

Notes: This document is compiled on basis of various books. Also used internet guideline to make it perfection. To achieve the goal, an accurate ovulation day is need to find out which is the function of modified software. Due to technological limitation which is not patched hare. However by using this guide line if anybody can success that is my achievement.

By The Thanks:



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METHODS FOR PRE-CONCEPTUAL GENDER SELECTION

01. There is much information in books and on websites that claim to increase the chances of conceiving a baby of a desired sex. However, many methods are not supported by research. Of the few small studies that have been done on the timing of intercourse in relation to when the woman ovulates, The overall statistical chances of a population of people producing sons or daughters are about 49% for girls and 51% for boys. The following is a summary of some of the methods and techniques currently offered for pre-conceptual sex selection:

- a. [Microsort](#)
- b. [Centrifuge](#)
- c. [Ericsson Method](#)
- d. [Shettle's Method](#)
- e. [Jide Omiyale's Natural Method](#)
- f. [Dieting Method](#)
- g. [Whelan Method](#)
- h. [Douching](#)
- i. [pH environment](#)

MICROSORT

02. Microsort is a commercial name given to a technique that uses flow cytometry (or FCM) and DNA staining (known as fluorescence in situ hybridization or FISH). This technique was originally used in animals, and has in recent years been used for human reproduction. It involves a fertility clinic taking the man's semen and staining the sperm with a fluorochrome dye. The sperm are then passed along a fine tube, being exposed to ultraviolet light. The process gives the sperm different electromagnetic fields, allowing them to be sorted into X (girl) and Y (boy) groups. The concentration of either X or Y sperm in a group is known as 'enriched' sperm. With about 85% 'girl' sperm in one and about 75% 'boy' sperm in the other.

03. The disadvantages of this technique are it:

- a. Can be a very slow process (only being able to separate 200,000 to 300,000 sperm per hour). This amount may not be enough to allow the enriched sperm to be used for artificial insemination. The separated sperm may need to be injected into a woman's harvested egg using a microscope in a laboratory (a process called [intracytoplasmic sperm injection](#) or ICSI). This type of IVF technique in itself has only about a 15 to 20% success rate of resulting in a viable pregnancy.
- b. May increase the chances of having a boy or a girl, but is not 100%.
- c. Is expensive, invasive and requires advanced medical technology.
- d. Is still relatively experimental, with concerns about the affects of the dye and ultraviolet light damaging the DNA in the sperm. This has not been confirmed or refuted, with animal studies so far not indicating risks for birth defects or a reduced ability for the sperm to fertilise an egg. The affects on human DNA are less known.

CENTRIFUGE

04. Some commercial fertility clinics use a centrifuge technique (called cytometric separation). The centrifuge is supposed to make the slightly lighter 'boy sperm' rise to the top, leaving the heavier 'girl' sperm to sink to the bottom. This is supposed to separate 'boy' and 'girl' sperm into 2 'enriched' groups (of up to 85% of the desired sex). The enriched sperm is then artificially inseminated into the woman during her fertile phase. However, there is no research evidence to support the success of these claims.

05. The disadvantages of this technique are:

- a. It is expensive and requires artificial insemination (lowering her chances of a successful pregnancy).
- b. It has no guarantees and many doctors are skeptical of the claims fertility clinics make about its supposed success. Other clinics who have tried to replicate the procedure to evaluate it have been unable to do so.

ERICSSON METHOD

06. The Ericsson method is also known as the 'motility technique'. This procedure was patented by a Dr Ronald Ericsson in the early 1980's and is used by a few commercial fertility clinics licensed to do so. The sperm are placed into a sticky, protein solution (called 'albumin'). Theoretically, the 'boy' sperm are supposed to swim down the sorting apparatus quicker than the 'girl' sperm, with the aim of enabling the doctor to create 'enriched sperm' samples of up to 75 to 80% of the desired sex. The 'enriched' samples take about 4 hours to complete, after which the desired sperm are artificially inseminated into the woman during her fertile phase. The advantage of this method is that it does not harm the sperm.

07. The disadvantages of this technique are:

- a. It involves fees but is not as costly as other medical techniques for sex selection. It requires artificial insemination of the woman (lowering her chances of a successful pregnancy).
- b. It has no guarantees, with conflicting reports about their claims of success.

