

## Getting pregnant

One out of six couples wishing a child meets some infertility obstacles. As a first step the STM is an authentic aid for couples wanting to achieve pregnancy. If their wish for a baby has not been fulfilled after at least one year, and not before, they can start worrying about the situation. But they should not precipitate anything: most situations have no quick solutions.

To stack the deck in your favour, you have to examine your eating habits, your daily routine and your general health. You should not hesitate to get more deeply involved with the STM. Thus, before you and your partner initiate any costly and invasive medical treatment, it is crucial that you take your temperature every day, even during the infertile days. This way you – and the doctor or the symptothermal counsellor – will have the whole picture of some past cycles. This procedure is largely facilitated by the Bioself fertility indicator, which measures the waking temperature within 2 minutes and processes the last 6 months' data for identifying the most fertile (and infertile) days of the cycle. If the orally established temperature curves are irregular, we advise to try vaginal or rectal temperatures over some 2 or 3 cycles.

The temperature curve can, among other things, detect two basic infertility causes: failing ovulation or progesterone

deficiency. If the progesterone phase lasts fewer than 9–10 days (6–7 days green), the embryo cannot implant itself in the lining and release the HCG hormone signal, which prevents the next bleeding and builds up pregnancy.

To improve sperm concentration in the seminal fluid, we encourage men to have sex with ejaculations only every other day during the days when BioSelf indicates the red flashing light.

If a woman wants to go a step further, she has to learn how to observe her cervical mucus around ovulation. The last day with the best mucus quality is called **Peak day**. How to identify this Peak day is vital and the next section is devoted to the cervical mucus observation.

80% of ovulation occurs on Peak day but may also happen one or two days before or after it. In general, having sex during the whole period when the cervical mucus is egg white will increase the chances for conception.

The STM can be useful in determining the sex of the child but the system is not fool-proof. If intercourse happens to be on the day of ovulation itself, or on the preceding or following days, the chances are higher that the baby will be a boy. If the intercourse happens to be on the 3rd, 4th or 5th day before ovulation, it will usually be a girl. The reason is that female sperm cells stay and live

longer in the cervical crypts and swim slower through the cervical mucus than male sperm cells. There are still other unknown factors that influence the sex of the offspring, however.

Pregnancy achievers must also learn the basics concerning natural contraception: they will learn more about ovulation and the practical use of the personal calendar or cycle charting.

**Fig. 6:** The foetus is about 10 weeks old and measures only 4 cm!



4 cm