

Pre-determining the sex of a child

If you would like a particular sex in a baby, these suggestions have medical research to support their use. I say, just go with it and be grateful. It is a miracle but if you are a very fertile couple try some of these....

Mixed evidence to support the below, however they can be tried.

1. Douches

- a. females – prefer more acid environment, vinegar douche
- b. males – prefer more alkaline environment, baking soda douche

2. orgasm

- a. females – females should avoid orgasm
- b. males – female orgasm should be experienced if possible, preferably preceding or co-occurring with male

3. Position

- a. female – missionary
- b. male – rear penetration with deep penetration

4. Abstinence

- a. female – no abstinence prior to conception
- b. male – abstinence for several days prior to conception

5. Intercourse

- a. female- intercourse to cease 2-3 days before ovulations
- b. male – intercourse to occur as near as possible to ovulation

6. Diet

- a. female – diet high in calcium and magnesium
- b. male – diet high in sodium and potassium