THE SHETTLES METHOD

08. Dr. Landrum Shettles first published his theories on pre-conceptual sex selection in 1970. They are based on the assumed differences between the [X \(girl\) and Y \(boy\) sperm](#) explained later in this section. As a brief summary, 'boy' sperm are supposed to be faster but more fragile than 'girl' sperm, which are thought to be more resilient and have more 'staying power'.

09. Bearing this in mind, the Shettles method believes that the timing of sexual intercourse during the woman's fertile phase is the most crucial element for achieving the conception of a baby of the desired sex. *For boys, the method advocates timing sex to be as close to ovulation (or the woman's egg release) as possible, but abstaining from sex for several days before this point in time. For girls, the method recommends timing sex for the 2 to 4 days before ovulation*, then abstaining from 1 to 2 days before ovulation until a few days after ovulation. The Shettles method claims an 80% success rate for boys and a 75% success rate for girls. However, the few, small studies done so far have been unable to support these claims.

10. The advantages of this method are it:

- a. Does not cost any money (unless you purchase the book and use [ovulation prediction kits](#)).
- b. Does not require intervention from a fertility clinic and can be done in the privacy of your own home.
- c. Is more likely to result in a successful pregnancy (because it is done naturally), although it does not guarantee a baby of the sex you desire.
- d. Does not involve medical interventions that may harm a newly conceived baby.

11. The disadvantages of this method are it:

- a. Requires the woman to track and record her menstrual cycle on a [fertility chart using her physical signs](#) (temperature, mucous and cervix changes) to estimate the time of ovulation. This usually needs to be done for a few months prior to attempting to conceive, so she is more aware of when she ovulates.
- b. Although it is not regarded as necessary for the technique, some women choose to use [ovulation prediction kits](#) to help them more accurately predict when they are ovulating. However, for sex selection purposes these tests must be used twice a day (instead of once per day) and may end up being quite expensive if needed for several months.
- c. There is no guarantee it will be successful.

12. [Shettles Method For Boys & Shettles Method for Girls](#)

13. The *Shettles Method* which is based on the different characteristics of the X and Y chromosomes that carrying in sperm. The sperm that fertilizes the egg that will determine the sex of your baby. Some sperm carry the X-chromosome and some sperm carry the Y-chromosome.

- a. If an X-chromosome-carrying sperm fertilizes the egg, the baby will be a girl.
- b. If a Y-chromosome-carrying sperm fertilizes the egg, the baby will be a boy.



14. [The Y-chromosome-carrying sperm are said \(Boy sperm Y-Chromosome\)](#)

- Faster
- Smaller about 2.8 to 3% less than the X
- Weaker, less resilient and Die faster than the X-chromosome carrying sperm.
- Sensitive to heat, smoking, toxins and some drugs
- 'Boy' sperm may favour a more alkaline environment than 'girl' sperm.
- Diets high in calcium and magnesium are supposed to favour girls.



15. The X-chromosome-carrying sperm are said (Girl sperm X-Chromosome)

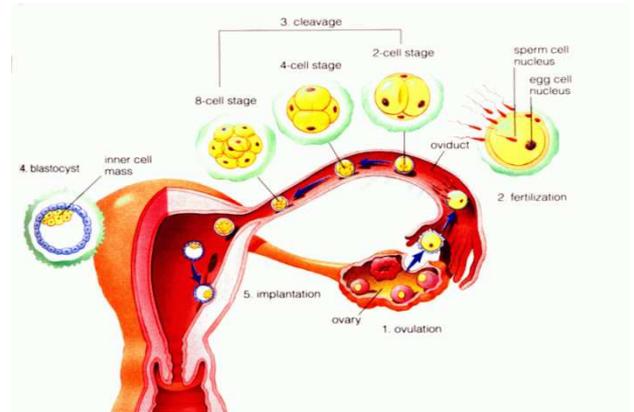
- Slower
- Bigger, Stronger and more resilient , having more 'staying power'
- 'Girl' sperm are thought to have the resilience to survive in a slightly more acidic environment.
- Diets high in salt and potassium are supposed to favour boys



16. Based on these premises, according to Shettles, you can time intercourse, choose a sexual position that favors conception of your preferred sex and influence the reproductive environment to increase the likelihood of conceiving your preferred sex. These are the suggestions from Dr. Shettles:

