
Lifestyle Recommendations

Various Topics	How To
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Handling Stress	
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Ions	
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Smoking	
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Alcohol	
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Sperm Count

Recommendations	How To
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Details will be provided based on specific Gender desired

- Recommendation 1
- Recommendation 2

Controlling Cervical Mucus(CM) and vaginal pH

Various Topics	How To
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Making the Attempt

Recommendations	How To
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When	
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How	
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Etc.	
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After the Attempt

Recommendation	How To
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SWAYING INSTRUCTIONS SCHEDULE

90 Days out

60 Days out

6 weeks before attempt

30 days before attempt

2 Weeks before attempt

1 Week before attempt

Day before attempt

The Attempt

After Attempt

Upon Getting BFP