

Volume

1

IN-GENDER

By Tamara

Revised 10/10/10

Trying to Conceive Boys or Girls

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INTRODUCTION

TTC a boy or girl is called swaying. So what is swaying?

What is swaying? simple answer is: to increase your odds of having a certain gender (to swing or sway that direction)

This question comes up at least 2 times a year. Is swaying a guarantee of getting a gender you want? HECK NO! If you need 100% (or really 99.99%) then you need pgd. Is swaying scientifically proven? Well every study about swaying that says it works is posted in FAQ. There are numerous studies that say it doesn't work that are not in FAQ. Why is this? Its not because we are one sided. Its because we need one area some where on the Internet where all the studies suggesting swaying may work in one area. Why even post studies if not everyone agrees? Because for those us us who can't afford high tech, or can't morally do it; we NEED some kind of hope that there is something we can do. Even if it is only 1% sway we need that 1%. Does anyone really know if swaying works? No, no one does; but there is no harm in trying. The only harm comes from people who believe it is 100% and there hopes are dashed when they get an opposite. These people should not sway. No one should assume it will work for them; only ttc with swaying if you will be ok with an opposite. The purpose of swaying isn't really to get an opposite gender, but rather to eliminate the what if. What if swaying does work? What if we are at the ultrasound about to find out the sex and we then wonder if we could have done anything to change the outcome. Those of us who are swaying or did sway need to know we did all WE could do to sway. If someone gets an opposite it is not there fault! There are no mistakes in swaying because in the end how much control do we really have? So why have an attempts forum? Because people asked for it. Because we want to see what others did and let them know that no ones attempts are perfect. Sure 5 years or so down the road the attempts forum may show that swaying doesn't really sway that much but does that mean people will stop trying to sway? Highly unlikely. As long as there is a 1% shot, people will keep swaying. Swaying has been around sine ancient Egypt and will probably be around long after we are all gone. So please keep this all in mind. Those of you who do not believe in swaying' that's ok! You're a reminder to us all be stay grounded. Swaying is not a guarantee.

I obviously believe in swaying.

The 7 Factors of Swaying

There are 7 factors that make up swaying: pH, ions, minerals, diet, hormones, supplements and timing. You can't just count on one to work. If you only do timing that is only 1/7th of a sway.

The 7 sway factors was a term I came up with in 2008. **You can't just pick one factor over the other as you do not know which one is most important for you.** However, **diet** seems to play a HUGE role. It controls pH, mineral ions and hormones. The new information is all very very fascinating. Just wanted to give you a heads up...if you going to skip something **DON'T SKIP THE DIET!** Either do the IG diet, French diet, or the Trivers Willard Hypothesis What ever diet you do, do it 110+%

However, I feel you still need to sway with all 7 factors at 100%.

The seven factors are:

pH- this means the pH caused by diet, hormones, ions, supplements and douches. A douche is not as good as changing your pH through oral methods.

Minerals- You NEED to track your Calcium, Magnesium, Sodium and Potassium. For ttc a girl and ttc a boy you have different targets to meet. Minerals are first obtained through diet then supplements.

Diet- It is very important to stick to the gender diet as posted in the FAQ forum on IG. 1000's of hours have gone into this diet. It is more than just a swaying diet as it encompasses all the studies (gender diet, pH, ions, minerals) into one diet.

Hormones- This is only controlled through supplements, diet and drinks. Studies show that hormones play a huge role in swaying

Supplements- I put this in the 7 sway factors because it backs up so many of the factors.

Timing- Many studies say that Timing does not work. However 3 newer studies say it may. Because of the new studies I have left Timing in the sway factors.

Ions- Ions can affect the polarity of your egg and your pH. Ions come from many different sources and some people are as affected by them as others.

I almost made cm an 8th factor but decided to leave it out due to confusion. If you get the 7 factors right then cm should fall into place. If not cm is very important and needs to be right. For ttc a boy you want ewcm and for ttc a girl you want creamy to dry cm.

Adjusting Temps:

<http://www.whenmybaby.com/>

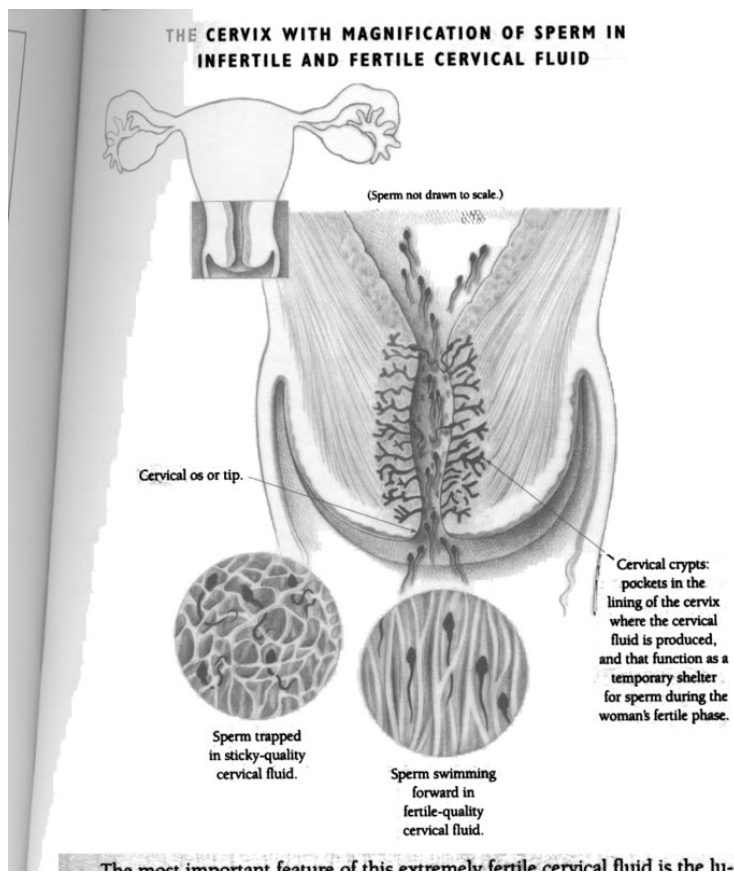
Breast Feeding

In one word no. It is not recommend that you sway while bf. The reasons for this is because your cycles will not be regular enough, your hormones wont be stable enough and the diet/supplements are not recommend for breast feeding. You need to either wait till your done bf or stop bf early.

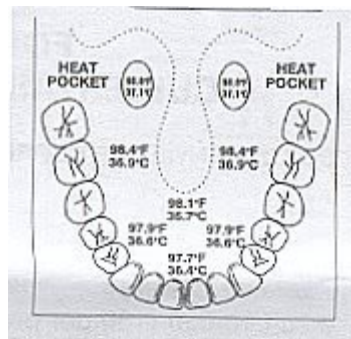
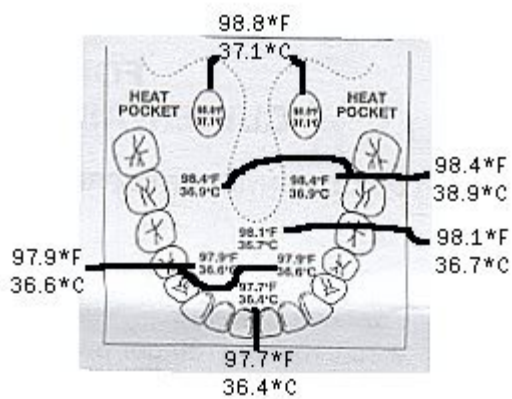
Charts and Diagrams

Someone thought I should post these and maybe they will help you:

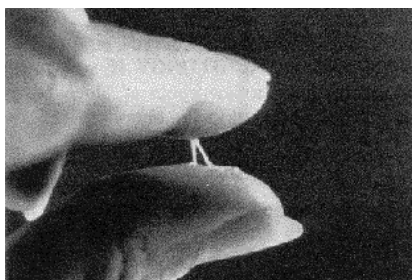
This chart shows the "Pool" that the sperm sit in waiting for the egg while being exposed to pH (pool is called the cervical crypts)¹



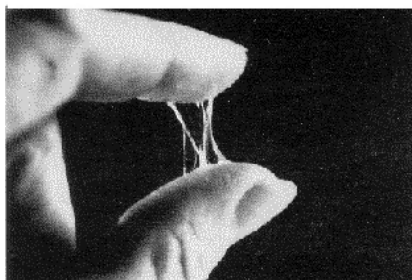
This chart show why temping with the mouth (oral temping) isn't as accurate as vaginal temping: ²



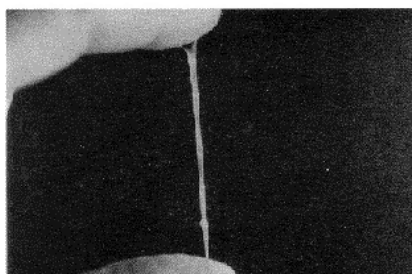
Cervical mucus stages: ³

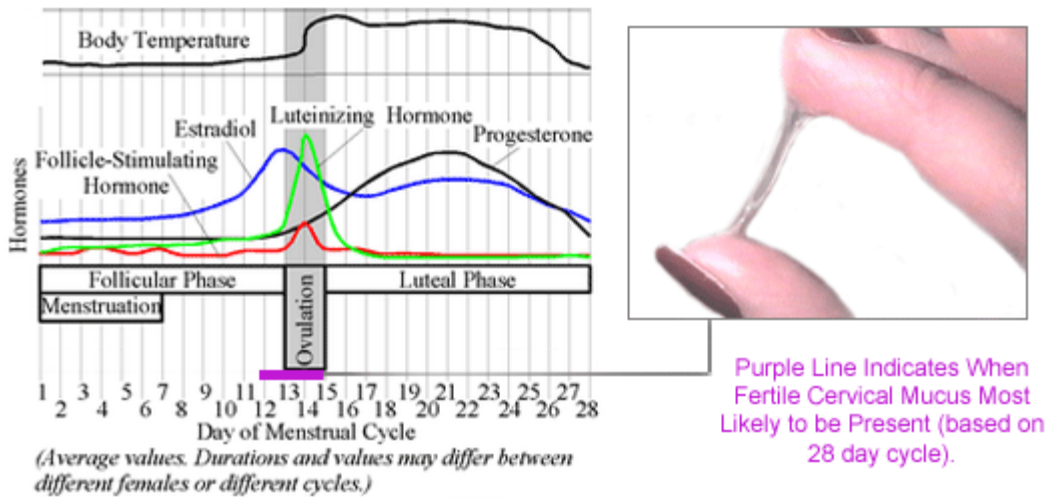


Tacky Mucus



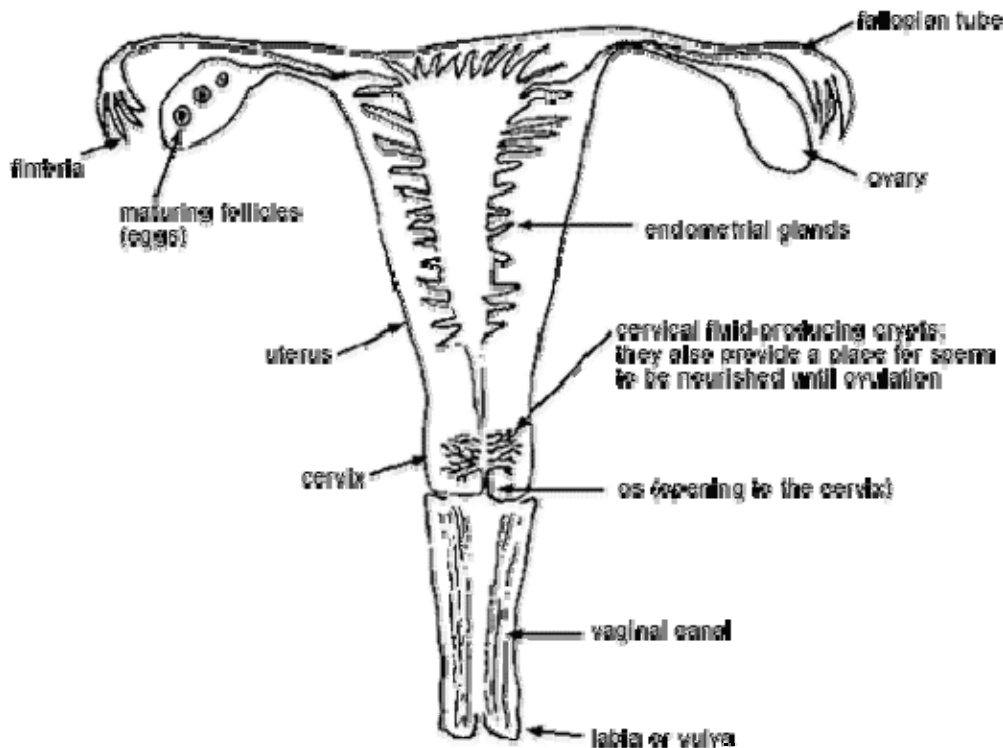
↑ **Stretchy Mucus** ↓





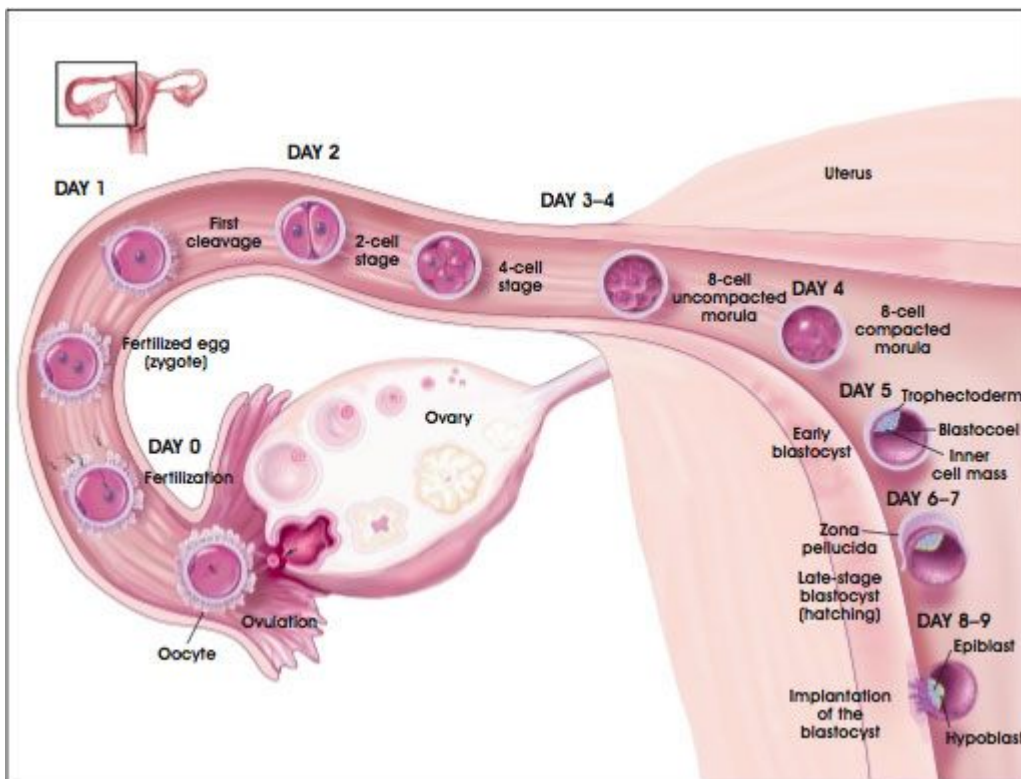
Here is another chart. It show the endometrial glands inside the uterus. These glands secrete a fluid similar to cervical mucus that will have the same pH of the cm. These glands go all the way up till you reach the fimbria (Fingers in the Fallopian tubes that make the egg move) ⁴