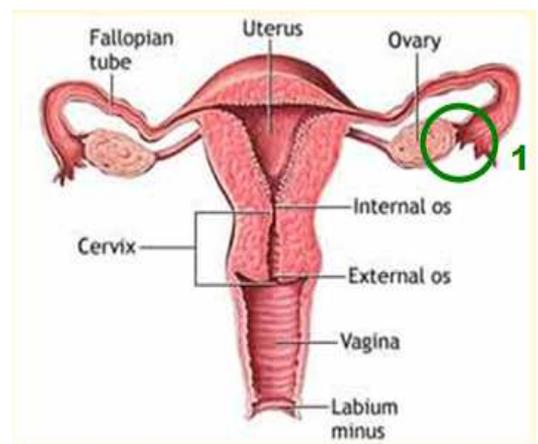
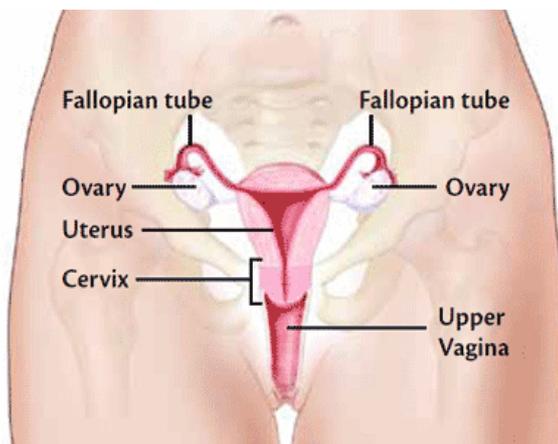
17. To Get A Boy (According to Shettles):

a. Time intercourse as close to ovulation as possible: The idea is that since the Y-chromosome sperm are faster than the X-chromosome sperm, there will be more Y-chromosome sperm who reach the egg, making it more likely that a Y-chromosome carrying sperm will fertilize the egg.



b. Don't intercourse before four to five days of ovulation. Have intercourse only just at the time of ovulation and just before.

c. Have intercourse that allows for deep penetration. Shettles recommends rear-entry (aka, "doggy-style"). The idea is that the sperm will be deposited closer to the cervix where cervical fluid is most friendly to the Y-chromosome sperm and where the "boy sperm" are more likely to survive since there is less distance to travel.



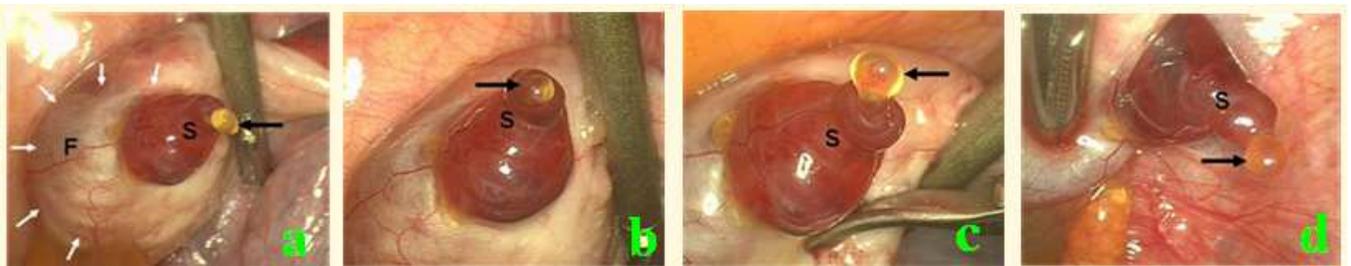
d. Men avoid tight clothes and heating environment: heat kills off both types of sperm, but will kill off the less protected, smaller Y-chromosome sperm faster, according to Shettles.

e. Women have an orgasm (*the moment of greatest pleasure and excitement in sexual activity*): According to Shettles, female orgasm increases the alkaline secretions in the vagina that are favorable to the Y-chromosome carrying sperm. Shettles recommends having an orgasm before or at the same time as the male partner.

18. To Get a Girl (According to Shettles):

- a. Have intercourse 2-3 days before ovulation and avoid intercourse just before ovulation until 2 days after ovulation and when you have peak cervical fluid: The idea is that when you have sex a few days before ovulation, only the X-chromosome “girl sperm” will be left in the female reproductive tract waiting to fertilize the egg when it is released.
- b. Have intercourse with shallow penetration: Shettles recommends “missionary position”  or any position that will deposit the sperm slightly away from the cervix, giving advantage to the longer living, but slower X-chromosome-carrying sperm.
- c. Women avoid orgasm (*the moment of greatest pleasure and excitement in sexual activity*): Shettles suggests women avoid orgasm, because orgasm makes the vaginal environment more alkaline, and less acidic and is disadvantageous to the X-chromosome “girl sperm”.

