

Diet Tips To Choose Gender Of Baby



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As we contemplate our futures many of us are dreaming of having children and often we picture one gender or the other. We dream of either having a baby boy or a little girl. It's probably unconscious because we really do know that we would love either one with all our hearts. But still on some level we really have our heart set on one or the other, at least for our first and maybe our last. That being the case, why not make an effort to have the gender of your choice? It's possible you know.

There are a lot of different factors that influence the gender of your baby and diet is one of them. The choices you make for the food you eat can have a big impact. There are some other ways to influence this as well, and nothing is 100% certain, but most couples when they make the effort do end up with the gender they wished for. In any case you have a 50/50 chance so you may as well do a few things to swing the odds in your favour.

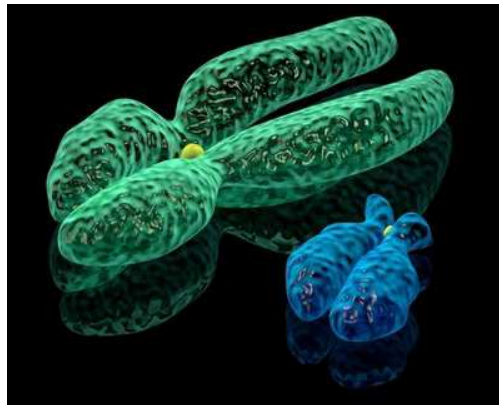


The foods that you choose to eat do have an impact on the gender of the child you're trying to conceive, for a number of reasons. The main one is that your body's pH needs

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to be at a certain level to create the ideal environment for conceiving each different gender. With certain foods, you can create the optimum environment for either a boy or a girl to be conceived. The sperm that carry the chromosomes that decide gender require a different pH in order to reach and fertilize the egg successfully

In looking more closely at the differences in these sperm we know that the ones responsible for conceiving a boy carry the Y chromosome. And the sperm that create girls carries the X chromosome. They are two different types of sperm altogether and their differences are quite distinct, just as the differences between boys and girls are very distinct.



Boy sperm which carries the Y chromosome are small, agile and fast. But because they don't live very long they need to reach the egg quickly before they expire. In order to do this they need an alkaline environment to help them reach and fertilize the egg properly.

Girl sperm which carries the X chromosome are much larger than boy sperm. They're tougher and stronger and although they do take longer reaching the egg, because they live longer than boy sperm, they can get there after the boy sperm has expired. In order to do this they need an acidic environment.

Your task is to create the proper environment in your body to nurture the type of sperm you want to fertilize your egg. Choosing the right foods to balance your pH levels accordingly may very well influence whether you have your baby boy or your little girl. We need to take a look at which foods are important to include in your diet for either sex.

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Eating for a Baby Boy:

If you want to have a boy, foods that contain potassium and sodium are very important. They are non-acidic by nature and will boost your alkalinity.

Below are some yummy foods that can increase your chances of having that baby boy you want:

- Ripe Bananas
- Potatoes
- Carrots
- Dried Figs and Raw Figs
- Fresh Lemon
- Limes
- Watermelon
- Almond Milk
- Soy Milk
- Fresh Cucumber

All in all though you need to have a healthy balanced diet to be healthy so include these foods in moderation. If you have too much sodium that isn't healthy, so stay within proper dietary guidelines at all times.

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Eating for a Little Girl:

In order to have a girl, you need to focus on foods that will boost the acidity in your body. They include foods that are rich in magnesium and calcium.

Below are some yummy foods that can increase your chances of having the little baby girl you've been dreaming of:

- Apples
- Eggs
- Tomatoes
- Blueberries.
- Green leafy vegetables.
- Whole grains such as breads, cereal and rice.
- Meat.
- Sweets, lollies, desserts and cakes.
- Dairy products such as milk, yogurt, and cheese.
- Limit your intake of potatoes due to its high potassium content

And Don't Forget:

The main thing to remember is to eat everything in moderation so that you are eating good nutritious foods to maintain your health. Although there are other ways of selecting your baby's gender naturally, if you combine those methods with a diet that promotes the proper pH balance in your body for the gender you wish for, your chances of success are improved. Please consult with your doctor if you have any questions at all about the diet you should follow or the foods that you should be eating.

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Some Bonus Tips:



3 Simple and Proven Steps for Conceiving a Boy Naturally

1. Eat foods which make your body more alkaline. They include foods that are rich in potassium and sodium.
2. Use positions for sex which allow for deep penetration. The woman needs to achieve orgasm before the man reaches orgasm.
3. Have intercourse the very day that you're ovulating.



3 Simple and Proven Steps for Conceiving a Girl Naturally

1. Eat foods that will boost acidity in your body. They include foods that are rich in magnesium and calcium.
2. Use positions for sex which allows for shallow penetration. The woman needs to avoid orgasm.
3. Have intercourse two or three days before you ovulate

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And Finally:

Think about this. Ask yourself what does having a baby boy mean to you? What does having a baby girl mean to you?

Look into your future. How do you see your life? Are you playing with a little boy or is it a little girl you dream of. Every day of the week people are planning their futures. They are getting the education they need for the job they want. They are working towards their goals in a very decided manner. They're not just leaving everything up to chance.

Why should you leave the gender of your child up to chance when you really see your future with a son or a daughter?



If you make the decision to be proactive and do as thousands of others have done when planning their family, and not to leave this up to chance, let us help you along the way. It's not going to cost any more than what you might spend on a dress or on a family dinner out.

Click on the link below and get our step-by-step guide which has helped thousands of couples have the baby they've been dreaming of all along!



<http://planbabytips.com/YourDreamBaby..html>