

# **HEALTH TIPS TO GET PREGNANT**

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**GUIDELINE BY SANJAY G.M.**

## **FORMULA –: 14-----1 ---- 5**

1	Ovulation egg release 14 day before expected period date.
2	Eggs live only for 1 day and meanwhile sperms should be connected.
3	Sperms live only 5 five days
4	Hence, keep relation for only 5 days/month from 17 days before expected period day, example- If expected period date is 29 <sup>th</sup> then keep relation from 12 <sup>th</sup> to 16 <sup>th</sup> .
5	Stop all dairy products except Gir cow ghee.
6	Eat watermelon, Khajur (date), Banana, Pomegranate, sugarcane, beetroot

<b>SR. NO.</b>	<b>FOR MEN'S</b>	<b>FOR WOMEN'S</b>
1	Check Sperm test	Periods should be Regular
2	Check Urine test	Do Sonography test
3	Eat red chana in breakfast	B12, Vitamin D, Iron should be correct
4	Eat celery, watermelon, banana regularly	Do YOGA for lower part blood Circulation
5	Do Vitamin D test or take sun light 15 minutes at 8:00 am and 5:30 pm	Eat folic acid food like broccoli, Alsi (Flax seeds) etc.

NOTE :- All guideline is on my personal research or study from many author which convince me. Follow guideline under doctor's observation.