The Uterus, Cervix, and Vagina

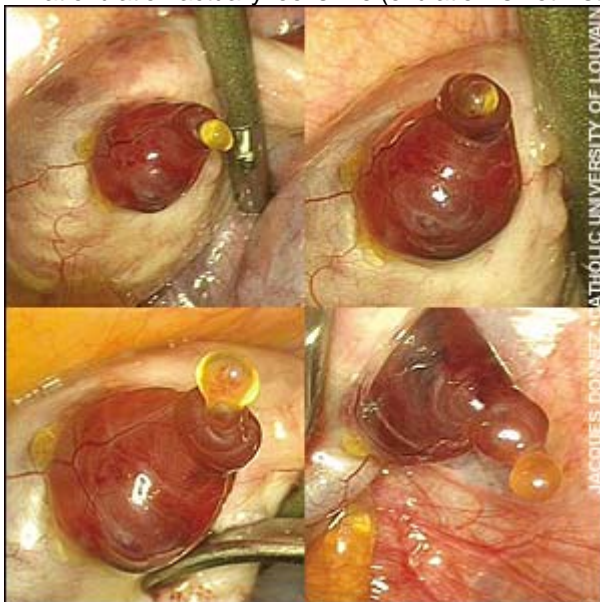


Great website that explains this:
<http://www.gardenoffertility.com/reprofemale.shtml>

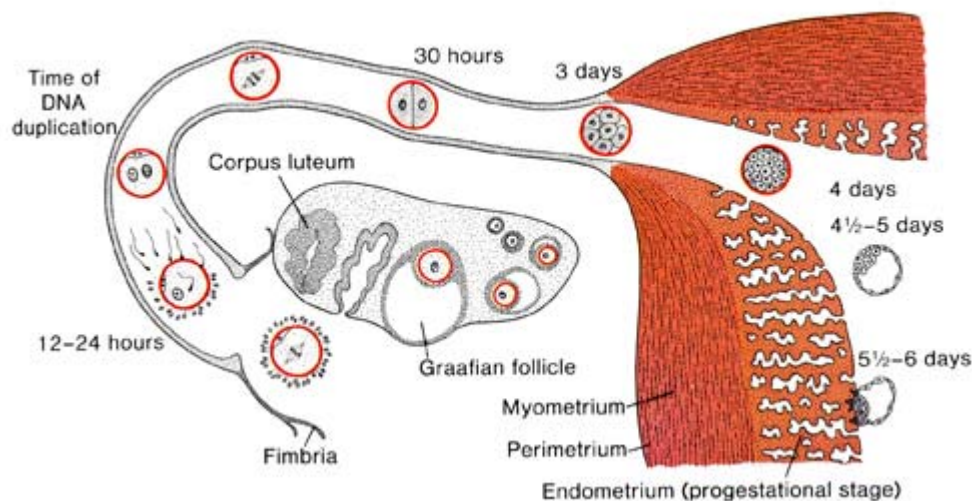
And here is another diagram ⁵:



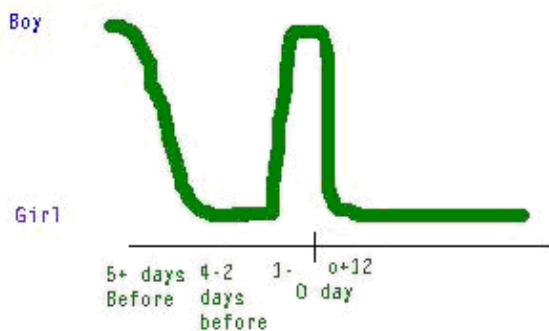
What ovulation actually looks like (ovulation is not instant; it does not burst out and can take hours): ⁶



Remember, in the body there would be fluid around the ovary and the egg would be free floating but touching the sides⁷



I drew this diagram to explain timing.⁸ This is the simple version. If you want to read the science here is that link <http://humrep.oxfordjournals.org/cgi/reprint/11/1/2>



Digital pH tester faq

What kind of pH tester should I buy? The Hannah HI 98103 :
<http://www.hannainst.com/usa/prods2.cfm?id=002003&ProdCode=HI%2098103>

What kind of calibrating solution? You need the big bottle of pH7 buffer (H17007) and pH4 (H17004) or pH10 (H17010)

Do I need storage solution? Yes, if the electrode is dry, it needs to be immersed in storage solution (H170300) for about 30 minutes to reactivate it. Also when you're done using it, wash it and then place a few drops of the storage solution into the cap before you put it away.

How often do I calibrate the tester? The instructions say calibration is recommended weekly.

How do I calibrate the tester? Put the tip of the tester into the pH7 buffer and allow the reading to stabilize. Then using either your nail or a flat head screw driver adjust the top trimmer (pH7) on the back of the test until the reading is "7.01" Rinse the tip of the tester and then put the tip into the other buffer solution you purchased pH4 or pH10. Once the reading has stabilized then using your nail or flat head screw driver adjust the bottom trimmer (pH4/10) until the reading is either "4.01" or "10.01"

How do I clean the pH tester? purchase the cleaning solution (H17061).

How do you test the pH of your cm from your cervix? I swipe my cervix when I check it and use the sample from that to test pH. If there's not a lot, I scrape what I have onto a q-tip and test pH from that.

How do I test semen pH? I have DH give sample in a cup and I just place the electrode directly into the sample.

Anything else I should know?

* I try not to handle the tester using the sides instead of allowing my hand to touch the back of the tester. The calibration trimmers are located on the back and I am avoiding that area in order to prevent accidentally changing the calibration on the tester.

* If it seems to be hard to calibrate and won't stay on a number, CHANGE THE BATTERIES! Mine was a pain before that and I didn't like it at all. I bought new batteries and threw the ones it came with in the trash and it works GREAT now! I bought the batteries at Walmart for less than \$5.00 used two and still have 3 or 4 left. It takes watch/hearing aid batteries.

Here's the PDF file for the instructions for the Hannah Hi_99104: http://hannainst.com/manuals/manHI_99104.pdf
http://www.hannacan.com/conseils_pH_en.htm

More info: <http://www.in-gender.com/cs/forums/t/41714.aspx>

How to fix it: <http://www.in-gender.com/cs/forums/t/92740.aspx>

Egg polarity

<http://www.in-gender.com/cs/forums/t/37878.aspx>

How to post a link to your fertility friend chart

go to FF click on sharing, click on home page set up and copy that link

Folic Acid

Its posted in FAQ, its posted on google, your docs tell you to take it, so why isn't every single person who post there supplements list not listing Folic Acid? This is the easiest way to prevent mc and birth defect and does not sway! Every now and then this forum gets a flood of new people and they don't understand how important this is.

Sorry to sound so blunt, but this is VERY IMPORTANT

The French Gender Diet

(only if you find the diet posted on in-gender to hard)

While the diets and cook books posted on in-gender is the best one for gender swaying; some people find it hard to maintain. The very next best diet (I think) to the one posted on ig is the French Gender diet(unless your ttc a boy and have high blood pressure; then do the alkaline diet). This diet allows more food than the diet posted on in-gender. Therefore, you have to be very strict even in the 2ww (no cheating ever!) The French diet can be done up two years without a break. According to the book you must be doing the diet for 2 1/2 months before ttc. Now this book is in French; so if you can't read French don't bother buying it (if you can read French then do buy it!). HOWEVER, THERE is a English version http://openlibrary.org/b/OL14986298M/Boy_or_girl!! The French diet book looked at the original gender diet made in the united states and did there own experiments. They use a much larger study group. The following information has all been provided by Revebleu. She did the translation and dictation of the books; and has provided all the follow information:

The name of the book is Choisissez Le Sexe de Votre Enfant: par la methode du regime alimentaire by Francoise Labro et Dr. Francois Papa

Hormones

There are 3 main hormones when it comes to swaying (there are others as well for ttc but I'm not talking about those): Progesterone Estrogen and Testosterone.

For ttc a girl you want:

Dw (darling wife) to have low estrogen, low testosterone, high progesterone (but not too high as it will delay O).

Dh (darling husband) to have low testosterone, and high estrogen

For ttc a boy you want:

Dw to have high estrogen, high testosterone and low progesterone (not low in the 2ww however)

Dh you want high testosterone, and low estrogen.

There are supplements and drinks you can take to alter your hormones to sway for boy or girl. These are listed in the FAQ section. You also alter hormones by exercise (cardio girl, weights boy), and diet.

An interesting finding found in a Chinese study was that cycles have an average temp range. Then, every now and then your pre-o temps will be higher than normal. This would favor girl (means progesterone is higher). Then every now and then your pre-O temps are lower than normal. This would favor boy (means progesterone is low and estrogen is up). So you will know your supplements are working if you can adjust your temps to either above or below your average for the gender you are ttc. I will go into a deeper explanation of this in another post

How to figure out YOUR plan

1. First read threw FAQ and really know it
2. Next test your pH and dh pH before diet and supplements
3. Do 2 or 3 practice cycles with a thermometer. Make sure to mark in your Fertilely Friend chart when you get a +opk, when you have ewcm and it shift to creamy and when your cervix goes from soft to hard
4. Know what kind of cm you have at the time you plan on attempting so you can figure out what supplements to take
5. Figure out if you want to do extreme gender swaying, or not, and what timing method you will be doing.
6. Be on diet and supplements (once you figure out what ones to take) for at least 6 weeks
7. Ask questions! Write down your attempt and have the ladies in the buddy groups go over it (or post in Gold forum for me to look over)

How Safe Is Extreme Gender swaying (EGS)?

Extreme Gender swaying (as is all swaying except for at home iui) is 100% safe. You can not damage sperm DNA once it leaves dh's body. Lime, GDC, SU, MSU, Egg whites and baking soda all are safe and can not damage sperm in any way -this has been verified by 4 doctors that I have asked personally, by some biologists and by the doctors doing the studies (please see studies in FAQ forum about pH). Miscarriage is not caused by swaying but rather the ovum. Each time you ttc you only have a 20% chance at pregnancy if you bd on o day. This is because 80% of all eggs are defective. Once you get pg you have a 1 in 4 chance of mc.

Studies:

<http://www.wisegeek.com/what-causes-miscarriages.htm>

http://discovermagazine.com/2004/may/cover/article_view?b_start:int=2&-C=

<http://www.secularhumanism.org/index.php?page=silverbqp2§ion=library>

http://books.google.com/books?id=6YBBQ9mGBggC&pg=PA236&lpg=PA236&dq=80+percent+defective+eggs+miscarriages&source=bl&ots=51xN5Ss2GN&sig=UkklMz1ZmWJpCPSY_BTQJVAowAI&hl=en&ei=E-e1SfigHYKUMdDE3eEK&sa=X&oi=book_result&resnum=1&ct=result#PPA238,M1

<http://www.babble.com/miscarriage-pregnancy-health-causes-risks/>

<http://health.howstuffworks.com/10007-miscarriages-symptoms-causes-treatment.htm>

<http://74.125.95.132/search?q=cache:C4Q3ILTl-OcJ:www.freerepublic.com/focus/f-news/1457282/posts+80+percent+%22human+eggs%22+defective&hl=en&ct=clnk&cd=10&gl=us>

<http://www.liebertonline.com/doi/abs/10.1089/jwh.2006.0224>

How was the food chosen for the diet?

Deeper explanation of how food is chosen for the diets

Hormones: studies find that when a man or women has certain hormones in their body they will have a certain gender. No one really knows why, they just know it works

pH: Studies find that when a mans or women's pH is high or low it will sway for boy or girl. the reason is because it helps to energize or weaken certain sperm

minerals: Studies find that when calcium, potassium, sodium or magnesium are in the semen or cm it can help certain sperm to capitate faster than others

ions: in food ions help with pH. certain foods and minerals have more + or - ions (ions only effect dh with food and minerals; moon does not effect it)

temp of food: hot foods lower pH, cold foods raise pH

Each food is affected in some way by these things

examples:

red meat will raise testosterone, slightly lower pH, give lots of potassium, sodium, some cal and mag has + ions and if eaten cold will raise pH

Potatoes: will raise testosterone, raise pH, is a power house in potassium and sodium, has no cal some ma, is +ions and when eaten as a potato chip will raise pH

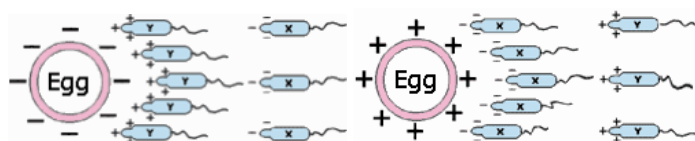
How to find and check your cervix

<http://infertility.about.com/od/tryingtoconceive101/ht/cervixovulation.htm>

Most important info for swaying

1. Temping is a MUST- no excuses.
2. Knowing pH of cm AND semen is a must.
3. Knowing what cm is and where your cervix is- a must
4. Reading the FAQ forum A MUST
5. For ttc a boy- Egg Whites with a pH of 9-9.9 -A MUST

Ions



Y sperm are positively charged, potassium is positively charged but make high pH, high pH cm is negatively charged, salt is positively charged but make high pH, you need a negatively charged egg to attract y sperm... So here is how it works...you eat a ton of potassium and salt.. these get down on the molecular level into the cm. Y sperm that are positively charged enter high pH (which makes them stronger), this low ions (high pH) attract them. The potassium grabs onto them and pulls them along super fast. See potassium gets into a mercurial level and forms chains, kind of like rail road tracks. These chains pull only y sperm along at a faster rate... anyway... so the high pH low ions cm is causing the y sperm to move faster toward the egg and the potassium (high ions) is pulling them along as well. Now when it reaches the egg the polarity will be right when you know your cm pH is high. Then the negative egg (egg has no pH but is surround by cm with high pH) attracts the y sperm. Someone pointed out to me that high pH is filled with loads of negative ions. Well this confused us because we thought positive ions favored ttc a boy. Well I found the answer and wanted to share it with the rest of you...High pH means in the cm there is more negative ions. However, we already know that y sperm are attracted to negative ions. And that opposite ions attract. So when we expose ourselves to positive ions that makes the egg negative which causes the cm to have negative ions thus a higher pH. Then the y sperm are attracted to the egg and are energized by that high cm pH. So to make a long story short: positive ions make the egg negative CM reacts by becoming negative ions (negative ions means high pH)Y sperm love high pH (that's what they are) however they are attracted to negative ions. The egg is full of negative ions thus attracting the y sperm. On interesting side note.. if you search for urobiologics you will see that for a price they can tell you what you polarity cycle of your egg is. However, while researching, I found one of there studies (that was well hidden and not on there website) explaining how they determining polarity cycle- with.... pH!!! LOL yup just pH. They said that pH fluctuates and if your pH is high then your egg is in a boy cycle. One last thing. You can find positive and negative ions all around us in our environment. Here is a website that tells you where to find them.. very helpful:<http://www.kiflow.com/info/ions.html>

For ttc a girl expose yourself to negative ions, these will help the xx sperm which are negative and will change your egg to positive. **For ttc a boy expose yourself to positive ions**, these will help the xy sperm which are positive and will change your egg to negative.

