn Sierra.