

“COOL” SEX.

Scientists have known for a long time that men who dress in such a way as to keep their testicles cooler than the rest of their bodies, tend to be more fertile. It's thought that the optimal difference is one or two degrees Celsius which is not much but sperm from these sources score lowest for DNA fragmentation and this suggests that keeping their testicles cool preserves as much of the genetic information in the sperm as possible. This is because DNA can lose its structure when it is exposed to heat.

About 45% of fertility problems are estimated to be due to male infertility, and this would appear to confirm the ¹NHS advice that men should avoid wearing tight underwear if they and their partners are trying for a baby.

Wearing boxer shorts rather than briefs leads to better quality sperm as does sleeping naked or wearing pyjamas. This also appears to lead to a better form of sperm than keeping underwear on in bed.

Researchers from the ^{2,3}American National Institute of Health recruited 501 couples who decided to try to have children. Those who wore boxers during the day and nothing at night scored the lowest for DNA fragmentation which leads to the conclusion that male testicles are placed outside of the main body for that very good purpose i.e. to keep them cooler.

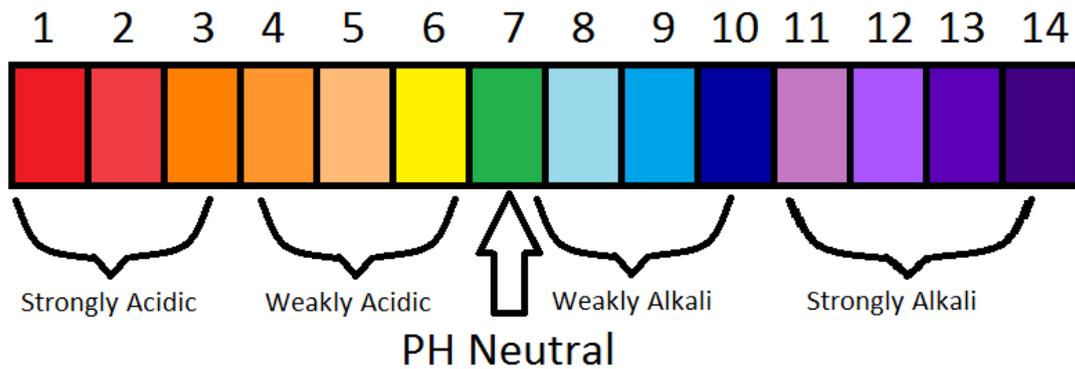
HOW TO INFLUENCE THE SEX OF YOUR BABY BEFORE YOU CONCEIVE.

Acidity and alkalinity in our daily lives.

Acidity or alkalinity is all around us and its measure in the human body differs over a number of different organs.

The pH (acid/alkaline ratio) of the human body can vary throughout the body's liquids as shown below.

Organ	pH
stomach juice	1.5
skin	4.7
saliva	7.1
cell	7.1
blood	7.4
pancreatic juice	8.8



pH colour scale

By understanding human body fluid acidity and alkalinity, it's possible to decide on the sex of a baby before it's conceived!

Incidentally, the above statement is well borne out by some excellent Korean research, more of which later.

The mechanism.

Male sperm is alkaline, whilst the inside of the vagina is acidic. The sperm with the male chromosome swims rapidly but lives only for a short time in an acidic environment. The sperm with a female chromosome swims slowly but lives longer in an acidic environment.

By understanding these simple facts, you can increase the chances of making either a boy or a girl, depending what you want.

The mechanism is as follows:-



If the egg is there first waiting for the sperm to arrive, chances are that the male chromosome cell will get to the egg first. However, if the sperm is there first, waiting for an egg to arrive, chances are that the female chromosome sperm will be the surviving ones.

Accordingly, if both parents maintain a highly alkaline diet for over a month prior to conception, the sperm and the inside of the vagina will become more alkaline. This increases the odds of making a boy significantly. ⁴Korean research says that the odds of making a boy are 95% if both partners have been on a highly alkaline diet for at least 30 days prior to conception.

An alkaline diet.

pH4		pH7		pH10
Strong Acids	Mild Acids	Mild Alkaline		Strong Alkaline
 White Bread	 Meat/Fish	 Fruits		 Asparagus
 Alcohol	 Legumes	 Vegetables		 Cayenne Pepper
 Colas/Sodas	 Nuts	 Avocados		 Melons
 Sugar	 Dairy	 Almonds		 Kelp

Most diets nowadays containing high levels of sugar and denatured salt, plus a variety of E-numbers or preservatives are relatively acidic. In fact the older you get, the more acidic your body becomes and the more difficult it is to accurately predict the sex of your offspring.

Nowadays, because of the broad, in fact almost universal, use of large quantities of nitrates in order to force crops, the land we farm is now depleted of the essential trace elements (mostly alkaline) which have in the past kept us in a reasonable balance of health.

Quite apart from being very careful and selective with what you eat (and researching its source and mineral content) it's almost impossible nowadays for you to maintain an alkaline diet.

The solution.



Natural charcoal

It's been known for thousands of years that charcoal adsorbs a wide range of toxins, settles the digestion and acts as an antidote to poisons. The reason for these activities is that natural charcoal will adsorb over 4,000 different toxins! The greater bulk of these toxins are acidic or acid making in a diet, particularly a diet deficient in naturally occurring alkaline mineral sources.

Consequently, by taking capsules containing charcoal with each meal and supplementing their activity by drinking plenty of water, you can help your system recover its natural alkaline balance (ranging from 7.5 to 7.45) in the human bloodstream and, over time, enable your blood in this way to adsorb significantly more oxygen which helps render your system significantly more alkaline.