If you change your pH in the vj it will have a chain reaction through out the entire reproductive track thus possibly changing the pH by the egg thus temporally changing the egg polarity. This is not as good as changing the pH from the inside out but is better than not changing the pH at all. The changed polarity of the egg will only remain this way as long as the pH is to the extreme (highest or lowest pH)

Compiled ion list

Please note! You can not choose just one thing! Ions are a balancing act. You want to fill up one side of a scale with a lot more ions than the other! So the more you chose, the better the ions for you~

TTC a boy + ions:

computers, smoke (not fire), electricity, full moon, sodium, potassium, electric blankets (on the coldest settings), incense, winter, cell phone and hair iron, Air conditioning, gold, TV, microwave, straightening iron box for clothes, Lightening before a storm (not the rain!), heating pads, Magnetic bracelets with both +ve and -ve charge, polluted air, power stations positive ions -living near ones, base stations the ones used for radio stations or tv stations, High tension power lines, furnaces, microwaves, exhaust fumes from vehicles, and fluorescent lighting all generate + ions, x rays, ct scans, cat scans, other medical scans Oils that ionize positively when diffused into the air include: cajeput, clove, cypress, eucalyptus, frankincense, helichrysum, juniper, marjoram, melaleuca (quinquenervia), palmarosa, pine, ravenara, rosemary, thyme, & ylang ylang.

This site lists a ton of positive ion sources - too many to list - <http://pages.prodigy.net/unohu/positive.htm#SrcHumid>

TTC a girl - ions:

moving air water. beach waterfall...mountains, fire (not smoke), new moon, calcium, magnesium, showers, plants, fish tanks, fountains, fans, summer, asparagus fern, ion hair dryers, and salt rock lamps, small waterfalls in house, ionic air purifier, applied magnets (magnetic north), hematite and rose quartz jewelry, plants in house, negative ion generator, fan blowing when on computer, Neg. ion light bulbs, gaiam personal air purifier--- its an ionizer that you wear around your neck, gaiam car ionizer- plugs into cig lighter, fan with ionizer setting, pine forests, beeswax candles, Brisk walks in fresh air and breezes or rain, amethyst, tourmaline, and smoky quartz, Onyx and black tourmaline, Sauna, Charcoal rooms and Charcoal baskets, ionized water, anion sanitary pads, moving water of any kind, Facial Steamers, Negative ions are produced naturally by wind and rain. Oils that ionize negatively when diffused include: bergamot, cedarwood, citronella, eucalyptus (citriodora), grapefruit, lavandin, lavender, lemon, lemongrass, mandarin, orange, patchouli, & sandalwood, water heat system.

And this is quite expensive, but it's a gadget that detects negative and positive ions :

<http://www.negativeiongenerators.com/iondetector.html>

Kistindoggirl blog (its about Trivers Willard hypothesis)

<http://www.in-gender.com/cs/blogs/kristindoggirl/default.aspx>

Minerals in liquid

http://www.advanced-water-ionizers.com/Complete_H2O_Minerals.html

*Just remember not to go over the amount you need in a day.. too much of one kind of mineral can kill you

My Beautiful Cervix

It's pictures of a cervix through one cycle and is VERY graphic:

<http://beautifulcervix.com/>

<http://mybeautifulcervix.googlepages.com/>

Odds of gender and does run in families?

Gender Statistics 101 <http://www.in-gender.com/XYU/Odds/>

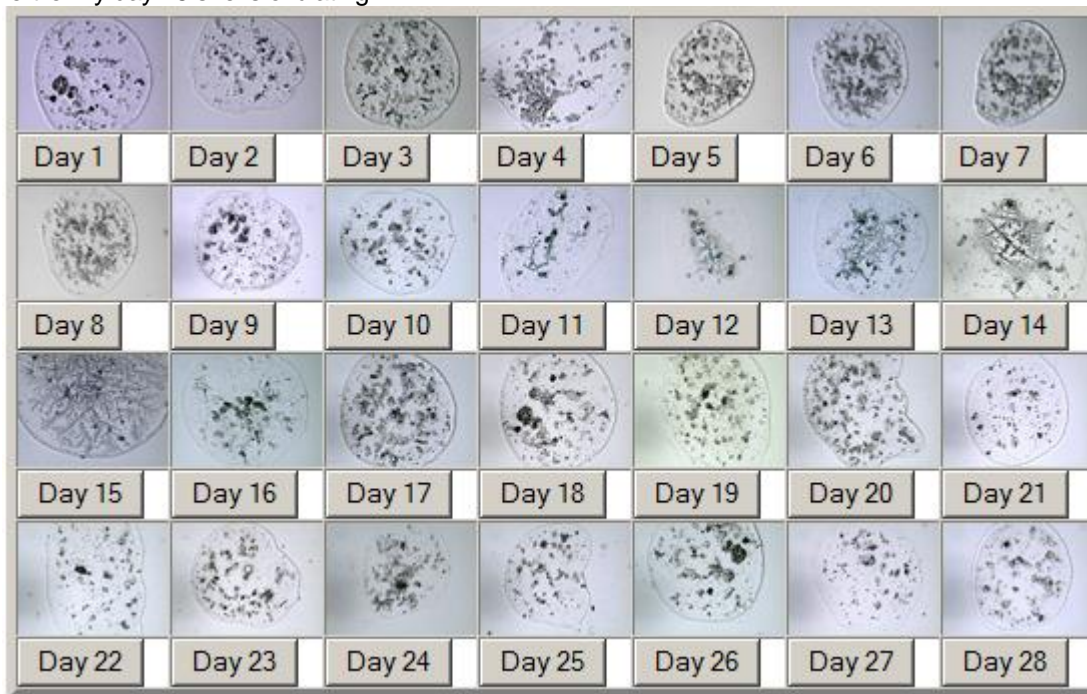
Ovulation Microscope

Here are some tips for using an ovulation microscope:

- Use first morning saliva - before you eat, drink, brush your teeth or smoke
- Gather saliva from under your tongue (a.k.a., sublingual) with a tooth pick
- Swallow once or twice before retrieving saliva
- Try to avoid bubbles!
- Let your sample completely dry - this can take as little as 5 minutes, but can take up to 15

Here is where the pictures came from. Also if you are a visual person and must see this to understand check out this link to <http://www.ovatel.com/video/>

Sample A has a 28 day cycle. Day 1 is the first day of her period. On day 12 she is transitioning from non-fertile to fertile. By day 15 she is ovulating.



pH Strip Gallery

<http://www.in-gender.com/cs/forums/t/51370.aspx>

Strips that do not work: <http://www.in-gender.com/cs/forums/t/40833.aspx>

Seasons

Positive ions favor boys Negative ions favor girls

Spring has slightly more - than +

Summer has more - than +

Fall has slightly more + than -

Winter has more + than =

Full moon (from the day moon is full till day before new moon) has more +

New moon (from the day moon is new till day before full moon) has more -

So if you ttc in winter on a full moon this strongly favors boys. Summer in new moon- strong girl. Spring in full moon is more neural

*note about seasons. If you are south of the Equator (like in Au) the seasons ions aren't the same. Therefore only the temps will affect you, not the seasons, unless there is a solar flare.

**Special note on Solar flares. Solar flares are bursts of positive ions from the sun that hit the earth and cause the Northern lights. They last about 1-2 days but sway heavily for boy. There is a 12 year solar cycle where at the start of the cycle solar flares are rare and at the end of the cycle they are very common. This cycle can account for the spikes of certain genders in different years. Here is a link to a 3 day solar flare predictor

http://www.swpc.noaa.gov/rt_plots/kp_3d.html Green means no solar flares, red means big solar flares. Yellow is small solar flares.

NOT EVERYONE IS AFFECTED BY IONS IN THIS WAY! You know if you are by your pH. High pH favors boys and indicate egg is in polarity for y sperm. Low pH favors girls and indicates egg is in polarity for x sperm

Tamara's Blog

<http://www.in-gender.com/cs/blogs/tamara/default.aspx>

Water

<http://www.in-gender.com/cs/forums/t/37264.aspx>

A breakdown of Ph as well as minerals in which brands of bottled water.

http://www.cleanairpurewater.com/best_bottled_water.html

TTC GIRL

Overview

The only thing that is 100% is PGD but we feel swaying can change the odds into our favor. Here you will find a lot of the information that is key for a good swaying attempt. It is up to you to find the right 'recipe' or 'path' that will be your attempt for a girl. There are many things you can do to sway the odds and here is the information that we hope will be helpful to you.

The basic idea is that X sperm love a low pH from 4 - 4.5. When exposed to this pH they will thrive. Also X sperm love calcium. Sperm count is lowest when if you bd every day (or ever other day) or if it dh abstains longer than 7 days (low sperm count favors X sperm.). Finally, although timing isn't a proved theory, it is best to time bd 3 days from O if possible or 12 hours after O because this is when cm pH is the lowest.

Optimal pH of cm should be 4-4.5

Optimal pH of dh semen should be 7-7.5 (you can lower this to 4-4.5 with lime once it is outside of dh)

See Appendix A for Studies that support these theories.

Girl Diet

- THREE LARGE glasses of Milk every day (organic is best but make sure you use the amount with the least potassium is added)
- Make sure to hit your mineral ranges, **too little of K+ (Potassium) can hurt you.**
- *It is best to skip breakfast to keep your glucose low.*
- Tier 1 is the most important girl diet foods, down to Tier 4, the least important.
 - Tier 1 eat as much as you want, all the time when ever
 - Tier 2 is once a day or maybe 2 times a day, but no more
 - Tier 3 is every other day or ever 3rd day
- Lots of calcium (milk, yogurt, etc.)
- Low salt intake
- No caffeine

Mineral Ranges

| | |
|-----------|-------------------|
| Salt | Na++ 700-1000 mg |
| Potassium | K+ 2,500-3,500 mg |
| Calcium | Ca 1,200-1,800 mg |
| Magnesium | Mg 200-300 mg |

Diet Tiers:

Tier One (to be eaten when ever you want)

(Girl diet, acidifying diet, mineral diet and progesterone diet)

Read your labels. And watch your sodium and potassium in foods!

- yogurt- Greek style or organic only (read labels and look for yogurts containing NO potassium)
- Kefir
- Milk- t (normal milk has 350mg of potassium and organic has about 250mg of potassium. some brands of UHT milk has 0 mg)
- Tahini (sesame seed paste)- look for low salt
- Strawberries and Raspberries (look for frozen, unsweetened or canned in syrup although fresh will do)
- Sugar free gum (not with truvia or stevia in it)

Tier Two (eat as much as you want as long as you watch minerals and stay within range)
(Girl diet & Mineral Diet)

- Parmesan cheese (3 tbs max a day)
- Propel fitness water with calcium
- eggs (Egg Beaters are best)
- cottage cheese- read labels for sodium
- low salt bread
- pasta- look for calcium fortified pasta
- fish (poached in 500 ml of water to reduce sodium)
- leeks
- green beans
- cucumbers
- low sodium mayonnaise

Tier Three (eat once a day)
(Girl diet and Acidifying diet)

- Cranberries- dried or raw (**NOT** Craisens)
- white rice
- corn cereal or puffed rice
- lamb- loin or chop
- chicken- breast (up to 130g of meat per day- no red meat= testosterone)

Tier Four (not to be eaten the week of o, other wise once a week max)
(Diets in order of importance)

The Mineral Diet: <http://www.healthyeatingclub.com/info/books-phds/books/foodfacts/html/data/data5c.html>
<http://www.vaughns-1-pagers.com/food/magnesium-foods.htm>

The Acidifying Diet
http://alkaline-alkaline.com/ph_food_chart.html

The Progesterone Diet
<http://infertility.health-info.org/fertility-diet-lifestyle/diet-estrogen-progesterone.html>

ALL FOODS THAT ARE NOT ON THIS LIST ARE FORBIDDEN!!!! ESPECIALLY ALCOHOL AS IT RAISES ESTROGEN.

Other:

Make sure to think about mouth wash and tooth pasts as well as other things you may place in your mouth. Always try to find low to no sodium products

Drinks:

Drink suggestions: Milk, Cranberry, Diet Cool-aid, Aquafina, Dasania (Aquafina and Dasania both are made with reverse osmoses which naturally lowers the pH of water to about a 5-6) and Cranberry Juice.

Aspartame

One of the fastest ways to lower pH that has been discovered is with fake sugars. The best lowest acidic one is Aspartame. It does have some side effects. Some people are allergic to it so they can't drink it. Others it may cause a headache.. this means to cut back. You can find Aspartame at Walmart in there drink mixed called Great Value sugar free. This has been found to be the best drink mix because it lowers pH the best. If you can not find this then others have found that crystal lite works for them. You should try to drink 66-100 oz of this drink mix every day.

Cranberry Juice

Most of your Cranberry will be taken in pill form. However you can drink the juice as well. You can only drink either pure cranberry juice or it mixed with some other berry.

Peppermint Tea

This is another drink. In the past we thought peppermint tea would lower testosterone, lower or stabilize estrogen and raise progesterone. Newest studies suggest that it may raise estrogen or stabilize. Because the effect to estrogen isn't unknown at this time; we now recommend Saw Palmetto to raise progesterone and lower estrogen and testosterone (see below). But this is gentler; so if you want to use this instead of SP you take 3 cups a day. This is the only tea you can drink for ttc a girl.

A great website to help you track your potassium, salt, magnesium, and calcium intake is: www.fitday.com

See *Girl Cookbook for recipes* – can be found <http://www.in-gender.com/cs/forums/t/49300.aspx>

When To Have Sex:

O + 12

This has better success than cut off. Abstain from sex for 7 days or more, and then have sex 12 or so hours after you ovulate. Obviously, you have to pinpoint your ovulation exactly for this:

The reason o+12 works better than shettles is because you have more control of your pH till O. With o+12 you only need to keep pH low for about a day of your attempt (yes you need low pH before but with shettles your pH could spike while sleeping and you would never know)

for O+12 you need opks, a BBT (thermometer), knowledge of your cervical mucus, and cervical position. Also 3 practice cycles with charting of temps, opks, cp and cm would be helpful as well so you know on average when you O.

Ok you will get a +opk.. this means its time to watch your cm and cervix. You can't take opks first thing in the morning because you always have Lh in the morning...

ok so you have +opk.. this means you may o in 8-48 hours. Now start watching your cervix and cm. When you O your cm will be ew (most people not me lol) and your cervix will be really really soft. Don't worry about height because that fluctuates with bms. 12 hours after you O your cervix will go from soft to hard and your cm will shift from ewcm to creamy or from creamy to dry. If you do not have cm you go by your cervix texture. These 2 usually go hand in hand but if they don't go by cm. You have from now (o+12) to o+20 (8 more hours) to do your attempt.