19. The Anatomy of ovary “1” above during ovulation are follows:



- a. These images are the first time the event of ovulation in humans has been captured in clear detail. The yellow blob is a protruding egg cell, surrounded by supportive cumulus cells (at the black arrow). The reddish part is the follicle (S), and pale pink tissue is part of the ovary (F).
- b. Ovulation takes place on the surface of the ovarian tissue.
- c. The egg, surrounded by supportive cumulus cells, is shown emerging from the follicle on the ovary.
- d. After the release from the follicle, the egg travels down the Fallopian tube where it can be fertilised.



Note: *If you are taking longer than expected to conceive, it is generally not recommended to attempt any kind of sex selection as it can increase the time it takes to conceive.*

JIDE OMIYALE NATURAL METHOD

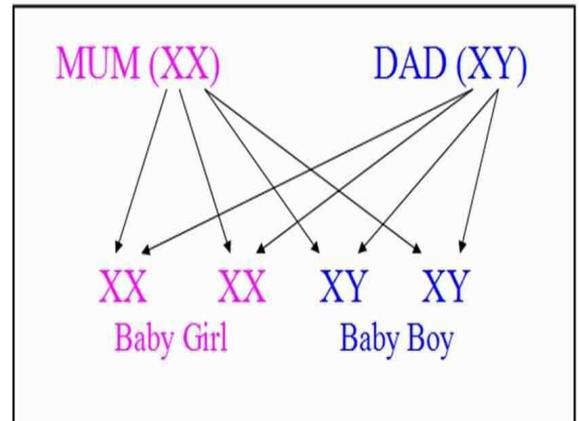
20. Jide Omiyale is married, holds three degrees including a masters and he is dedicated to making life easier and better for couples. Expert on relationships, and happy living, he is a researcher, writer and speaker.



21. Tricks to Determine the Sex of Your Baby

There are tricks you can use to determine the choice of your next baby and they are natural. You must understand that a baby's gender is determined at conception. After fertilized the egg, you have nothing to do about the sex of the baby. So before and up to the point of conception you have a say in the sex of your coming baby.

Now, to influence the gender of your baby, you have to understand the chromosomes from the male sperm. There are two, the Y chromosome and the X chromosome. The X is responsible for a baby girl while the Y is responsible for baby boy. The fertilization of the egg by the Y chromosome is difficult but not impossible. It is very simple if we want a baby girl for the X chromosome.



22. Determining a Baby (Boy or Girl) - 5 Natural Tips

I am aware that these methods may not give 100% success rate but they help and they increase your chance of having a baby of your choice.

The scientific methods of determining the sex of your baby such as Assisted Reproductive Technology (ART) are not only expensive and evasive, they may also have side effects. Luckily, there are natural ways to select the gender of your next baby. The followings tips will help to tilt the chance in your favor to make your next baby a boy:

23. Tip 1. Sexual Position. Another trick you can use is the sexual position trick. The Y-chromosome is smaller, faster but less hardy and shorter in life than X- chromosome. Deep penetration of the male organ will will make things easy for it and increase the chance of the Y-chromosome to fertilize the egg. The commonest method to get the desired deep penetration is to enter the woman from the back while resting on her knees and hands. The missionary position can also be effective, provided the woman uses a pillow to raise her pelvis to allow deep penetration. On the other hand, the penetration is shallow and the sperm is deposited far away from the neck of the cervix, the Y-chromosome stands less chance. (The doggy style commonest way to get deep penetration while the missionary style gives shallower penetration).

24. Tip 2. Timing of Orgasm. This also tilts the chance of getting a baby of your choice. The area around the cervix is ordinarily acidic. The idea is to make the environment alkaline, If the woman reaches orgasm first, the secretion makes the area alkaline which makes it more favorable for the Y chromosome to conception of a baby boy. So if you are planning for a baby girl, the woman should try and delay her orgasm till after the man.

25. Tip 3 Body pH. It is generally believed that the more alkaline the body the more are the chances of making a baby boy. Anything the woman can do to make the body alkaline like the food and fluid intake will improve the chance of making a baby boy. The pH scale runs from 1 to 14. Seven is neutral while 7 to 14 are alkaline and 1 to 7 is acidic. Mothers should eat food rich in Sodium and Potassium to have alkaline condition necessary male gender baby.

