

BABY SEX SELECTION GUIDE



FREE

Natural Sex Selection Guide

How to Choose the Sex of Your Baby

Introduction.

Selecting the sex of your baby is possible but you must know the exact time you ovulate.

The timing is so crucial otherwise, you may not be successful.

First let's talk about the sex chromosomes.

Every egg (of a woman) has only the X chromosome (XX).

While every sperm (of a man) contains the X and Y chromosome (XY).

Now, if the x chromosome of the man gets to the X chromosome of the egg first, the resulting sex of the baby will be girl (XX).

But if the Y chromosome of the sperm gets to the X chromosome of the egg, the resulting sex of the baby becomes a boy (XY).

For example, studies show that the X chromosome of the Man's sperm (the Baby girl cell) is heavier and swims much slower compared to the Y cell (boy) chromosome, which is much lighter, and swims faster.

So, one of the ways to predicts, the sex of your baby, is to ensure that the Y chromosome of the sperm,

gets to the egg first or otherwise if you are looking to have a baby girl.

However, keep in mind there is no guaranteed way to determine the sex of your Baby, but you can work on ways to favor your odds for or against one or the other.

Trying For A Baby Girl (Natural Methods)

If you are trying to have a baby girl, research suggest you can start having sex seven days before ovulation until the 3rd day or so before ovulation then abstain from sex till after your ovulation.

Hope you are not confused?

If your ovulation is going to happen on the day 14th of your cycle, you start having sex say after your menses till 3days to day 14th.

Do not have sex 3, 2 Or 1 day to your ovulation.

This is because the male sex sperm (Y) are faster, and will get to the uterus faster but will die off when there is no egg waiting to fertilize them.

While the female sex sperm (X) are slower to get to the uterus, but can withstand the test of time.

They can stay up to days still alive until an egg comes for them to fertilize.

You get the idea?

The female sperm cell (X) can stay days in the womb until an egg is released.

But while they still have the tenacity to stay alive and wait, their male counterparts have died off even before the egg arrives.

That is why it's advisable to have sex earlier days before ovulation and stop 3-1day before ovulation.

Because if you have sex too close to the day the egg is released, the male sex cells will swim faster to the eggs, get to the egg before the female sex cells and fertilize the egg, resulting to a male child.

Another theory or study shares that female sex cells, love or thrive in acidic environment, while the male sex cells thrive in alkaline environment.

This is where shallow penetration during sex favors the female sex cell (X).

So, it is advisable, that when trying for a baby girl, you use shallow penetration so that, the male sex cell (X) may not survive the acidic vagina environment.

Also, a deeper penetration means that the sperm is deposited close to the uterus, and that aids the male sex cell (Y) which a faster and lighter in nature.

Also, it is advised that the woman should try not to reach orgasm during sex. This is because, during orgasm, the body releases a hormone, which is alkaline in nature, hence creating a favorable environment for the male child.

Trying for a Baby Boy (Natural Methods).

This is like the reversal approach to the baby girl procedure.

When trying for a baby boy, it is advised not to have sex until 3-2 days before ovulation.

So, you avoid sex until just about 3 or 2 days before ovulation. Then start having sex every other day close to your ovulation and after ovulation.

This is because, the male sex cell (Y) is a faster swimmer and would likely get to the egg first before the female sex cell.

So, if you have sex on the day of your ovulation or few hours to your ovulation, you increase the chances of the male sperm getting to the egg first.

So, if the egg is already there, or on its way, the male sex cell is likely to get to it first before the female sex cell.

Also while having sex, it is advisable to use deep penetrations to deposit the sperm as close as possible to the cervix and work towards having an orgasm during sex to pull even more sperm into the womb for better success.

Research also suggest, that a cup of alkaline coffee (for the man) just before sex, helps to improve the sperm motility of the Y chromosome or sex cell.

The IVF /PGT Method.

Well, from my research this method seems to be more accurate than the other natural methods described above, but it is far more expensive.

Most fertility clinics today offer the IVF/PGT method for accurate sex selection.

If you desperately want to ensure you get the gender of the baby you want, then I suggest going with this last method.

It's a clinically tested procedure that can be carried out in a good fertility clinic in the country (Nigeria) or abroad.

Conclusion.

I believe you now have the knowledge to make effective decisions to aid your chances of conceiving the sex of your choice.

I strongly suggest you get an ovulation prediction kit to ensure you chart your ovulation properly and not guesswork, if you are going with the natural sex selection method.

This is to ensure a higher success rate in your sex selection process.

But, if you have the cash, and you want to ensure 100% certainty, you can go with the IVF/PGT option.

I wish you great luck and success in your endeavors.