Keep temping as this is the only way to really confirm O. If you have been charting for 3 months you will know on average when you o because you will have marked on your chart (probably in the notes section) at what time the cm shift occurred then count back 12 hours and you know.

After your attempt you need to keep your pH low!! Douche an hour before (if your pH is 5 or higher or if you have ewcm) and then after your attempt check every 1/2 hour to make sure your pH stays low! If your pH jumps up then do 1-3ml of douche to re-lower it. Some people an hour before do rephresh or replens (depending on pH) an hour before and have found pH will stay low till temp spike. Others find it makes pH go higher. 4 hours after your attempt do a lime tampon and leave it in for 4 hour (thus hitting that o+20 mark). Keep pH 4-4.5 (either with douche, or replens or rephresh) till your temp spikes and you have conformed O.

Study: http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=retrieve&db=pubmed&list_uids=7427410&dopt=AbstractPlus

Shettles Method

Have sex least 2-3 days before Ovulating. Then keep your pH low till O.

Most important info!!!

First off, diet is the most important sway factor. But no matter if o+12 or cut off (shettles) you need to do this! Hour before your attempt check your cm pH. It needs to be 4-4.5. If not then either douche or use rephresh or replens to lower pH. If you are not doing TBM then you may insert 1-3 ml of lime douche 5 minutes or so after bd. Then 1/2 hour after attempt you need to check pH again. If it is high you need to lower it back down to 4-4.5. Check your pH every 1/2 hour up to 4 hours. Then place in a lime douche tampon.. and leave in for 4 or more hours. The first 4 hours are critical because it takes 4 hours for x sperm to get to the waiting zone. With cut off you need to keep your pH 4-4.5 till confirmed O so check often!

Supplements:

Supplements are to decrease cervical mucus pH. Studies show that low pH favors girl conceptions. The goal of the girl diet is to increase calcium and magnesium in the cm and to change pH; the goal of supplements is to change pH and make creamy CM. Here are all the supplements that I have heard of for TTC a girl. Granted there may be more. The key here is for you to find the right 'recipe' to make low pH with creamy cm with calcium mixed in- this is the goal. Remember.. it is better to take supplements in liquid form if you can find that because it is more easily absorbed by the body

Suggested Supplements

- Supplements amounts listed here are the maximum amount for DW and DH. This isn't based on weight but more so on safety.

Supplements for Wife:

| Supplement | Amount per day | When to take | Useful Info |
|---------------------|----------------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Calcium Citrate | 1200 mg combined with diet | from AF to O | calcium in the cm helps to sway for a girl (to prevent low ionic strength cal and Mag ratio has to be 2 to 1. (If you have a digital pH tester don't worry about this) (not calcium carbonate) |
| Magnesium | 300 mg combined with diet | from AF to O | Mag. in the cm helps to sway for a girl |
| Folic Acid | 800-1000mcg | All the time | THIS DOES NOT SWAY! IT PREVENTS BIRTHDEFECTS AND PREVENTS MC. this strengthens the inner part of the egg |
| Acidophilus | Take twice | from AF to O | This is taken to lower pH. side effects: this is a funny supplement. Either it will lower your pH dramatically or you will raise it. It is different for different people |
| B6 | 100 mg | All the time – wean off slowly when you get bfp as instructed | Strengthens Luteal Phase. If taken before O it may delay O, but for those that it doesn't delay o, take all the time, but when you get a bfp you need to wean off slowly- if you take 100 this means the next week you take 80, then the next week 60 then 40, 20, 10 then stop. This is taken to raise progesterone and lengthen luteal phase. Side effects: When taken before O it may delay O. It will also lengthen your luteal phase |
| Chasteberry (Vitex) | 500 mg | All the time | this is to regulate cycles- do not take if you have regular cycles. Please read this: http://www.in-gender.com/cs/forums/t/50960.aspx |

Supplements for Wife (cont'd):

| Supplement | Amount per day | When to take | Useful Info |
|----------------------------------------------------------------|-------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cranberry | 1,500 to 10,000 mg fresh fruit equivalent | from AF to O | This is based on equal to fresh fruit equivalent.. not amount on bottle. This part can be tricky. So, 10,000 ml equivalent to fresh fruit). This is taken to lower pH side effect: cranberry can not be taken after O as it can cause mc. Cranberry is a blood thinner so if you already taking a blood thinner do not take this |
| Lydia Pinkham | | take from af to O | this is taken to raise progesterone and regulate cycles side effect: This will either make your cycles regular or screw them up |
| Vitamin C | 500 mg | | in pill forum this makes you more acidic. (to much can cause gas and diarrhea) |
| Saw Palmetto | standardized 320mg a day | Take from AF to O | Make sure to buy the standardized kind... not to be taken in the 2ww or with pg! This lowers test one, lowers estrogen and raises progesterone. Do not take this with Clomid. There are some warnings so please read the warning sticky . http://www.in-gender.com/cs/forums/t/49506.aspx For more info please read this http://www.in-gender.com/cs/forums/t/74960.aspx . |
| Sudafed (not PE) | | BEFORE SEX | real drug name is: pseudoephedrine: (a few hours before sex) this is taken to lower pH and dry up cm |
| For prevention of mc these supplements can be taken by the dw. | | | |
| Vitamin E | 400 ui | Take as directed on the bottle | this strengthens the outer shell of the egg and helps with implantation. Warning; Vitamin E can increase EWCM for some people |
| Vitamin B12 | 150mcg | Take as directed on the bottle | makes folic acid work better |
| Zinc | 50mg | Take as directed on the bottle | this repairs any of the egg that may have been damaged and also helps with implantation. Often I will get confused and say dw can not take zinc. If I post this; it is wrong.. Only dh taking zinc favors boys |
| Baby aspirin | 81mg | One a day | This helps with implantation and helps to maintain a pregnancy. It thins the blood |

Supplements for Husband:

| Supplement | Amount per day | When to take | Useful Info |
|-------------------|-------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Calcium Citrate | 1200 mg combined with diet | from AF to O | calcium lowers pH in dh and helps x sperm |
| Magnesium | 300 mg combined with diet | from AF to O | |
| Acidophilus | Take twice | from AF to O | This is taken to lower pH. side effects: this is a funny supplement. Either it will lower your pH dramatically or you will raise it. It is different for different people |
| Cranberry | 1,500 to 10,000 mg fresh fruit equivalent | from AF to O | This is based on equal to fresh fruit equivalent.. not amount on bottle. This part can be tricky. So, 10,000 ml equivalent to fresh fruit) take from af to O this is taken to lower pH . side effect: blood thinner.. see above |
| licorice root | 450mg 3 times a day | from AF to O | lowers testosterone and raises estrogen (this is good for dh not for dw). Only have him take from your af to O. He needs the 2ww for a break. Can only take for up to 6 months then he needs a 2 week break (have him follow this 2 week break after the 2ww break so he will total a 4 week break). There are some risks. Read this: http://nccam.nih.gov/health/licoriceroot/ |

Other tips

Lime douche and refresh/replens (see below) are being used to sway for a girl. So are hot showers for dh and dw (lowers sperm count and lowers pH). Some people are using refresh/replens finger to lower cm pH. This is all based on an environment theory that an acidic one produces girls. Also Oing will raise female pH so avoid this. For ttc a girl you should use the following products because they have been found to lower female testosterone (which favors boys): Nail polish remove, Nail polish, and anything with Aerosols.

For dh he needs to wear tight fighting underwear. He also should try to get on the girl diet and he needs to lower his semen pH to a 7-7.5. He can lower pH with cranberry supplements. His pH can be changed quickly with these- he should take as much needed the day before bd to achieve low pH. Finally, sperm count is highest in the morning so try to time bd at night. New info suggest that you want low blood sugar in the morning when ttc a girl. So avoid carbs in the morning. Also cardio sways girl while weights sway boys. Finally, warm things sway girl and cold things boy (effects pH and ions)

- No female orgasm
- Missionary position for sex
- Husband take HOT bath or shower a few minutes before sex (or have a heating pad heat up his "buddies")
- "Jump and Dump"- go to bathroom and "dump" everything right after sex (not for TBM)
 - There are no studies to back it up and when people refer to J&D they could be talking about 2 things:
 - To jump up right after sex and run to the toilet; dumping all sperm in there. The theory is you are dumping out the y sperm and only the x remain. But there is no evidence of this.
 - To have dh release and not use that sperm. Then have dh release a second time and use that sperm. This would lower sperm count but would be counterproductive if you had him abstain for over 7 days.
- Abstinence over 7 days is best or under 48 hours.. not between 2-6 days as this favors boys

The Moon

There is no doubt that the moon can sometimes have an effect on gender if one's body responds to it.

Girl- conceived in the "new moon" phase.

Here is the scientific reason behind why this might be and how you can alter that effect if you need to. The theory is that different sperm have different ions. Now when there is a full moon out it is scientific fact that there are positive ions in the air and we breathe it. When there is a new moon out there are negative ions in the air and you inhaling that as well. The theory is that some people's bodies react to these ions just like nature does (Google crops and moon, or fish and moon). So when there is a full moon those positive ions cause your egg to have positive ions thus attracting the y sperm. Now if you are O'ing in a full moon you need to try to counteract the effects of the Positive ions. You can do this with running water, air purifiers, rock salt deionizers to counteract the effects of a full moon or use magnet therapy using negative ions- polar north, and avoid computers or at least have a fan blowing on you while you are on a computer.

Website full of good info on where to find negative ions:
<http://www.kiflow.com/info/ions.html>

Info on pH strips and retrieving cm

Digital pH testers are the best for testing pH. For more info see here: <http://www.in-gender.com/cs/forums/t/57805.aspx>

Then there are two pH strips you want to look for (if not buying digital). Alkalive (also called pHion) and full range (also called universal). These are found the cheapest on ebay (search pH strips then select lowest to highest price.) Alkalive can measure between numbers like a 4.75 but can be hard to read so you need a back up. The full range strips will only read one number- not between but they are very easy to read.

To see my review of pH strips go here: <http://www.in-gender.com/CS/forums/thread/34059.aspx>

More info about digital pH testers: <http://www.in-gender.com/cs/forums/p/41714/383906.aspx#383906>

CM pH test strips are read in 15-20 minutes (but don't read it dry)

Semen pH test strips are read in 1 minute. The reason for the difference is water content.

Digital pH tester the pH is read right away- no waiting

How to retrieve cm

TMI!!! You reach up inside your V and with your finger you touch the cervix. Then you hook your finger and pull out. The cm on the tip of your finger is the one you want to test. The cm closest to your cervix is the most alkaline and the cm on the edges of your v is acidic. Wipe this on the pH strip (or on the digital pH tester wand) and wait for up to 10 minutes (no waiting for digital) depending on how much water is in your cm. If your pH strip doesn't change and you have tried several times to test pH; this means you have low ionic strength in your cm (which means you NEED a digital pH tester). Urion pH only tells you how you are doing with your diet and supplements that day- it does not help with swaying besides that.

To test dh pH you have him give a sample in a cup or a condom. Then test that sample with pH strips right away (the longer semen sits out the higher the pH goes and you want to know his initial pH).

*helpful tip: If you can not retrieve cm to test pH in this manner get a instead cup or diva cup. Place it in vj for 30 minute-hour. This will fill up with fresh cm that you can test easily

Douching

***Douche needs to be body temp or you may kill sperm.**

To help conceive a baby girl use an acidic Douche -->-->

There are 3 douches you can choose from. 7% vinegar/calcium, lime douche and store bought vinegar douche. 7% is most effective due to the acetyl radical and acetic acid then after that is lime and last is store bought. Please note: 7% Vinegar has been known to raise the pH in some women instead of lowering it. So please test this out before your attempt. Lime has not had this problem. The following is an explanation of why it is better and how to make it.

7% vinegar/calcium: (pH of 4)

7% vinegar/cal works for TBM is because of 3 reasons: The first is Because the y sperm at low pH's tails freeze (they don't like low pH), the second is because at that low pH calcium binding to sperm occurs and the Third is because of acetyl radical and acetic acid. These chemicals play a big part in girl conceptions. Now onto the new step. When you TBM you freeze the tails of the y sperm to give the x sperm a chance to head up. But according to the study, douching an hour before is Critical for this to work. 1/2 hour the freezing stops and the y sperm start to swim again.

Douching an hour before is Critical for this to work. AT 5 minutes after bd (or 30 minutes after tbm), take your pH reading. If it is too high then take the douche and insert 1-3 ml into the vJ to lower the pH to 4-4.5. You then check. Keep checking this every 30 minutes for up to 4 hours; then take a lime douche soaked tampon and place it in there to prevent leakage- you can remove this 4 hours later. The following is explanation on how to make the mix, the tampon, and other info. **DO NOT USE THIS FOR PLACING DIRECTLY INTO SPERM (TBM).** Only lime juice (not the douche) can be used to lower semen pH directly.

*For the mix you want this to have a pH of 4. The study this is based on uses vinegar.

How to make distilled water: <http://www.in-gender.com/cs/forums/p/40894/376539.aspx#376539>

How to make 7% vinegar:: This can be made in an hour. It is easier to make the 7% by freezing than with boiling.. Here is what to do. Put 5% vinegar in freezer. Watch for when it forms a layer of ice on the top. Then remove that ice (skim it). Do this 4-5 times and the % will be right. Then take it out. it is now 7%. The day of your attempt add the calcium power (or pill if you can't find power) and let it dissolve for one hour. pH should be 4 after you add the calcium. Add 3-4 drops of distilled water (to activate it) and then it is ready to be used.

Lime douche: (pH of 2)

Mix lime with distilled water - test pH. If it isn't low enough mix more. Let the solution stand for approximately 10 minutes.

One hour before intercourse stir the solution again then insert some of the solution into the vagina (This can be done with a douche or a syringe ~ both available at pharmacies).

While inserted, empty the douche or syringe slowly and gently preferably while lying down to ensure maximum effect.

How to douche: An hour before sex: 7% Vinegar/calcium and some drops of distilled water (pH of 4). Lime and water (pH of 2).

The hour before you can either use a store bought douche bag or a big syringe (12+ml). Let it run out and wash away ewcm. The 1/2 hour after follow up douches is only 1-3ml. This follow up douches are meant to just lower pH. You do not need to douche an hour before if you have a pH of 4-4.5 and no ewcm.