The more alkaline both of your systems become, then the more chance you have of having a son and if you want a daughter, then proceed with your usual diet but take one charcoal capsule every night, so as to ensure that your system is "cleaner" and your baby is more healthy.

For thousands of years it's been noted that human females crave charcoal during the gestation period when the child is growing within them, therefore this is not new wisdom, but simply designed to encourage people to a better

understanding of how their body works and how the sex of their children can be mediated by diet and common sense science.



Happy Tummy capsules

The best natural charcoal product is Happy Tummy® Charcoal. It comes in capsule form and is suitable for vegetarians and vegans and is a wholly natural product - a godsend if you are trying for a baby.

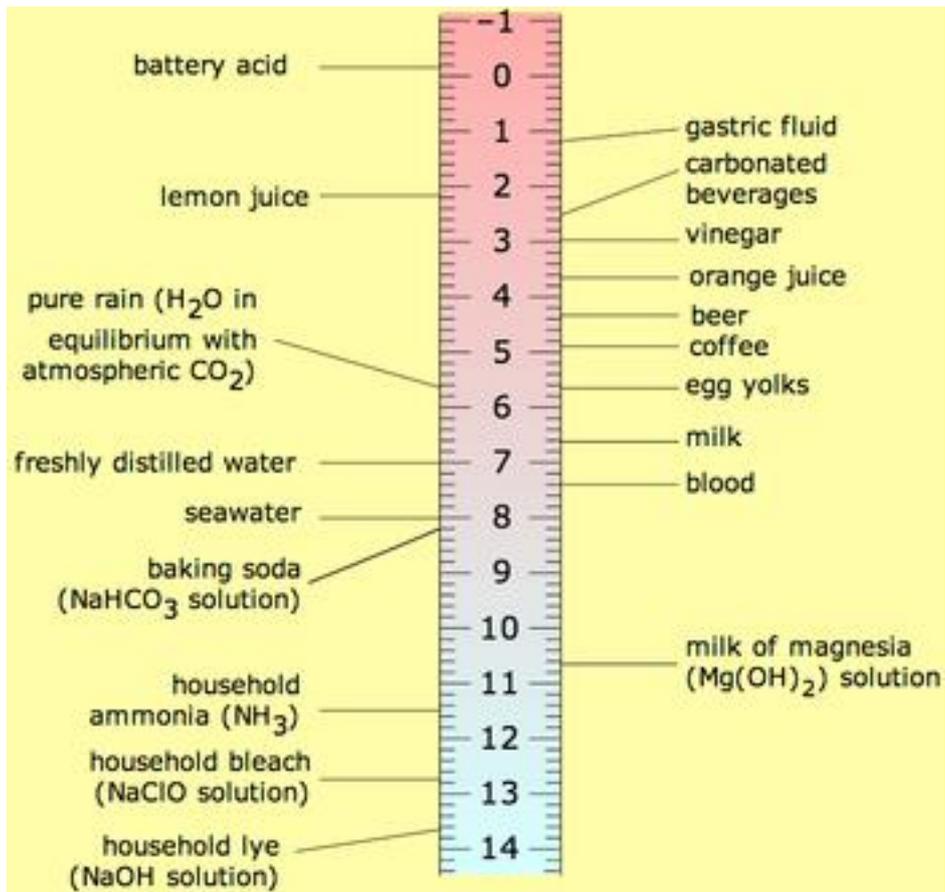
MORE ACTIVE OXYGEN TO KEEP YOU HEALTHY

pH is an exponent number of 10. A small difference in the pH can mean a big difference in the number of oxygen negative ions. So a difference of 1 in pH value means 10 times the difference in the number of negative ions. Thus blood with a pH value of 7.45 contains 64.9% more oxygen than blood with a pH value of 7.30.

Dosage:

When you are trying for a baby you will have a much better chance of success if you factor charcoal capsules into your diet. Each capsule contains 250 mg of natural charcoal (not activated) capable of alkalising your system.

If you are specifically trying to determine the sex of your baby then the optimum dosage depends on 3 factors, i.e. your age, your bodyweight and your body type. Broadly speaking you should take 2 capsules with each meal if you are of close to the average weight for your physical type. You cannot overdose on charcoal but you should always drink a lot of water when you're taking it. It will help to flush out toxins from your body.



pH Chart

References:

- 1 <https://www.nhs.uk/common-health-questions/mens-health/how-can-i-improve-my-chances-of-becoming-a-dad/>

- 2 Germaine M. Buck Louis, Ph.D.,^a Rajeshwari Sundaram, Ph.D.,^a Enrique F. Schisterman, Ph.D.,^a Anne Sweeney, Ph.D.,^b Courtney D. Lynch, Ph.D.,^c Sungduk Kim, Ph.D.,^a Jos_e M. Maisog, M.D., M.S.,^a Robert Gore-Langton, Ph.D.,^d Michael L. Eisenberg, M.D.,^e and Zhen Chen, Ph.D. - **“Semen quality and time to pregnancy: the Longitudinal Investigation of Fertility and the Environment Study”**.
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- 3 [Rajeshwari Sundaram](#) [Sunni L. Mumford](#) [Germaine M. Buck Louis](#) – **“Couples’ body composition and time-to-pregnancy”**. *Human Reproduction*, Volume 32, Issue 3, March 2017, Pages 662–668, 03 February 2017

- 4 Choi, Kyu Wan, - **“Ionised Water & Digestive Diseases “**, Korea Applied Science Research Centre for Water, Seoul, Korea 1989.