26. Tip 4 Timing Calculation of Ovulation Period. Also assist you to determine the gender of your baby. Here we have to master two things. First ovulation and then the timing. Generally, it is accepted that the window of fertility for a woman is 5 days in a month. These 5 days are 3 before ovulation day and one after. If you have sex for baby during the first 2 days chances are that you will have baby girl. If you have sex on the ovulation day with full penetration you have chances of boy baby. The reason being that the Y chromosome cannot survive till the ovulation day. On the other hand the X-chromosome which is slower lasts longer and will fertilize the egg. Remember that the egg in the woman is viable for 24 hours, and the Y sperm will not live longer than 24 hours, so do all you can to facilitate their meeting at this time.

27. Tip 5. Diet (Naturally acidic more alkaline The cervix area): The diet you eat around the time you are planning and making the baby will determine the state of your body and will influence the sex of your baby. Diets for at least 4 to 6 weeks before they conceived, for a maximum of 6 months (or until they conceived, whichever came first).

a. The boy diet can include – *To favor a baby boy you will need to eat food rich in Sodium and potassium. Red meat, fish (especially if dried and salted), salted chips and nuts, rice, pasta, potatoes, most fresh vegetables, bacon, ham, banana, dried fruit, sausages (and other salty meats), apricots and most fresh fruits, white bread, pastries, fruit loaf, honey, jam, soups and carbonated drink, sweet corn will make your body more alkaline and more favorable to produce a baby boy. Do not over do it. Moderation is the word.*

b. The girl diet can include - *To conceive a female baby, the woman should eat food rich in magnesium and calcium. Food in this category include, Spinach, beans, apples, grape, farm raised fish and leafy green vegetables. dairy products, yoghurt, ice cream, eggs, mineral waters, fresh fruit juice, rice, pasta, salt-free bread and butter, no salt in foods and only small amounts of fish, meats and fresh vegetables.*

DIETING METHOD.

28. In 1980 a research study was published aimed at testing on determining the sex of babies in humans. The ionic balance was thought to affect the chemical make-up of her egg and/or her vaginal secretions. The women were asked to stay on their allocated diets for at least 4 to 6 weeks before they conceived, for a maximum of 6 months (or until they conceived, whichever came first). The men were also asked to go on the diet, primarily to support the woman, rather than for the purpose of sex selection.

29. The study recruited 281 couples, allocating them into either the 'boy' group, which was a daily diet high in [salt \(Na⁺\)](#) and [potassium \(K⁺\)](#) or the 'girl' group, which was a daily diet high in [calcium \(Ca²⁺\)](#) and [magnesium \(Mg²⁺\)](#). During the study 21 women pulled out, mainly because they could not tolerate their diet or because they conceived before the 4 to 6 weeks had elapsed. Of the 260 women who remained in the study, 80% conceived the child of their choice (Stolkowski and Lorrain, 1980). Proponents of this method often recommend being on the diet for about 3 months before trying to conceive. Some couples will combine this method with the [Shettles method](#).

30. The advantages of this method are that it:

a. Does not cost any money.

b. Does not require intervention from a fertility clinic and can be done in the privacy of your own home.

c. Does not require the woman to track and record her menstrual cycle on a [fertility chart using her physical signs](#) (temperature, mucous and cervix changes) to estimate the time of ovulation. (Unless she combines her diet with the [Shettles method](#).)

d. The baby is conceived naturally, increasing the chances of achieving a pregnancy.

31. The disadvantages are:

- a. The diet may not be tolerable for many women to stay on, especially for months at a time.
- b. The diets themselves may be harmful to your health (for example a diet high in salt). The diet may not be balanced enough to provide much needed [vitamins and minerals](#) for a healthy conception and pregnancy. As a general rule, you should not stay on these diets for more than 6 months and as soon as you find out you are pregnant you should return to a more [balanced diet](#).
- c. It does not guarantee a baby of the sex you desire.

WHELAN METHOD

32. Elizabeth Whelan published her book on pre-conceptual sex selection in 1977. She based her theory on the biochemical changes that occur earlier in a woman's fertile phase, saying that this is the time that would most favour 'boy' sperm. Her method is virtually the opposite of the [Shettles method](#), advising sexual intercourse about 4 to 6 days before ovulation for a boy and 2 to 3 days before ovulation for a girl. She claims success rates of about 68% for boys and about 56% for girls. Critics of her method say that the 'boy' method may time sex too far away from ovulation to achieve a successful pregnancy for some women (let alone a boy baby).