Lime douche Tampon

*To make a lime douche tampon you place lime douche in a plastic cup and soak the tampon while still in the plastic applicator. Right before inserting take the tampon out so that it isn't dripping. Then you insert it while making sure you don't let any sperm out and leave it in for 4 hours. This is to be done after every attempt. If you are doing a cut off (I would rather you do o+12 but anyway..) you need to check your pH every hour till O. This can be tricky at night, so be careful. You don't need to put a lot in, just enough to keep pH low. Always always always make sure your hand are clean. Also remember with tampons you run the risk of [TSS](http://en.wikipedia.org/wiki/Toxic_shock_syndrome): http://en.wikipedia.org/wiki/Toxic_shock_syndrome

No matter what your plan.. 1/2 hour after BD you should insert follow up douche into your vj and don't let it out This isn't a douche- but rather a mix you insert to freeze the y sperm and to give the x sperm a better chance. Then keep checking every 1/2 hour up to 4 hours. If you are not doing TBM then you should check your pH 5 minutes after bd and do a lowering douche (1-3ml) if needed. Then keep checking every 30 minutes up to 4 hours. To check the pH after attempt you only check the combined pH at the entrance; not deep inside. But if you have to lower your pH you do need to put it up in there carefully.

Refresh and Replens

Replens: pH 2.8

Rephresh: pH 4-5

Replens is now used for replens finger. Rephresh is used as a lube.. HOWEVER if your pH is already a pH less than 5 do not use replens, you can use rephresh as a lube when bd as it has the right actic acids for ttc a girl. rephresh has a pH of 5 you want the pH to be 4-4.5. The higher your pH the higher the pH of rephresh will be as it is a reactive lube. where as replens is always a pH of 2 point something PLEASE TRY THIS AHEAD OF TIME TO SEE HOW IT EFFECTS YOUR pH!! For some women they will raise pH. For the 1/2 hour after attempt if you want to lower pH with this you need to use rephresh; not replens.

*If you use Aci-jel, then use it just like replens. If aci-jel is sold out you may try acid jelly (available in US by prescription)

Replens finger. This is for women who want to lower pH the days before bd time.. Every other day bd make sure your hands are clean and then you dip your finger in replens or refresh. Then, sit down on the toilet and insert your finger with refresh and pull out. If tested right away your cm should go from high to low (7 to 4-4.5) and stay that way for a long time. . You would use this every other day to lower your pH.

Replens or Rephresh vaginal moisturizer (every three days or every other day only and only a fingertip full- not the entire applicator!) You can also use this in place of douche 2 hours before attempt (but not the entire applicator)

Lube

If you need lube ttc a girl you have two choices. Either Rephresh (please read above) or canola oil. Lubes do not sway well for a girl on there own. You need to do everything else as well. Lube is just to help you bd.

Canola oil has a pH of 6.83 but it is an oil can not sway. You can use canola oil right before your attempt to help you to get pregnant however some women's pH will rise because of this. So you NEED to check pH every 1/2 hour up to 4 hours and lower if necessary.

Past Theories

I thought I should add past theories that have worked for some people. In 2004 women were trying the condom theory. With this theory they used a spermicide condom and poked a hole in the condom. They then bd to ttc a girl. This method worked well but everyone that did it moved on with their lives so it dropped off.

The second theory was done in 2005 and that was the spermicidal method. The theory was if spermicidal were to fail it would sway for girl. However everyone dropped it when no one got pregnant.

BD every day verses abstaining for over 7 days

Here is the thing. First off do the opposite of what ever you did to get your boys. Did you bd every day? then abstain, did you abstain for over 7 days? then release every day or every other day. Second, only try abstaining of 7 days or more for about 6-12 months. Then if you are not pg get a microscope and check to make sure you dh sperm are alive. A small number (3%) of men can not abstain because there sperm all die. Or if you don't want to use a scope, just switch to bd every day or every other day if you just want to get pg.

Do I think abstaining is the best between the 2? YUP! However, for those 3% who it can't work for I want to make sure they aren't wasting there attempts. If it was up to me I would have everyone who was going to abstain have them check there dh semen the first time they abstain to make sure none of their attempts are wasted.

Finally there is a Forum called 'Extreme gender swaying' which takes swaying a step further into 'at home sperm sorting using TBM, Swim Up, or GDC. It can all be found here: <http://www.in-gender.com/cs/forums/296.aspx> and here: <http://www.in-gender.com/cs/forums/93.aspx>

TTC BOY

Overview

The only thing that is 100% is PGD but we feel swaying can change the odds into our favor. Here you will find a lot of the information that is key for a good swaying attempt. It is up to you to find the right 'recipe' or 'path' that will be your attempt for a son. We are here to offer support, guidance and answer any questions you might have. There are many things you can do to sway the odds and here is the information that we hope will be helpful to you.

The basic idea is that y sperm love a high pH from 8-9.9. When exposed to this pH they will thrive. Also y sperm love potassium and when potassium gets into the molecular level of cervical mucus it helps to 'guide' them to their destination faster than x sperm. Sperm count is highest when abstained from 2-6 days with day 4 being the highest and day 7 seeing a dramatic drop off (high sperm count favors y sperm.) Finally, although timing isn't a proved theory, it is best to time bd near O if possible because this is when cm pH is the highest.

Optimal pH of cm should be 7.5-9.

Optimal pH of dh semen should be 9+.

See Appendix B for Studies that support these theories.

Boy Diet

There is some studies that suggest the food you eat can affect the gender outcome of your children. So, for the boy diet I did a little comparison between the boy diet (studies show this favors boys), the Potassium diet (potassium favors y sperm), the alkaline diet (effects pH) and the testosterone diet (high testosterone favors boys). You would try to eat off of this from one threw 4- One being the most important and 4 being the least. When doing the boy diet you must be adding salt as much as possible. However salt depletes the body of folic acid and your risk of miscarriage goes up when you don't have enough folic acid. **So PLEASE take folic acid supplements when you are on this diet. Do not stop taking FA till you are in the 12 week of pg; then you can switch to your prenatal.** If you have high blood pressure you should avoid the boy diet. Rather concentrate on the alkaline diet while cutting out dairy.

Mineral Ranges

(except for K+, these are ranges only for the diet, minerals are posted below)

| | |
|-----------|-----------------------------------------------------------------------------------|
| Salt | Na++ 5000-6000 mg/ day |
| Potassium | K+ 4,000-5,000 mg/day (this is a combined supplement/diet total.. NO MORE) |
| Calcium | Ca 250-400 mg/day |
| Magnesium | Mg 120-200 mg/day |

Warning- to much potassium to fast can cause heart palpitations. Be careful of this! For salt use sea salt on everything.

Diet Tiers:

Tier One (to be eaten when ever you want)

Here are the foods that are on all three diets with no calcium or very little calcium in them:

- ice burger lettuce (all other lettuce has calcium)
- Celery
- Tomato's- all forms
- Amsterdam carrots (formally known as baby carrots but now baby carrots are really real carrots with 30mg cal)
- V8
- Peaches
- Pairs

Tier Two (eat as much as you want as long as you watch minerals and stay within range)

Here are the foods on the boy diet and the potassium diet with little or no calcium in them:

- Meat- most meat but not fish (may cause pH to stay low. Meat has lots of testosterone but is slightly acidic)
- Potato's - very high is potassium!
- Apricots
- Cantaloupe
- Bananas
- Oranges
- Apples
- Cherries
- Pineapples
- Gelatin
- White rice
- Watermelon (magnesium is found in the seeds- do not eat seeds)
- Zucchini

Tier Three (eat once a day)

Here are the foods on the boy diet and the Alkaline diet.

- Dates
- dried apricots
- dried dates
- dried figs
- canned soups (from the tiers.. example; tomato soup)

Tier Four (not to be eaten the week of O, other wise once a week max)

This would be the individual diets in order of importance but avoiding all calcium.-->-->

- Potassium diet: <http://www.krispin.com/potassm.html>
- Alkaline: <http://www.essense-of-life.com/info/foodchart.htm>
- Testosterone diet: gelatin, peanuts, wheat <http://ezinearticles.com/?A-Guide-To-High-Testosterone-Foods&id=159720>

*You can replace milk with Rice milk (with 2% calcium or less). It is slightly acidic so if your pH is working then don't use.

*Plain Pasta is a neutral food. It contains none of the minerals on any of the diets

*You can add more positive ions to meat by soaking in a salt brine first.

Having problems raising your pH? Go here: <http://www.in-gender.com/CS/forums/t/15570.aspx>

Other:

Make sure to think about mouth wash and tooth pasts as well as other things you may place in your mouth. Always try to find tooth paste with the most sodium products (like baking soda tooth paste). But remember baking soda tooth paste would go toward your total amount of bs aloud in a day

Drinks:

You don't drink all the drinks, but rather pick the one that works best for YOU.

Baking soda drink

(Each 1 teaspoon serving of pure BS =1232 mg sodium bicarbonate) One of the fastest ways to raise pH that has been discovered is baking soda drink. It is very important to follow the direction on the box. Do not take more than six 1/2 tsp a day (which is 3tsp a day or 3696mg). When baking soda is consumed it is a drug and you can over dose on it. You must also make sure that the powder is completely dissolved because unresolved baking soda can cause ulcers. You drink this from Af to O. Here is a link to the baking soda website:<http://www.armhammer.com/basics/magic/index.asp#12> If you do this you must take Folic acid every day.

Apple Cider Vinegar (acv) drink:

MAKE SURE IT HAS THE 'MOTHER' ATTACHED! drink 4 oz water, 2 T ACV, three times a day. Do not drink this in the morning as it lowers blood sugar which sways girl. Start drinking it after lunch.

*Cream of tartar drink:

Cream of tartar is pure potassium and when added to water it becomes easily absorbed by the body. There is 495mg

of potassium in 1 tsp of cot. You can't have any more than 7 tsp a day.. you need to build up gradually. Only side effect is diarrhea if taken to much. You can add one tsp of cot to 1/2 tsp bs and 4 oz of water- mix well and wait for fizzing to stop. Drink from af to O giving your body a break during the 2ww. . If you do this you must take large amounts of Folic acid every day.

Lemon or lime water:

Lemons and limes are acidic out of the body. But once consumed they have a chemical reaction with the acidic in the stomach that make them super alkaline. When ttc you want to drink 66-120+ oz of water a day, so why not make it lemon? You can use any form of lemon (fresh or bottled) and you add enough till you can taste it. Lemon is more alkaline than lime however; lemon has just a little less calcium than lime.

Potassium Drink:

1 cup V8 2-6 heaped tbsp. nutritional yeast flakes (start with smaller amount) Potassium- 800-1,800 mg. Protein- 8-24 grams

Gelatin drink:

Gelatin is a huge booster for testosterone. You want pure Gelatin such as the kind made from Knox. This has no sugar and is therefore not very acidic. You drink or eat one package of Gelatin 3 times a day from af to O (or more if you want but to save money just from af to O). For more info please read this: <http://www.in-gender.com/cs/forums/t/45012.aspx>

All other drinks:

Some recommend mineral water for ttc a boy. This is ok as long as you can find one with no calcium or magnesium. Caffeine can be consumed by the dh once a day- any more and it will drop sperm count. DW can consume caffeine but remember that coffee is acidic and not to drink diet pop (diet pop is acidic). Juices need to follow the boy diet making sure the fruit is listed as boy safe--> The following are great for ttc a boy: tomato juice (very high Na and K, low Ca and Mg), Pineapple J, lemon j, and apple j.(about 10mg of Ca and Mg per 100g for all of them.

*You can mix the cot and bs into one drink if you make sure not to go over the total amount aloud for the day. Drink suggestions: Milk, Cranberry, Diet Cool-aid, Aquafina, Dasania (Aquafina and Dasania both are made with reverse osmoses which naturally lowers the pH of water to about a 5-6) and Cranberry Juice.

A great website to help you track your potassium, salt, magnesium, and calcium intake is: www.fitday.com

See Boy Cookbook for recipes – can be found <http://www.in-gender.com/CS/forums/t/16342.aspx>

Supplements:

You don't take all the supplements.. but rather pick the one that works best for YOU

Supplements are to increase cervical mucus pH. Studies show that high pH favors boy conceptions. These are the supplements I have found. The goal of the boy diet is to increase potassium in the cm and to change pH; the goal of supplements is to change pH and make EWCM. Here are all the supplements that I have heard of for ttc a boy. Granted there may be more. They key here is for you to find the right 'recipe' to make high pH with ewcm with potassium mixed in- this is the goal.

Remember.. it is better to take supplements in liquid form if you can find that because it is more easily absorbed by the body. You should have a small meal / snack which contains some fat when taking your Vits and supplements. You will absorb more from the supplements that way. Your body will be releasing the enzymes to digest the food and it's vitamins and so will have the right enzymes about to get the most out of those expensive supplements

Suggested Supplements

- Supplements amounts listed here are the maximum amount for dw and dh. This isn't based on weight but more so on safety.

Supplements for Wife:

| Supplement | Amount per day | When to take | Useful Info |
|-------------------------------------|-----------------------------------------------|----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Evening Primrose Oil (EPO) | 1000mg | from AF to O | Increases cm and ewcm. Try to space it out by taking 2-3 capsules per day from last day of period until ovulation |
| Robitussum or (Guaifenesin tablets) | 400mg | from AF to 3 days before O | Helps thin out cm. May be taken from last day of period until 3 days after ovulation. Take 2 tsp about 3 times per day. Mucinex over-the counter |
| Alka Selzter Gold | 2100 mg sodium bicarbonate (2 tablets in pkg) | | (Do not take more than 3696mg a day). ASG raise pH and the gold gives you potassium. This replaces the bs/cot drink) |
| Green Tea | 315mg | Last day of AF | helps loosen cm and improves overall fertility. Drink 2-3 cups per day starting from last day of period. Can also be taken in the form of tablets, 2-3 tablets per. contains fake estrogen- could lengthen your cycle. |
| Potassium pills | 99mg | Af-o | Makes cm more alkaline add potassium to cm. Only a little is absorbed with pills. More is absorbed with diet. |
| Fertile-cm | 3 x a day | All the time or from af to confirmed O | makes ewcm and is alkaline. Increase female testosterone, take 3 a day with 66+ oz of water. Can be taken from af to af or if you want to save money from af to confirmed o |
| False unicorn | 900mg | Follow directions on the bottle | (ewcm, alkaline)- (suppose to help regulate cycle after depo-provera shot |
| Fish Oil (NOT Cod Liver Oil) | 1000 mg- | 1-3 a day | EWCM and makes cm more alkaline (please read dh supplements about fish oil for him down below) |
| | | | |

Supplements for Wife (cont'd):

| Supplement | Amount per day | When to take | Useful Info |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Folic acid | 2000 or more mcg | All the time | this is a must for ttc a boy. strengthens egg and prevents miscarriage and is needed while on the boy diet To make sure you can absorb the most Folic Acid it needs to be taken when you won't consume any of the Boy Diet drinks that will limit its absorption. Keep taking this till the 12 week of pg then wean yourself down to your prenatal. |
| Flaxseed Oil | 1000mg | 1 a day | increase cm |
| L-Arginine | 500mg | Follow directions on the bottle | makes ewcm and raises testosterone. Not to be taken with fertile-cm as fcm has it in it already. *contains fake estrogen- could lengthen your cycle. |
| Tribulus Terrestris | | Follow directions on the bottle | Can raise testosterone and estrogen. Should be the Bulgarian (45% saponins). Follow instructions on bottle for dosing. |
| For prevention of mc these supplements can be taken by the dw. Please note, some of these sway for girl and can only be taken in the 2ww. Please check the ttc girl faq for more info. These are listed here for helping to prevent mc for those who have a fear of mc. Swaying does not cause miscarriage; these are just supplments to help if you have had a mc in the past. | | | |
| Zinc | 50mg | 1 a day | this repairs any of the egg that may have been damaged and also helps with implantation. |
| Vitamin B12 | 150mcg | Follow directions on the bottle | makes folic acid work better. (b6 also lengths luteal phase, if you take b6 and get a bfp don't stop suddenly, rather decrease it slowly) |
| Vitamin E | 400 ui | 1 a day | this strengthens the outer shell of the egg and helps with implantation |
| B6 (this ways girl before O so only take in the 2ww) | 100 mg | All the time – wean off slowly when you get bfp as instructed | Strengthens Luteal Phase. If taken before O it may delay O, but for those that it doesn't delay o, take all the time, but when you get a bfp you need to wean off slowly- if you take 100 this means the next week you take 80, then the next week 60 then 40, 20, 10 then stop. This is taken to raise progesterone and lengthen luteal phase. Side effects: When taken before O it may delay O. It will also lengthen your luteal phase |

