


Baby dust method

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By Sarah Ismail, MPH Published March 1, 2020 Last updated March 4, 2020 - Facts verified there are many reasons why someone might wonder how to get pregnant with a boy or girl. These include: Want to balance your family fulfilling the dream of a lifetime to have a boy or girl Someone who has lost a child, may want another other sex to avoid rearing the trauma of a lost child someone who is part of a gay couple who may feel more comfortable raising a child of their gender No matter the reason for wanting a boy or girl, it is important to understand the risks and benefits of trying different methods there. Some methods are based on science and research, and other pseudoscience techniques that will reduce your chances of getting pregnant at best and/or damaging your body or pregnancy at worst. Can you affect the sex of the child? The only sure way to choose a particular gender is to do in vitro fertilization (IVF) with pre-implantation genetic screening (PGS). You may already know IVF, which helps reproductive technology most popularly used to deal with male or female infertility, or the use of sperm from a sperm donor. Now, through PGS, doctors are able to examine the multiple embryos that developed from the sperm fertilizing the egg. They can then identify those that are male versus female as the sex of the embryo is determined at conception. One caveat to the PGS method is still the chance that none of the multiple embryos that developed in the IVF circle are desired sex. You can get all the female embryos or all male embryos. In this case, you may decide to do another round of IVF, but it can get very expensive. How to get pregnant with a boy or girl Some of the practices that supposedly help you conceive a boy or girl include: Eating certain diets such as diets high in certain minerals, or high in saturated fat and low in carbohydrates to conceive a boy. Avoiding sex on certain days, such as the Babydust method. This method states that intercourse two to three days before ovulation will get pregnant girl, while intercourse as close to ovulation as possible will lead to the conception of a boy. Attempt different sexual positions in combination with avoiding sex on certain days, such as in the Shettles method (more on this below). None of these methods guarantees you the result you want. Some of the studies on which these methods have been developed have been conducted for decades, and new research has disproved them. It is also understood that studies measuring these effects are complex because couples have sex several times a month and it is difficult to determine which sexual intercourse led to conception. Shettles method: The Shettles method, debunked decades later, was developed by a doctor named Landrum Shettles his work in his laboratory in the 1950s. His method is outlined below: Shettles Method for Girl Shettles Method for Boy Sperm Characteristics X-Chromosome Sperm Slower and Longer and Thrive In Environment Y-chromosome sperm are faster and smaller, die faster, and thrive in the alkaline environment Sexual position Front face (for minor penetration) Rear face (for deeper penetration) Timing before ovulation ovulation ovulation day vaginal douche vinegar baking soda female orgasm No Yes (he thought that the secretions from the orgasm of the woman were alkaline) While Dr. Shettle claimed that it was alkaline. A 2019 study found that there is no difference between sperm carrying the Y chromosome and the X chromosomes in terms of speed, size, shape, strength or pH. Thus, the sexual position will not affect how quickly the sperm goes to the egg. There will be no vaginal douching. But vaginal douching could cause an infection that could reduce your chances of getting pregnant and more serious gynecological diseases that could cause infertility. How many days before ovulation do you have to have sex to conceive a girl or a boy? Some small studies from the 1980s and 1990s found that it was slightly more likely to have a man with intercourse several days before ovulation (measured cervical mucus), or a few days after ovulation. These findings are in direct conflict with the Shettles method. Obviously, both methods may not be correct. Larger and more recent studies since then have shown that the time of sexual intercourse in relation to ovulation does not affect the sex of the baby. What month is the best place to conceive a boy or girl? As mentioned, recent studies show that the timing of sexual intercourse with respect to ovulation does not affect the sex of the child. In Italy, the doctor found that in his clinic women are more likely to give birth to a boy or girl, if they are conceived in autumn or spring, respectively. While there is a build-up of literature that may be small differences in sexual ratios in seasons or at the beginning or end of the season, the exact season differs from where the studies were done. However, the jury is still on whether there is an effect of seasonality because these studies are inconsistent in how they measure their results. In addition, other studies say that these effects may actually be confused by stressful events such as war, terrorism, global warming, and more that are happening at the country level. If you urgently do not want to get pregnant, there is no harm in missing a few months to try to get pregnant in a certain season. However, if you are at a crunch of time, this will only make it harder for you to get pregnant. What do I have to eat to conceive a girl or a boy? There is no clear link between diet and conception of a girl or boy. A review of the 2018 study found that research on the subject was not enough to generalize, but they noticed a small trend. Some studies have shown that a diet high in sodium and potassium is more likely to conceive a man. Research on mice (not humans) found that a diet high in saturated fat and low in carbohydrates was most likely to lead to the conception of men, and vice versa. The key it may not be worth it is to try these diets as it can harm your health or your baby's health. What are the chances of conceiving a girl or a boy? Your chances of conceiving a girl or boy are around 50:50 like flip coins. However, the exact sex ratio at birth for men and women is approximately 105:100. It's a little more than expected. The explanations include a strong preference for boys around the world, leaving some 130 million girls missing due to selective abortion, infanticide or neglect. Can you conceive a girl on the day of ovulation? As mentioned earlier, recent studies show that the timing of sexual intercourse does not affect the sex of the child. This is contrary to the Babydust method and the Shettles method. Additionally, even if time affected the baby's floor, it is very difficult to determine which day is ovulation day. Most tools that we have to measure the day of ovulation give you a range of days, rather than a fine day. What's next? Now that you have learned about some scientific and pseudo-scientific methods to influence your chances, you can decide if they are worth the benefits and risks. Just keep in mind that most of the information on the Internet in chat rooms and Facebook groups for conceiving a child is incorrect. You've been safely discussing your options with your doctor. By Sarah Ismail, MPH March 1, 2020 Blight, Alysse. Method Of Shegii Sex Choice. Encyclopedia of the Embryonic Project (2019-04-03). ISSN: 1940-5030 . 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