



Conceiving a Baby Girl – Amazingly Simple Ways to Select the Gender of Your Baby

It is a natural instinct for everyone to have and develop his or her own family and to have children. It is quite understandable for everybody to conceive a child and it needs no explaining. All of us know how to conceive a child but sometimes many people decide to have the male or female child of their own choice. It is not

difficult to conceive the child and select the gender of the baby and these methods are not as complicated as you may think.

Here I will explain how you can conceive a girl if you know when you are going to ovulate. There are many things you can do to find out when you are going to ovulate and the simplest way to do so is to use an ovulation predictor.

It is common knowledge that the male partner decides the gender of the baby you conceive. Men have two types of sperms which decide whether the child will be a girl or a boy. If it is a female producing sperm, it waits for a few days for the release of egg. On the other hand, the male producing sperms do not last long. That is why you would like to mate with your husband between 3 and 5 days before the release of the egg if you want to conceive a girl child.

Vaginal acidity also determines whether a male sperm or a female sperm will succeed in fertilizing the egg. If it is too acidic, the male sperms will die and the female sperms survive the high acidity and ultimately fertilize the egg. A pH test strip can determine the acidity and a douche can be used to increase the level of acidity.

Another important factor is the speed with which the male sperms and the female sperms travel in the genital tract. The male sperms run fast but they cannot do it for a long period of time. On the other hand, the female sperms run slow but they can do it for a long period of time. If you want to conceive a girl then make sure your partner does not ejaculate deeply. That will prevent the male sperms to reach the egg.

With the correct knowledge and execution you can easily conceive a girl with certainty. As long as you follow the above tips, you will succeed in conceiving a baby girl. Although there are little chances that even after all these efforts, you can still conceive a boy. Your chances of success will be higher if you understand the details of all the principles explained above.

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The Most Appropriate Time to Conceive a Girl during the Menstrual Cycle

For some people being the mother or father of a girl is a delightful experience. If you are looking for the information on how to conceive a girl and have any doubts, do not worry. Conceiving a girl is now possible with a lot of research in this field with the revelation of some medical facts which guide the methods of how to do so.

There are many ways to win the odds in your favor of conceiving a girl and following are some of them.

The female producing sperms are strong and endure difficult conditions. They can survive for days waiting for the egg to be released. On the other hand male producing sperms are weak and cannot live so long in difficult conditions which female sperms find easy to live in.

Most of the couples who are trying to conceive a child follow a method where they perform intercourse as frequently as possible during the period when it is most probable to conceive. This period is around the ovulation time. The sperms and egg both have lives of some days and then they die.

If conception is tried before ovulation, the sperms wait for the egg to be released. The female sperms have a higher chance of fertilizing the egg in such a situation. However if it is tried after the ovulation, the egg is already there and the sperms do not have to wait. The male sperms are fast and they usually are successful in fertilizing the egg.

Therefore if you want to conceive a girl, you should be careful about the timing of the intercourse. The female sperms can survive up to three days in the female genital tract. All you have to do is that you should know the time of your ovulation and plan the intercourse accordingly so that the male sperms die by the time egg is released and only the female sperms are there when you ovulate.

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The most important aspect of this method is to have precise knowledge of the time of ovulation. There are many methods to find it out. Basal body temperature measurement is an old method and is not recommended.

The latest test to accurately predict ovulation is Saliva Ovulation Prediction. In this method before the ovulation, you apply your saliva to a slide then wait for 5 to 6 minutes. This allows the increased level of salinity in the saliva just before ovulation to produce fern like patterns which can be seen under the microscope. The details can be found with the kit.

In this way, by producing all the conditions for the female sperm to reach the male egg and fertilize it, you can greatly increase the odds of conceiving a girl in your favor.

Tips for Conceiving a Girl by Changing Your Diet

There are a lot of people who try to conceive a baby girl and if you are one of them, then it is quite possible that you must be trying all sorts of methods suggested by others to conceive a girl child. There are various opinions as to which method is effective and provides high success rate.

Out of several methods used by different groups of people, one of them is taking a particular type of diet and supplements. This diet has to be taken by both husband and wife for a few months. Many couples have successfully produced children of genders of their choice by using this method.

There are certain substances in our diet which are present in the cervical mucus of women and favor female sperms. At the same time there are certain components of diet which determine the number and health of female sperms in men.

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Both the husband and wife should change their diet about six months prior to conception. They should stop eating meat and start taking more of fish and vegetables. Both of them should increase the amount of sweet food and salty foods should be avoided. Added salt to any dish must not be used. Increase the amount of fresh fruits in your diet and coffee should be avoided completely.

The main principle behind conceiving a girl is that all those conditions are produced which favor fertilization of the egg with the female sperm. The food supplements for the mother which make the cervical mucus acidic are calcium, magnesium, vitamin C and folic acid. The acidic pH produced by them causes the death of male sperms at the cervix and allows only female sperms to enter the uterus and fertilize the egg.

Similarly there are some supplements like selenium and vitamin C which in men improve the female sperm count and their health too. This increases the chances of conceiving a girl quite high.

Those who want to conceive a girl are ready to do anything and everything which can make this possible. The good thing about this plan is that this type of diet is easy to follow for most of the people and is quite good for the health anyway.

The only problem with this method is that you have to stick to this diet for six months which some people may find difficult. If you decide to follow this diet, you must talk to your physician and you must read the supplement information which may be important for you to know. After all, your health is equally important to you.

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