How to lengthen cycle: Supplements containing phytoestrogens

How to lengthen luteal phase: Vitamin b 6- however only take b6 in the 2ww when swaying for boy. Before O will sway girl

Supplements for Husband:

| Supplement | Amount per day | When to take | Useful Info |
|------------------------------|----------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Zinc | 50mg | | raises testosterone. One a day no more |
| Vitamin B12 | 150mcg | | Repairs sperm count if dh has caffeine on a daily bases (daily caffeine isn't recommended) |
| ginseng | 500mg | | raises testosterone |
| L-arginine | 500mg | | raises pH and sperm count |
| Vitamin E | 400 ui | | raises sperm count |
| CoQ-10 cardio formula by GNC | | | has been discontinued so read this link http://www.in-gender.com/cs/forums/t/92925.aspx and this http://www.in-gender.com/cs/forums/t/101429.aspx - (it did raise testosterone, pH and sperm count (don't take L-arginine with this one as it has it in it already) |
| Folic acid | 800mcg | | This repairs DNA damage in sperm cells |
| Baking soda drink | | | to raise pH - Bs drink is better for dh at raise his pH then alfalfa because alfalfa has photoestrogens. |
| Fish Oil (NOT Cod Liver Oil) | 1000 mg | | his will raise his pH and sperm count. But here is the MOST IMPORTANT rule for dh.. you MUST buy mercury free certified fish oil (and not cod liver oil). Because Mercury will sway for a girl |

The hardest part is trying to decide what to take. I know for a fact that you can not mix Alfalfa with black cohosh so I don't even have that supplement on this list. After O the only safe suppleness are Fertile-Cm, false unicorn, fish oil, vitamin E, folic acid and flaxseed oil. Because the rest have been know to cause problems with miscarriage.

Other tips

Pre-seed or real egg whites are being used by some to sway for a boy. So is one cup of Sea salt baths (not epsom salt) or baking soda baths (if you do bs bath you need to count 3 baths in one day as one serving of bs orally as it gets absorbed) and cold showers. I think everyone is using a baking soda douche. This is all based on an environment theory that an Alkaline one produces boys. There is another theory called Shettles the believes it is all timing (O day = boy) Great thing about this is you can do both theories. I personally believe it is more about environment though because my last dd was conceived on O day. I also have a doc friend that says the more you bd the more you will have a girl and vice-versa. Lemon water has a huge but gradual effect on female cm pH. You should drink 66-100+oz a day of this. Also Oing 3 times a day for a week is suppose to raise female pH. Finally some are using instead cups after bd to hold the y sperm up there longer so they get a chance to swim. For ttc a boy you should avoid using the following products because they have been found to lower female testosterone (which favors boys) Nail polish remove, Nail polish, and anything with Aerosols.

For dh you need him to stay away from hot showers and baths. He needs to not wear tight fighting underwear. He also should try to get on the boy diet and he needs to raise his semen pH to a 9+. He can raise pH with alfalfa or other 'green' supplements. His pH can be changed quickly with these- he should take as much needed the day before bd to achieve high pH. An hour before bd time he needs to consume large amounts of caffeine. Also if he rubs ice on the family jewels once a day this is rumored to help the y sperm along. Finally, sperm count is highest in the morning so try to time bd then. New info suggest that you want low blood sugar in the morning sways girl and high blood sugar sways boys. So eat your breakfast (cereal has carbs and rice krispies is aloud with o cal rice dream milk) in the morning. Also cardio sways girl while weights sway boys. Finally, warm things sway girl and cold things boy (effects pH and ions)

The Moon

There is no doubt that the moon can sometimes have an effect on gender if ones body responds to it. Here is the scientific reason behind why this might be and how you can alter that effect if you need to. The theory is that different sperm have different ions. Now when there is a full moon out it is scientific fact that there are positive ions in the air and we breathe it. When there is a new moon out there are negative ions in the air and you inhaling that as well. The theory is that some peoples bodies react to these ions just like nature does (Google crops and moon, or fish and moon). So when there is a full moon those positive ions cause your egg to have positive ions thus attracting the y sperm. Now if you are O'ing in a new moon you need to try to counteract the effects of the negative ions. You can do this with electrical equipment like an electric blanket, because machines running on electricity omit positive ions or you can buy products for magnate therapy (making sure to use the positive ions also called polar south).

Website full of good info on where to find positive ions:
<http://www.kiflow.com/info/ions.html>

Info on pH strips and retrieving cm

Digital pH testers are the best for testing pH. For more info see here: <http://www.in-gender.com/cs/forums/t/57805.aspx>

Then there are two pH strips you want to look for (if not buying digital). Alkalive (also called pHion) and full range (also called universal). These are found the cheapest on ebay (search pH strips then select lowest to highest price.) Alkalive can measure between numbers like a 4.75 but can be hard to read so you need a back up. The full range strips will only read one number- not between but they are very easy to read.

To see my review of pH strips go here: <http://www.in-gender.com/CS/forums/thread/34059.aspx>

More info about digital pH testers: <http://www.in-gender.com/cs/forums/p/41714/383906.aspx#383906>

CM pH test strips are read in 15-20 minutes (but don't read it dry)

Semen pH test strips are read in 1 minute. The reason for the difference is water content.

Digital pH tester the pH is read right away- no waiting

How to retrieve cm

TMI!!! You reach up inside your V and with your finger you touch the cervix. Then you hook your finger and pull out. The cm on the tip of your finger is the one you want to test. The cm closest to your cervix is the most alkaline and the cm on the edges of your v is acidic. Wipe this on the pH strip (or on the digital pH tester wand) and wait for up to 10 minutes (no waiting for digital) depending on how much water is in your cm. If your pH strip doesn't change and you have tried several times to test pH; this means you have low ionic strength in your cm (which means you NEED a digital pH tester). Urion pH only tells you how you are doing with your diet and supplements that day- it does not help with swaying besides that.

To test dh pH you have him give a sample in a cup or a condom. Then test that sample with pH strips right away (the longer semen sits out the higher the pH goes and you want to know his initial pH).

*helpful tip: If you can not retrieve cm to test pH in this manner get a instead cup or diva cup. Place it in vj for 30 minute-hour. This will fill up with fresh cm that you can test easily

Baking Soda Finger

This is better than douche because it won't wash away ewcm that you have and helps to make more ewcm. An hour before bd make sure your hands are clean and then you wet the tip of your finger (some say middle finger is easier) then dip it in baking soda. Then, sit down on the toilet and insert your finger with the baking soda and pull out. If tested right away your cm should go from low to high (4.5 to 7-8) and stay that way for up to four hours. You might be able to smell the baking soda, but it shouldn't burn or hurt. Big thing to remember is to make sure not to actually touch your cervix. It has been said that it would burn pretty badly if you did.

Baking Soda Douche

*Douche needs to be body temp or you may kill sperm.

To help conceive a baby boy, use an Alkaline Douche, only if you do not want to (or can't do) bsf. This will wash away any ewcm you have, but will create more ewcm.

- Dissolve two tablespoons of baking soda in one liter of warm water and mix
- Let the solution stand for approximately 10 minutes.
- One hour before intercourse stir the solution again then insert some of the solution into the vagina (This can be done with a douche or a syringe ~ both available at pharmacies).
- While inserted, empty the douche or syringe slowly and gently preferably while lying down to ensure maximum effect.

How to use egg whites or Pre-seed

Egg whites have the best sway over pre-seed. So please if you want the very best sway choose egg whites with a pH of 9-9.9. Please make sure you buy pasteurized eggs (or you can pasteurize them yourself)

Egg whites: Goal pH of egg whites is 9-9.9 and the fresher the egg the better the pH.

Normal pH of egg whites:

| | |
|-----------------------------------------------------------------------|-------------|
| Pasteurized from real egg separated whites | 8-10+ |
| Pasteurized egg whites from box (with additives) | 8-9 |
| Powered egg whites | 6.5 |
| Farm fresh eggs- never refrigerated, non-pasteurized, separated | 9-9.9-->--> |

The pH of the egg whites is extremely important. If your egg whites don't have a pH between 9-9.9 then you either need to lower the pH (if it is a 10) or use a different egg (if it is unpasteurized-then you can pasteurize it yourself)

Egg White Mix Recipe:

How to lower pH :

First check real EW pH. If it is less than 10 then you don't need to do this.Using a fork gently mix: a little preseed with your egg whites. pH of this mixture should be 9.

How to raise pH:

2 weeks before attempt wash egg shells in soap and water. Place in eggs either in a glass bowl or other non-plastic container and let them sit in there for a two weeks.

Egg whites can provide a mucus-like environment which is sperm friendly. Take an egg out of the fridge set it on the counter for approximately 1 hour, so it can reach room temp. Before DTD, crack open the egg separate the yolk from the white then check pH of egg white; and then insert the room temperature white gently into your vagina. Worried about bacteria? Pasteurize your eggs yourself!

This info found here: <http://www.tryingtoconceive.com/eggwhites.htm>-->-->

Pre-seed mix

(this does not have as good of sway as ew.. please consider ew first)

Pre-seed has a pH of 7. To ttc a boy you need at least a pH of 8. To raise pH of pre-seed place pre-seed in a paper cup. Then mix about 4 pinches of baking soda in with it by stirring. The pre-seed might change colors to white but it still should have the same consistency. Check pH of pre-seed to make sure it is an 8. Suck up pre-seed with dropper and use as needed.

Finally there is a thread called 'Extreme Gender Swaying' which takes swaying a step further into 'at home sperm sorting' using Modified Swim Up. It can all be found here: <http://www.in-gender.com/CS/forums/93.aspx>

Gelatin

How do you know Gelatin has testosterone in it? So here is the simplest explanation. Look at all the other supplements that raise testosterone and you will see a common letter. The letter L (L-Arginine, L-carnitine and so on). This L stands for amino acids. Amino acids have been proven to raise testosterone in both men and women. Now Gelatin has 18 amino acids in it. These all help to raise testosterone. So is gelatin pure testosterone.. no, but it is darn close. Make since?

http://www.gmap-gelatin.com/about_gelatin_comp.html

http://www.bodyandfitness.com/Information/Fitness/aminochart_b.htm

Tribulous Terrestris

<http://www.in-gender.com/cs/forums/t/70017.aspx>

Truvia

<http://www.in-gender.com/cs/forums/t/45061.aspx>

Appendix

Please note, these are only studies that support swaying. There are studies that do not support it but they are not listed here. Also note that the studies supporting EGS are in the Swaying gold forum. Please remember.....

SWAYING IS NOT 100% ONLY PGD IS!!!

Diet Studies:

Link to 1940 study:

<http://www.in-gender.com/cs/forums/thread/16415.aspx>

1971: <http://www.biolreprod.org/cgi/content/abstract/71/4/1063>

1983: Animal studies: Study says that high potassium diets raise the pH.

<http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=393590>

1992: http://findarticles.com/p/articles/mi_m0841/is_n3_v27/ai_12448854/pg_2

2001: This study goes into the impact potassium has on cm and how potassium can actually be found in the cm on a molecular level helping selected sperm with migration

<http://molehr.oxfordjournals.org/cgi/content/full/7/9/819>

2003: <http://www.pnas.org/cgi/content/abstract/100/8/4628>

2003: <http://www.pjbs.org/pjnonline/fin128.pdf>

2004: This one is similar to 1971 one but it used more animal studies. <http://www.biolreprod.org/cgi/reprint/71/4/1063>

2004: <http://humrep.oxfordjournals.org/cgi/content/extract/18/5/1133-a>

2005: This study shows that for rats, diets high in Calcium and Magnesium and low in Potassium and salt favors girls

<http://www3.interscience.wiley.com/cgi-bin/abstract/109927307/ABSTRACT>

2006: This study says that the reason high tech can't be 100% is because of the maternal influences. Suggesting that diet and supplements might have an affect on gender out come.

<http://www.biolreprod.org/cgi/content/abstract/biolreprod.106.056259v1>

2007: This study shows that the gender diet can favor males/females in rats

<http://www.pjbs.org/pjnonline/fin554.pdf>

2008: diet does affect gender

<http://rspb.royalsocietypublishing.org/content/275/1643/1661.full.pdf+html>

2009- This study shows how diet can affect sex ratio:

<http://www.obgynsurvey.com/pt/re/obgynsurv/abstract.00006254-200901000-00006.htm;jsessionid=JqXWShJ7rdWqMvM8wCtqxyCNxrn5tlCyQ3nNvqKLJC6DXgYGcLKp!-1529289070!181195628!8091!-1>

2009- In fish this study shows that potassium and calcium make sperm behave in different ways

<http://www.ncbi.nlm.nih.gov/pubmed/19280359>

2010- calcium and magisum sway girl, potasium and sodium boy <http://www.news.com.au/breaking-news/stick-to-beans-and-hard-cheese-if-you-want-a-baby-girl-say-scientists/story-e6frku0-1225914498540#ixzz0yfn48b8g>

Caffeine:

1983- Caffeine gives sperm huge boost in speed: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=393590>

1984 -Caffeine gets into semen in about an hour. <http://jcp.sagepub.com/cgi/content/abstract/24/2/120>

2003: Coffee makes sperm go faster <http://www.newscientist.com/article.ns?id=dn4267>

2006 caffeine takes one hour to get into all parts of the body:http://www.abc.net.au/health/library/caffeine_ff.htm

"distribution of caffeine into semen rapidly equilibrates with that in the blood.. and drinking four cups or more of coffee per day.. decreases sperm motility" So caffeine gets into semen in under an hour but don't allow dh more than one cup of caffeine a day!:

<http://72.14.209.104/search?q=cache:WGUXMKpnYDkJ:www.pr.mq.edu.au/macnews/showitem.asp%3FItemID%3D318+semen,+caffeine&hl=en&gl=us&ct=clnk&cd=2>

pH Studies:

"CM pH from 9-9.9 favors boys"

Y sperm thrive in a high cm pH, however you don't want it to be any higher than 9.9 for cm and ew (dh can be higher). You can change cm pH thru diet, supplements, baking soda douche) or with lubricant (pre-seed. but it isn't high enough for a great sway)