DOUCHING

33. Douching is the use of a liquid to gently 'wash out' the inside of the vagina. The liquid is usually put into a special plastic bag with a tube attached and the end of the tube placed shallowly, just inside the vagina. Gravity is then used to let the fluid slowly flow into the vagina, and slowly flow out again.

34. The idea of using a douche in relation to conception was first introduced in the 1930's by a German doctor who advised some women with infertility to use *a baking soda solution (2 tablespoons in about 1 litre of luke-warm water)*. This resulted in many of them becoming pregnant, as well as the coincidence that most of their children were boys. His theory became the basis of the theory that 'boy' sperm prefer a more alkaline environment, but these study results have not been supported since.

35. While douching is a relatively easy method that can be used at home, there is no proof that it works for sex selection. The [Shettles method](#) used to include recommendations to douche with a baking soda and water solution for a boy and *a weak solution of vinegar or lemon juice and water for a girl, about 15 to 20 minutes before intercourse*. However, he no longer recommends this unless directed by your doctor.

36. The disadvantages of this method are:

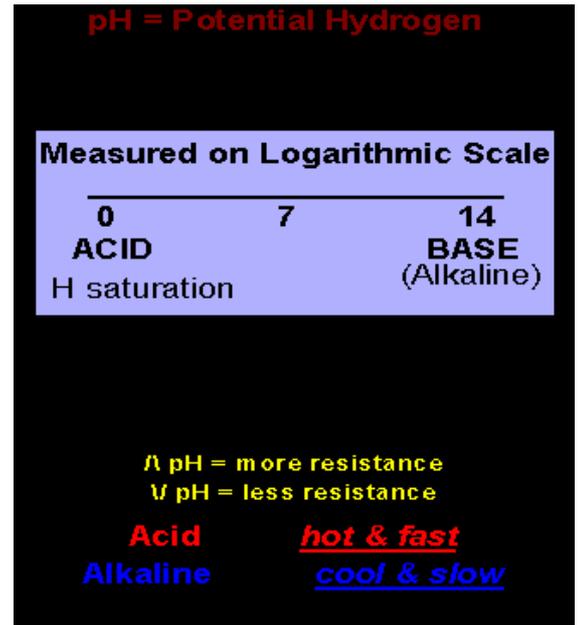
- a. It is messy and may disturb the normal pH balance of the vagina, leading to infections such as [thrush](#) and [gardnerella](#).
- b. If the douche is administered with pressure or force (through a bulb or syringe), this may exert too much pressure inside the uterus and could possibly lead to an infection of the uterus and fallopian tubes.
- c. There is no guarantee that it works.

BODY PH ENVIRONMENT AND X AND Y SPERM

37. The Ph is a Regulatory System of the Body. The following are some facts and theories about the possible differences between 'boy' and 'girl' sperm:

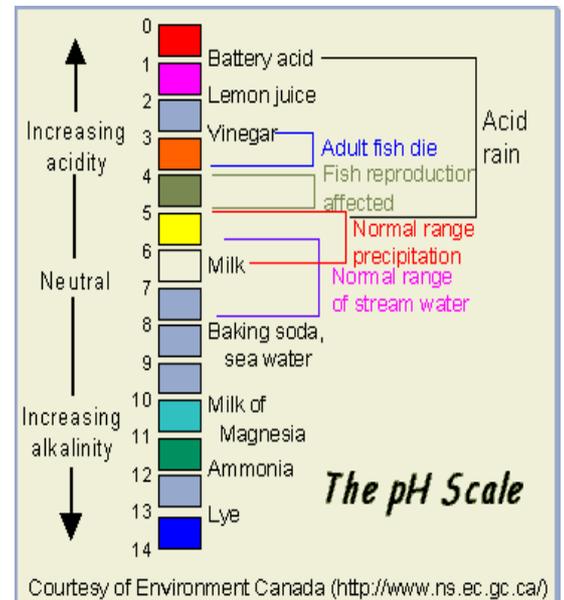
38. We can improve chance of having a baby boy by:

- a. Have intercourse one day before ovulation, through ovulation and up to 24 hours after ovulation.
- b. Use positions for intercourse that have deep penetration so that the sperm is deposited closer to the cervix e.g doggy style.
- c. The female should orgasm before or simultaneously with the male during intercourse.
- d. To help keep the reproductive tract more alkaline, the female should eat a diet high in meat, fish, rice, salt and soda.
- e. The female should consume a diet rich in potassium and sodium.
- f. The male should take zinc supplements to increase their sperm count.
- g. The male should avoid from sex for four days before trying to concieve to maximise his sperm count.
- h. The male should consume caffienated coffee immediately before intercourse.
- i. The male should avoid wearing tight clothing around his groin region.
- j. The male should avoid taking hot baths or showers prior to intercourse.



