

## How to Conceive a Boy Naturally

by Iva Keene MRMed. ND. - Qualified Naturopathic Physician - Friday, April 01, 2011

<https://natural-fertility-prescription.com/how-to-conceive-a-boy/>

If you're already a mother of girl(s) and you want to know how to conceive a boy, the good news is that it is possible to increase your chances of having a baby boy naturally. Below are tips on how to conceive a boy naturally.

### Steps to Conceive a Baby Boy Naturally

#### Chinese Lunar Birth Calendar

Chinese Lunar Birth Calendar has been in use for **700 years**. The original copy of the birth calendar is kept in the Institute of Science of Peking. It has been reconstructed to be used with calendars today. You can cross-reference your age and the desired gender of your baby to know during which months you are more likely to conceive a boy. For example, if you are 25 years old and you would like to know how to conceive a boy, you can try getting pregnant in February, March or June.

#### Diet

Your diet weeks before you conceive may influence the gender of your baby. Male-producing sperm cannot tolerate acidic environments. If you plan to have a boy, you should avoid acidic foods to **keep your acidity levels low** and increasing your chances of having a boy.

#### Deep Penetration

A female reproductive tract becomes more acidic as you move towards the entrance of the vagina. Male-producing sperm have a low tolerance for acidic environments. The deeper the penetration the more alkaline the reproductive tract becomes. When male-producing sperm gets past the acidic environment, they can out swim the slower swimming female-producing sperm to the egg.

#### Timing Intercourse

Male-producing sperm are **faster swimmers** than female-producing sperm. It is best to have intercourse closer to your ovulation date. Male-producing sperm can outswim the female-producing sperm and fertilize the egg first. The farther from the ovulation date the less likely you are to conceive a boy because male-producing sperm die earlier than female-producing sperm. There might be no male-producing sperm alive when you ovulate.

#### Welcome Orgasm

When you have an orgasm you make your reproductive tract more alkaline. Male-producing sperm thrive

in alkaline environments. Also, an orgasm induces contractions which facilitate the movement of male-producing sperm to the awaiting egg cell.

## Medical Infertility Treatments for Conceiving a Baby Boy

### Preimplantation genetic diagnosis (PGD)

Preimplantation genetic diagnosis (PGD) is used in conjunction with in vitro fertilization (IVF). With PGD, egg cells are collected from the mother and then fertilized with sperm on a Petri dish. After three days of incubation, cells are removed from the embryo for testing. The cells are tested for genetic disorders and gender. Once a male embryo is identified, it is implanted in the womb of the mother. If more than one healthy male embryo is available, you can implant multiple embryos to the womb depending on your age. For example, if you are 35 years old, you can have 2 embryos implanted into the womb.

### MicroSort

Another method used for gender selection is MicroSort. With MicroSort, sperm is collected from the father. Sperm of the desired gender are transferred into the mother's womb through artificial insemination. X chromosomes (girl-determining chromosome) are larger and heavier than the Y chromosomes (boy-determining chromosome). MicroSort uses a technique called "flow cytometry" to separate the two by gravity. MicroSort is **91% successful** in determining female-producing sperm and 76% in determining male-producing sperm. These success rates are per pregnancy and not per menstrual cycle.

### Ericsson Method

The Ericsson method aims to separate the faster swimming male-producing sperm from the slower female-producing sperms. Sperm of the desired gender are transferred into the mother's womb through artificial insemination, great news for those looking to know how to conceive a boy. A sample of sperm is poured on a gooey layer of fluid in a test tube. Sperm naturally swim downwards – the male-producing sperm tend to reach the bottom earlier than the female-producing sperm. Sperm of the desired gender are transferred into the mother's womb through artificial insemination.

## How to Conceive a Boy?

Ask your doctor what method suits you best and explore all your options before choosing the right one for you. Any thoughts of gender selection and how to conceive a boy? Are you proud parents of gorgeous girls but you just want to add a boy to your family? Are there any methods you would recommend to other couples in your shoes? Would love to hear your thoughts.

### References

[1] Retrieved from: <http://www.babyzone.com/preconception/herbs/metrorrhagia.asp>

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