1975: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&list_uids=1065697&dopt=Citation

1981: This study shows that pH can change the ion composition of the sperm- high pH favoring boy sperm, low pH favoring girl sperm. It also goes into a theory about egg polarity. <http://www.freepatentsonline.com/4276139.html>

1983: This study shows that a high pH not only favors boys but it causes sperm to swim faster. This studies has a bunch of fun graphs and charts to: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=393590>

1987 http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3675523&dopt=Citation

1988: Chemical balance of the female genital tract have an effect on sex ratio at conception
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3071849&dopt=Citation

2004: pH has a impact in sex selection along with several other theories. He goes on to say that in most humans pH is Highest at time of O: <http://humrep.oxfordjournals.org/cgi/content/full/19/6/1250>

2005: Claims that it proves that high pH favors boys. It also goes on to say that moon can have a effect on cm pH.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=16295726&dopt=Citation

2006: This study shows that different types of CM can select different types of sperm:
[http://taylorandfrancis.metapress.com/\(wttelrfrigetqf0sj5hc45\)/app/home/contribution.asp?referrer=parent&backto=issue,8,12;journal,6,48;linkingpublicationresults,1:102430,1](http://taylorandfrancis.metapress.com/(wttelrfrigetqf0sj5hc45)/app/home/contribution.asp?referrer=parent&backto=issue,8,12;journal,6,48;linkingpublicationresults,1:102430,1)

2008: The female reproductive track directly effect gender outcome
<http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=1384548>

2010: pH effects sperm when they enter the cm in the female track
http://www.ivf.net/ivf/discovered_the_starting_pistil_for_sperm-o4811.html

Link to Lubricant pH: <http://www.ingfertility.com/damage.html>

Low pH favors girls. Douche help to lower pH. Douches from the very best to the least best are:
Vinegar 7% with calcium should be a pH of 4: <http://www.in-gender.com/CS/forums/p/16792/145928.aspx#145928>

1997-Why calcium is important in it: <http://www.springerlink.com/content/3r7uxmkyxt18rcax/> -Lime douche (lime and water) should be a pH of 2. This is low because lime pH tends to climb.-Store bought douche works the least but is the easiest.*Instead of douche you can use rephresh or replens: <http://www.in-gender.com/cs/forums/t/46148.aspx>

2006- Lowering men's pH of semen. Men who take Cranberry pills can lower their Ph.
<http://ezinearticles.com/?Your-Semen---A--Diet--For-Better-Sperm-Taste&id=138648>

DH's pH does matter! But his pH when coming out of the body should not drop below a 7 (below a 7 and he will be shooting dead sperm). So you want his to be 7-7.5. Once semen is out of the body it can be lowered to a pH of 4-4.5.

Several animal studies from 1950s confirm that male pH actually matters a lot! "Weir began in 1953 a new series of experiments in which he developed two strains of mice, one with an average blood pH of 7.42 and the other with an average blood pH of 7.46. He found that the interbreeding of those mice with the blood pH of 7.42 altered the female/male sex ratio from 50:50 to 60:40 and the interbreeding of the mice with the blood pH of 7.46 altered the ratio to about 40:60. By cross breeding or reciprocal mating of different sexes of the two strains, he demonstrated that it was the blood pH of the male and not the female which determined the sex ratio of the young." WEIR, J. A. 1953. Association of blood pH with sex ratio in mice. J. of Heredity 44:133-138. WEIR, J. A. 1955. Male influence on the sex ratio of offspring in high and low blood pH. J. of Heredity 46:277-283. I found this at:
<http://www.freepatentsonline.com/4225405.html>. (This link contains references to several other interesting studies, which might be worth looking into.)

Sperm Studies:

Y sperm and X sperm swim the same speed. However they swim differently. x sperm swim at zig zags in a flow while y sperm are strait swimmers. These studies support that:

1984: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=6541168&dopt=Citation

2004: <http://molehr.oxfordjournals.org/cgi/reprint/3/1/61>

2004:
[http://taylorandfrancis.metapress.com/\(rjz2hgqk4zhz52kg2wzj245\)/app/home/contribution.asp?referrer=parent&backto=issue,9,10;journal,18,48;linkingpublicationresults,1:102430,1](http://taylorandfrancis.metapress.com/(rjz2hgqk4zhz52kg2wzj245)/app/home/contribution.asp?referrer=parent&backto=issue,9,10;journal,18,48;linkingpublicationresults,1:102430,1)

2007: <http://resources.metapress.com/pdf-preview.axd?code=k60gw7j1tw382162&size=largest>

"High sperm count favors boys" "Low sperm count favors girls" After much research I have found studies that say high testosterone favors high sperm count, and high testosterone favors male offspring, therefore high sperm count favors male offspring.

1998: This studies shows that low sperm count (or damaged sperm count) favors girls
<http://www.andrologyjournal.org/cgi/reprint/19/1/5>

2003: This study shows that high testosterone favors boys
<http://humrep.oxfordjournals.org/cgi/content/extract/18/5/1133-a>

2004: This study show that both testosterone for the male favors boys and it also shows that hormones in the female can also play a role <http://humrep.oxfordjournals.org/cgi/content/full/19/6/1250>

Theory: High sperm count favors boys and low sperm count favors girls. For dh under 48 hours of abstinence or over 7 days is low sperm count and over 48 hour to 6 days (with day 4 being the highest) is high sperm count

1979- <http://www.reproduction-online.org/cgi/content/abstract/57/2/391>

1994- http://www.ncbi.nlm.nih.gov/sites/entrez?cmd=Retrieve&db=PubMed&list_uids=7820161&dopt=Citation

2004- <http://www.fertstert.org/article/PIIS0015028204006053/abstract>

2004- <http://patient-research.elsevier.com/patientresearch/displayAbs?key=S0015028204006053&referrer=scholar.google.com%252Fsc%253Fhl%253Den%2526lr%253D%2526safe%253Dactive%2526q%253D%252522sperm%252Bcount%252522%25252C%252B%252522abstinence%252522%252B7%252Bdays>

2004- <http://www.fertstert.org/article/PIIS0015028204008775/abstract>

2005- http://www.urotoday.com/44/browse_categories/male_infertility/extended_abstinence_reduces_sperm_viability_in_infertile_men.html

2005- <http://www.in-gender.com/CS/forums/p/6605/49085.aspx#49085>

2009- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B8JJ6-4TYXMC3-2&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=4d2c195e601b32a9ed4767487f9bca45

Over 5+ days before O and O day sways boy.

1996- <http://humrep.oxfordjournals.org/cgi/reprint/11/1/2>

2004- <http://humrep.oxfordjournals.org/cgi/content/full/19/6/1250>

Cervical Mucus Studies: "Egg White Cervical Mucus favors boys" The most fertile cervical mucus favors boys because: 1. Y sperm swim fastest in it than x sperm 2. They live longer in ewcm 3. Usually the pH of ewcm is right for y sperm

2003: This is a great study that shows how the 4 different stages of cm affect different sperm migration

<http://humrep.oxfordjournals.org/cgi/content/full/18/9/1782>

2004: This study shows when Y sperm are in ewcm that they swim faster and thrive in the environment. It goes on to say that y sperm in ewcm have a "68% of the male offspring births"

[http://taylorandfrancis.metapress.com/\(gcyywe55nhme1p55zc0nrl45\)/app/home/contribution.asp?referrer=parent&backto=issue,9,10;journal,18,48;linkingpublicationresults,1:102430,1](http://taylorandfrancis.metapress.com/(gcyywe55nhme1p55zc0nrl45)/app/home/contribution.asp?referrer=parent&backto=issue,9,10;journal,18,48;linkingpublicationresults,1:102430,1)

2004: This study shows that cm has a filter affect and can 'chose' sperm.
<http://molehr.oxfordjournals.org/cgi/content/full/10/2/137>

"CM pH from 4-4.5 favors girls"

Y sperm hate low pH. X sperm can handle low pH with no problems. You can change cm pH threw diet, supplements, douche (lime) or with lubricant (refresh)

1975: http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=pubmed&list_uids=1065697&dopt=Citation

1981: This study shows that pH can change the ion composition of the sperm- high pH favoring boy sperm, low pH favoring girl sperm. It also goes into a theory about egg polarity. <http://www.freepatentsonline.com/4276139.html>

1983: This study shows that a low pH not only favors girls but it causes sperm to swim slower. This studies has a bunch of fun graphs and charts to: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=393590>

1988: Chemical balance of the female genital tract have an effect on sex ratio at conception
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3071849&dopt=Citation

2004: This study says that pH has a impact in sex selection along with several other theories. He goes on to say that in most humans pH is Highest at time of O: <http://humrep.oxfordjournals.org/cgi/content/full/19/6/1250>

2005: This study claims that it proves that high pH favors boys. It also goes on to say that moon can have a effect on cm pH.
http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=16295726&dopt=Citation

2006: This study shows that different types of Cervical mucus can select different types of sperm:
[http://taylorandfrancis.metapress.com/\(wttelrfhrigetqf0sj5hc45\)/app/home/contribution.asp?referrer=parent&backto=issue,8,12;journal,6,48;linkingpublicationresults,1:102430,1](http://taylorandfrancis.metapress.com/(wttelrfhrigetqf0sj5hc45)/app/home/contribution.asp?referrer=parent&backto=issue,8,12;journal,6,48;linkingpublicationresults,1:102430,1)

Animal studies:

1987 Sept.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?cmd=Retrieve&db=PubMed&list_uids=3675523&dopt=Citation

Hormone Studies:

Theory: High levels of female testosterone or estrogen favor boy conceptions:

1996: <http://humrep.oxfordjournals.org/cgi/content/abstract/11/11/2371>

2001:

http://humrep.oxfordjournals.org/cgi/content/full/16/1/198?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=sex%252Bratio&searchid=1103414121688_2119&stored_search=&FIRSTINDEX=0&volume=16&issue=1&journalcode=humrep

2003: <http://human-nature.com/ep/articles/ep0196107.html>

2003: <http://humrep.oxfordjournals.org/cgi/content/extract/18/5/1133-a>

2004: <http://humrep.oxfordjournals.org/cgi/content/full/19/6/1250>

2006: <http://jds.fass.org/cgi/content/abstract/89/6/2119>

2006: <http://www.biolreprod.org/cgi/content/abstract/biolreprod.106.056259v1>

2007: high female testosterone favors boy conceptions:

http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WMD-4N3P0CS-1&_user=10&_coverDate=06%2F21%2F2007&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=d02d1766e39248a07148a47ca4085cd3

2008: <http://www.biolreprod.org/cgi/content/abstract/biolreprod.107.066050v1>

2008: <http://www.health.auckland.ac.nz/psychmed/staff/vals%20papers/2008%20sex%20offspring.pdf>

2008: http://www.timesonline.co.uk/tol/life_and_style/health/features/article3598093.ece

2009: http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WMD-4VDY876-2&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_user=10&md5=3b0694ad32af8d15127e36025f705797

2010: <http://jech.bmj.com/content/64/01/96.1.extract>

2010: <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=7853996>

Ion Studies:

"Positive ions favor boy conceptions"

<http://www.in-gender.com/CS/forums/p/12162/101012.aspx#101012>

<http://www.in-gender.com/CS/forums/p/12453/112208.aspx#112208>

<http://www.kiflow.com/info/ions.html>

"Negative ions favor girl conceptions"

<http://www.in-gender.com/CS/forums/p/12162/101012.aspx#101012>

<http://www.in-gender.com/CS/forums/p/12453/112208.aspx#112208>

<http://www.kiflow.com/info/ions.html>

more ion studies for both ttc boys and girls-

1999- Egg chooses sperm-

http://74.125.95.132/search?q=cache:zbYZAaAjSfwJ:www.weizmann.ac.il/Biological_Chemistry/scientist/Eisenbach/pdf/P83.pdf+80+percent+of+human+eggs+are+bad&hl=en&ct=clnk&cd=9&gl=us

2004- Discussion of egg polarity <http://discovermagazine.com/2004/may/cover/?searchterm=embryo%20viability>

Conception Month Studies:

1999- This study claims that mothers born in Feb - April are more likely to have a girl.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=10510576&q=10510576&uery_hl=46&itool=pubmed_docsum

1999-

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=10510576&q=10510576&uery_hl=46&itool=pubmed

2003- This study says there is a correlation between boy births and fall conception - with October being the peak month. Spring slightly favors girls, summer favors girls, fall slightly favors boys winter favors boys

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=12660290&q=very_hl=35&itool=pubmed_DocSum

2003- Here's a better-written article about the increased number of boys conceived during the months of October - November (for the northern hemisphere). This trend is shifted by 6 months for the southern hemisphere.
http://www.eurekalert.org/pub_releases/2003-03/esfh-irr032403.php

2003- http://www.eurekalert.org/pub_releases/2003-03/esfh-irr032403.php

2005- October is a boy-heavy month. http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?itool=abstractplus&db=pubmed&cmd=Retrieve&dopt=abstractplus&list_uids=16009195

According to this, women who smoke heavily (at least a pack a day) are 1/3 less likely to have a boy. And if dad smokes too, then your chances to have a boy are cut in 1/2. So give up smoking if you want a boy!
[pubmed&cmd=Retrieve&dopt=abstractplus&list_uids=16009195](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?itool=abstractplus&db=pubmed&cmd=Retrieve&dopt=abstractplus&list_uids=16009195)

2005- Posted studies for TTC girl:

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?itool=abstractplus&db=pubmed&cmd=Retrieve&dopt=abstractplus&list_uids=16009195

2008 <http://journals.royalsociety.org/content/h532x5114713644t/>

Trivers Willard Hypothesis:

This is taken from Kris blog: it states that for mothers who are in better physical condition to have more boys, while mothers in poorer physical condition, would tend to have girls.