39. We can improve our chance of having a baby girl by:

- a. Have intercourse three to five days before ovulation and do not have unprotected intercourse again until 24 hours after ovulation
- b. Use positions for intercourse that have shallow penetration e.g missionary position or spooning position
- c. The female should not orgasm during intercourse
- d. To help keep the reproductive tract more acidic, the female should eat a diet high in dairy products, wholemeal bread, honey, nuts (not salty) and chocolate
- e. The female should consume a diet rich in calcium and magensium
- f. The male should have a hot bath immediately before intercourse



40. SUMMARY TO GOAL

Methods	For The boy Baby	For The girl Baby
a. <u>Dieting:</u> The diet you planned at least 4 to 6 weeks before until the conceived a baby. Do not over do it.	a. <u>For Femel:</u> food rich in Sodium and potassium i.e. rice, pasta, soups, potatoes, white bread, fruit pastries, Red meat, dried and salted fish, dried fruit, banana, most fresh fruits & vegetables, salted chips and nuts, sweet corn, honey, jam, and carbonated drinks. b. <u>For Male:</u> The male should take zinc supplements, consume caffeinated coffee immediately before intercourse, avoid wearing tight clothing, avoid taking hot baths or showers prior to intercourse	a. <u>For Femel:</u> food rich in magnesium and calcium i.e. rice, pasta, salt-free bread and butter, no salt in foods, eggs, white meats, only small amounts of fish, farm raised fish, Spinach, beans, apples, grape, leafy fresh green vegetables, fresh fruit juice, dairy products, yoghurt, ice cream, mineral waters. b. <u>For Male:</u> male should have a hot bath immediately before intercourse.
b. <u>Ovulation:</u> The ovulation period of woman is mysterious but it can be calculated by using ovulation calendar software.	b. Have intercourse only just at the time of ovulation and just before (within 24 hrs). Don't intercourse before 8-10 days of ovulation.	b. Have intercourse 2-3 days before ovulation and avoid intercourse just before ovulation until 2 days after ovulation.
c. <u>Solution:</u> use a liquid to gently 'wash out' the inside of the vagina. However, no longer recommends this unless directed by your doctor.	c. Use a baking soda solution (2 tablespoons in about 1 litre of luke-warm water).	c. A weak solution of vinegar or lemon juice and water for a girl, about 15 to 20 minutes before intercourse.
d. <u>Body pH (Potential Hydrogen):</u> The pH scale runs from 1 to 14.	d. 7 to 14 is alkaline	d. 1 to 7 is acidic.
e. <u>Techniques of Inter Course:</u>	e. Have intercourse that allows for deep penetration. Shettles recommends "doggy-style"  . The missionary position  can also be effective, provided the woman uses a pillow to raise her pelvis.	e. Have intercourse with shallow penetration: Shettles recommends "missionary position"  or any position that will deposit the sperm slightly away from the cervix.
f. <u>Organism:</u>	f. The female should orgasm before or simultaneously with the male during intercourse	f. The female should not orgasm during intercourse

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REFERENCES AND RELATED CONCEPTION ARTICLES:

- [Female and male reproductive anatomy and physiology](#)
- [The female reproductive system](#)
- [The male reproductive system](#)
- [The woman's menstrual cycle](#)
- [Fertility chart and physical signs](#)
- [Detecting the fertile days](#)
- [Timing of sex for conception](#)
- [Variations for conception and emotions](#)
- [Baby-making sex](#)
- [10 ways to boost your fertility](#)
- [The miracle of conception](#)
- [5 fabulous fertility foods](#)
- [The male biological clock](#)
- [Maximise your baby-making](#)
- [The A-Z of fertility terms](#)
- [How to grow healthy sperm](#)
- [Trying to conceive? Find friends, advice and support here](#)
- [Need help trying to conceive? Go here for support and advice](#)
- [EzineArticle_expert=Jide Omiyal](#)