1996- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WJS-45MGY3V-T&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=dcacef09fefe861b52e925e38054c852

1998- <http://www.springerlink.com/content/77pd5lq82xuh26y8/>

1999- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6T6H-3VW83M2-8&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=0a49fb5f453eefca5de5c496d3b8c1eb

1999- <http://www.pnas.org/content/96/2/570.abstract>

2000- <http://www.springerlink.com/content/73qq547r3425r981/>

2004- <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=1691865>

2004- <http://www.journals.uchicago.edu/doi/abs/10.1086/381003>

2005-

<http://scholar.google.com/scholar?hl=en&lr=&q=info:4xvLdLtDx7cJ:scholar.google.com/&output=viewport&pg=1>

2005- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WMD-4FV366C-5&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_userid=10&md5=ed01bb939d9769643d96b6fde480b992

2005- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WMD-4F3FSD9-1&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_user=10&md5=0602aadf6d7bb0d6337dfd6db420769

2005- <http://www.journals.uchicago.edu/doi/abs/10.1086/497440>

2005- <http://humrep.oxfordjournals.org/cgi/reprint/21/10/2486>

2006- <http://rspb.royalsocietypublishing.org/content/273/1584/293.abstract>

2007- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6WMD-4KGHWX3-2&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_user=10&md5=f9c04b062ca4448b7f1613bd8ba87ac8

2007- <http://www.atypon-link.com/AEAP/doi/abs/10.1257/jep.21.2.91>

2008- <http://rspb.royalsocietypublishing.org/content/275/1643/1661.abstract>

2008- <http://rspb.royalsocietypublishing.org/content/275/1632/323.abstract>

2008- <http://www.akademai.com/content/h903878950627777/>

2008- http://www.sciencedirect.com/science?_ob=ArticleURL&_udi=B6W9W-4R2GX4G-4&_user=10&_rdoc=1&_fmt=&_orig=search&_sort=d&view=c&_acct=C000050221&_version=1&_urlVersion=0&_user=10&md5=2e9912c9bd2382e75533d359f5c6e475

2009- <http://www.ncbi.nlm.nih.gov/pubmed/19306221>

2009- <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2614476>

2009- <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=2663335>

2010- <http://www.biomedcentral.com/content/pdf/1471-2458-10-269.pdf>

2010: <http://www.reproduction-online.org/cgi/content/abstract/140/3/425>

2010: <http://www.springerlink.com/content/bng4m438852pl744/>

2010: <http://molehr.oxfordjournals.org/content/16/8/539.abstract>

Miscellaneous Studies: 2007

Pre-O temps that are higher than normal favor girls and lower than normal boys. http://www.obgyn.net/fetal-monitoring/fetal-monitoring.asp?page=/fm/articles/fetal_gender_placental_location_pg4

"Chasing the gender dream"- J. Merril Thompson , Page 21 (Parental age and gender)
http://www.in-gender.com/survey/Results_Misc.aspx

Vitex increases LP length and progesterone levels. The first is important for preventing miscarriage and the second is proposed (on this site) to increase the chance for a girl.

http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed&cmd=Retrieve&dopt=AbstractPlus&list_uids=15134155&query_hl=1&itool=pubmed_DocSum

Timing:

There are two timing methods to choose from, cut off or o+12. O+12 has better success rates.

O+12 <http://www.in-gender.com/cs/forums/t/37676.aspx>

2006- Want a girl? Then go on a diet and lose some weight.

[23 Jun, 2006 1331hrs IST IANS]WELLINGTON: Want to have a baby boy? Tuck into the burgers, fries and ice cream. Want a girl? Then go on a diet and lose some weight. It works for cows, according to John Roche, a scientist at New Zealand's dairy research organization Dexcel. "And we would expect what holds true for one mammal will hold true across the board," he said. Dexcel and Ireland's Teagasc agricultural organization studied 1,200 cows in an 18-year research project from 1986 to 2004. They found that cows that gained weight before conceiving were more likely to give birth to bull calves. Those shedding kilos before conception had a better chance of producing heifers (females).

Roche told the Waikato Times , published in Hamilton at the heart of New Zealand dairying country, the research underlined the theory that humans had some control over the sex of their children. "Many theories have been put forward," he said, citing weather patterns, phases of the moon, bathing rituals and the timing of intercourse. "However, there has been little consistent scientific evidence till now."

Roche said it was not clear exactly why weight affected the sex of a cow's offspring. Although the male determined the sex of the embryo at conception, the female had some control over whether to keep a male or a female one. "It's an evolutionary adaptation," he said. "In the wild, males compete with each other for a partner and the bigger male has a distinct advantage. "Female size is not as crucial. Therefore, any particular maternal characteristic that results in a larger offspring is likely to produce more males. "If anything reduces the size of the offspring at birth, it is a disadvantage to the individual to be born male - therefore, there is a greater probability of it being female." Roche said a cow losing weight before conception may have some mechanism that prompted it to reject a male embryo because it was not up to supporting the development of a bull calf.

2007- "Smoking and Conception" According to this, women who smoke heavily (at least a pack a day) are 1/3 less likely to have a boy. And if dad smokes too, then your chances to have a boy are cut in 1/2.

<http://www.smh.com.au/news/National/Smokers-more-likely-to-have-girls-study/2007/04/11/1175971135421.html>

1999- weather can affect gender: <http://articles.latimes.com/1999/aug/02/health/he-61988>

2006 Toxoplasma sways for boys: <http://www.springerlink.com/content/t8l7j323rp17l5t1/>

2008 Environmental Chemicals sways for girl: <http://www.ehponline.org/members/1999/107p813-815vartiainen/vartiainen-full.html>

heat sways girls

2008- <http://rsbl.royalsocietypublishing.org/content/4/1/60.abstract>

2009- <http://rsbl.royalsocietypublishing.org/content/early/2009/03/31/rsbl.2009.0069.abstract>

2009 <http://www.newscientist.com/article/dn16879-first-link-found-between-latitude-and-sex-of-babies.html>

2009 http://www.nytimes.com/2009/04/21/health/21sex.html?_r=1

2009- **being old** sways girls <http://www3.interscience.wiley.com/journal/121476907/abstract>

2004- this study supports the idea of 7 sway factors <http://humrep.oxfordjournals.org/cgi/reprint/19/6/1250>

2005- living with a male partner (dh) produces more boys:
<http://www.npr.org/templates/story/story.php?storyId=4758495>

Abbreviations

Dear Family

DH – Dear husband or darling husband (or “damn husband” depending on context)

DP, SO Dancing Partner or Significant Other . Usually means unmarried partner.

DB, DBF or DF = Boyfriend or Fiancé

DD, DS = Darling Daughter or Son

DSD or DSD = Darling Stepdaughter or Stepson

DN = Niece or nephew

MIL, FIL, BIL, SIL = The in-laws: mother, father, brother, sister

Sex and Trying to Conceive

TTC = Trying to conceive (trying to get pregnant)

BD = Baby Dancing (sex to get pregnant)

DTD = Did The Deed or Doing The Dance (had sex, either to get pregnant or just for recreational purposes)

Pg = Pregnant

BC, BCP = Birth control, Birth control pill

Monthly Cycle and Gross Bodily Functions

O = Ovulation or orgasm (orgasm is usually “big O”)

AF = Aunt Flo (“flow”) = menstruation, getting your period

CD = cycle day. The day you start your period is cycle day 1.

CB = Cycle Buddy. Person in the same part of cycle as yourself.

DPO = Days Past Ovulation

CM or CF = cervical mucus or cervical fluid, the fluid that normally comes out of the vagina during the fertile part of your cycle

EWCM = Egg White Cervical Mucus. The most fertile CM; clear and slippery like egg white.

CP = cervical position

BBT = Basal Body Temperature. Method for detecting ovulation.

OPK = Ovulation Prediction Kit

POAS = Pee on a stick (to test for pregnancy or ovulation)

TCOYF = Taking Charge of Your Fertility book

Pregnancy Testing

2WW = Two week wait. After trying to get pregnant, waiting to test.

HPT = Home Pregnancy Test

BFP = Big Fat Positive (positive pregnancy test)

BFN = Big Fat Negative (negative pregnancy test)

hCG = Human chorionic gonadotropin. Substance detected by pregnancy tests.

Beta = blood test for pregnancy

Pregnancy and Nursing

EDD = Estimated Due Date

U/S = Ultrasound

CVS = Chorionic Villae Sampling. Test during pregnancy to check baby's chromosomes; also determines sex.

BF = Breast feeding

BB = boobies (breasts)

MC or m/c = Miscarriage

Expressions

KWIM = Know what I mean?

BTW = By the way

IRL = In Real Life

GD = Gender Disappointment

PP = Previous poster. Someone who commented earlier on the current thread and I can't remember their username right now.

GMTA = Great minds think alike

H&H = Happy and healthy

HTH = Hope that helps!

ITA = I totally agree

IMHO = In my humble opinion

LOL = Laughing out loud

ROFL = Rolling on floor laughing

LMAO = Laughing my ass off!

TTFN = Ta ta for now

AFAIK = As far as I know

BTDT = Been there, done that

DHAC = Don't have a clue

FWIW = For what it's worth

OT = Off Topic

PITA = Pain in the ass

SAHM, SAHD = Stay at home mom or dad

WAHM, WAHD = work at home mom or dad

TMI = too much information (usually an apology for sharing gross or very personal details)

Methods

TBM = "Turkey Baster Method" = self insemination

O+12 = 12 hours after ovulation

ART = Advanced Reproductive Techniques

SA = Semen analysis

AI = artificial insemination

IUI = Intrauterine Insemination

ICSI = Intracytoplasmic Sperm Injection. During an IVF cycle, fertilizing an egg by directly injecting a sperm into the egg.

IVF = In Vitro Fertilization

ER = Egg Retrieval

ET = Embryo Transfer

FET = Frozen embryo transfer

SET = Single embryo transfer

DP3DT, DP5DT = Days past 3 or 5 day embryo transfer

RE = Reproductive endocrinologist. Certification for fertility doctor. Not all fertility doctors are RE's.

GIVF = Genetics and IVF Institute in Fairfax, Virginia (near Washington, DC). The first MicroSort location.

HRC = Huntington Reproductive Center in Laguna Hills, California. The second MicroSort location. Dr. Potter is here.

SIRM = SHER Institutes for Reproductive Medicine.

For a more in-depth glossary of terms see here: <http://www.in-gender.com/XYU/Glossary.aspx>

WARNING

In-Gender.com Disclaimer

I am not a doctor, I am only a supermodel! **Information provided on this Web site is for educational use only, and is not intended to be used as medical advice.** I am not qualified to tell you whether anything you see on this site may be safe or effective. Please consult your doctor, especially if you are trying to become pregnant!

And just to belabor the point...

THIS WEB SITE DOES NOT PROVIDE MEDICAL ADVICE. All content, including text and images, are for general informational purposes only. This content is not intended to be a substitute for professional medical advice, diagnosis or treatment.

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For all:

Do not go over any amount listed on a side of a bottle of medicine! Drugs have a limit for a reason. Going against what they advice can cause death. Even if I tell you to take more of something don't do it as I am probably making a stupid mistake because I am not a doctor. In the end you are the one responsible for your own health.

DO NOT DO HOME IUI. Do not place anything into your uterus. No tubes no matter what kits you find on the Internet. The reason for this is you can cause great infection and death. There are 3 parts to the vj (simplified). The main area of the vj (where the penis goes), then the cervix (this dips down like a cone and has a hole in the middle leads a tunnel up into the uterus) and the uterus. Where this post is talking about is inside the cervix (up in the tunnel) and into the uterus.

Too much water or to fast can lead to death

Too much copper will kill you.. NEVER TAKE MORE THAN 3mg A DAY (sometimes copper is found in multi vitamins)

You need to take one pill at a time. If you take more than one it may get stuck near your esophagus and cause an esophagus ulcer. More info read this <http://www.in-gender.com/cs/forums/p/49638/452508.aspx#452508>

**all other supplements have there risks and side effects posted in the FAQ forum.. these are just the most dangerous ones. For a list of how much is to much.. please read the FAQ.. I put the max amount aloud there.

*If you ever experience a serious side effect caused by swaying please let us know right away so we may update this list.

For ttc a boy:

Alfalfa mixed with Black Cohosh.. for that mater black cohosh (or blue) is very dangerous. taking alfalfa with Cohosh can cause your liver to die needing a donor or you die.

Too much potassium (more than 5000mg total): Taking to much potassium to fast can cause heart problems.. which can also lead to death. But more likely an embarrassing er visit explaining to the er doc why your taking so much potassium and how it makes your heart have palpitations. read this <http://www.in-gender.com/cs/forums/p/26097/239608.aspx#239608>

Too much baking soda (more than six 1/2 tsp a day (which is 3tsp a day or 3696mg -note total will include Alka seltzer if you take that as well): Can throw off electrolytes and lead to shock and even death

Too much caffeine can also kill you. Please follow the directions on the bottle if you use caffeine pills. read this <http://www.in-gender.com/cs/forums/p/78146/718243.aspx#718243>

Royal Jelly and Bee Pollen- Although not in FAQ, some are taking this for ttc a boy. If so please note...If you are allergic to bees you cannot take it. Also if you are an Asthmatic you need to be careful. found here <http://www.in-gender.com/cs/forums/t/91342.aspx>

For ttc a girl:

Too much calcium (more than 3000mg a day combined): Can lead to kidney stones and other complications <http://www.in-gender.com/cs/forums/p/53223/484276.aspx#484276>

Too much magnesium (more than 600mg combined): Can lead to anxiety attacks and other complications <http://www.in-gender.com/cs/forums/t/74256.aspx>

Too much Cranberry (this is individual as to how much is to much) : Is a blood thinner and can not be mixed with prescription blood thinner. Too much cranberry can also cause kidney stones and headaches.

Too much Licorice root (more than 1350mg): Make sure to follow directions in ttc girl facts. Risks found here <http://nccam.nih.gov/health/licoriceroot/>

Saw Palmento- Can not be taken in the 2ww or when Pregnant can not be taken while breast feeding. "It may have an additive effect if taken with anti-androgen drugs that reduce the levels of male sex hormones, such as finasteride (Proscar, Propecia) or flutamide (Eulexin). In theory, it could interfere with birth control pills or hormone replacement therapy in women." "saw palmetto can cause erectile dysfunction and decreased libido. Also, if you have cholesterol problems, saw palmetto might not be the drug for you because it beta-sitosterol." read warnings <http://www.in-gender.com/cs/forums/t/79848.aspx>

Douching- Real douching does have a risk for ectopic pregnancy. However you are not doing that kind of douching for swaying. The hour before douche can not cause ectopic. The follow-up douche isn't a douche because it is only using 1-3ml of liquid and so will not cause ectopic pg. Do not douche (use an entire douche bag) right after bd as this is what can cause ectopic pg. read this <http://www.in-gender.com/cs/forums/t/99633.aspx>

Vitamin C: 2,000 to 5,000 mg per day can cause miscarriage

Final Thoughts

The Journey

Over the years God has given me wisdom far beyond what I could imagine. It is He that put me on this path of swaying and it is He that keeps me here. Why has he called me to this journey? It's because He wants me to tell you that no matter how hard life gets, or how disappointing it becomes; that He loves you! He will always be here for you and want to help you. I'm not talking about religion here, but rather a relationship; a personal one. He wants to help you though everything in life. He wants to be there for you when you can't take that final step, so He can carry you when you don't think you can move. Without a personal relationship in Jesus, I wouldn't be here today trying to help you achieve your dream family. Without Him there would be no swaying book, and no reason for me to help anyone. If you are ever struggling in your Faith please call on Him and if you are sincere He will guide you to Himself. Ask Him to take over your life, admit you can't do it anymore and to fill you with His love. Matthew 7:7 says "Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you".

Footnotes

- ¹ Chart from [Taking Charge of Your Fertility \(TCOYF\)](#) THE definitive guide to tracking and detecting ovulation. *Toni Weschler*"
- ² Chart from a BB Thermometer instructions
- ³ Charts from various different sites on the internet
- ⁴ Charts from <http://www.gardenoffertility.com/reprofemale.shtml>
- ⁵ Chart from <http://nursingcrib.com/nursing-notes-reviewer/maternal-child-health/stages-of-fetal-development/>
- ⁶ Pictures from a News report. Taken by [Jacques Donnez](#)
- ⁷ Chart from <http://www.gynaeonline.com/normpreg.htm>
- ⁸ Chart drawn by Tamara