# Pregnancy Insurance:

Are You Well Baby Making Safe?

## Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |
| --- | --- | --- |
| Testicles |  |  |
| Temperature of resting testicles - have been hanging free for at least 30 minutes. (Get a non contact thermometer for this). | Pass: 29 C or less | Conceded : up to 31C MAYBE |
| BBT (rectal after at least 4 hours of sleep and in the morning the instant your eyes open - need to do weekly. | Should be 36.7/8C | If it is and you have warm testicles - this is NOT an indicator of your thyroid health.  (In times past I could predict if IVF would produce a live baby based on this). |
| Are you balding? |  |  |
| What age did you notice thinning? |  |  |
| Are you the smallest in your family?  (Are you the 'runt of the litter'?) |  |  |
| Teeth in good shape? |  |  |
| Finger nails - grow strong and fast? |  |  |
| Have you had undescended testicles repair as a child? What age? |  |  |
| Hernia 'down there' repaired? |  |  |
| An umbilical hernia repair? |  |  |
| Current hernia? |  |  |
| Current varicocele? |  |  |
| Sleeping |  |  |
| Can you drop off and sleep well? |  |  |
| Lie awake when stressed? |  |  |
| Grind teeth in sleep? |  |  |
| Awaken in bad dreams? |  |  |
| Night terrors as a kid? Or now? |  |  |
| Up from 1-3 am onwards? |  |  |
| Can fall asleep but not stay asleep. |  |  |
| Awaken fresh and happy in the morning? |  |  |
| Affairs of the bladder . . |  |  |
| Do you get up to the loo at night? |  |  |
| How many times? |  |  |
| Do you drip after peeing? |  |  |
| Can you go when you need to? |  |  |
| Is there pain at any stage of peeing or in sex? |  |  |
| Strong stream as it was when younger (stallion) |  |  |
| Had persistent pelvic pain? |  |  |
|  |  |  |
| Sexuality | This is a guide also of what makes sperm - improve one - and the other will automatically - hence I ask some pretty 'out there' 'questions. | |
| Do you awaken with an erection? |  |  |
| Does your penis stay as hard and as long as you would like? |  |  |
| Less than 10 years ago? |  |  |
| Can you last as long as you used to? |  |  |
| Are you 'worn out'/exhausted after ejaculating? |  |  |
| Any problems that seem to be ignored (Here is your chance). |  |  |
| Inspection of the 'family jewels' |  |  |
| Have you had a vasectomy reversed? |  |  |
| Have you had any serious knocks down there'? |  |  |
| Have you found a varicocele? |  |  |
| Tubes reflect tubes |  |  |
| History of sinus/hayfever? |  |  |
| Do you have a cool-to-touch belly? |  |  |
| Hands and feet always cold? |  |  |
| A cool butt? |  |  |
| Brain fog? |  |  |
| Energy lags in the day or evening? |  |  |
| General |  |  |
| History of teenage/young adult alcohol abuse? |  |  |
| Teenage anorexia /illness? |  |  |
| Extension of toxicity within |  |  |
| Do you have feet that get too hot at night? |  |  |
| Do you have to pop legs out of bedclothes at night? |  |  |
| Do you always have a hotter than others body? |  |  |
| Are you on medications for any gut problems? |  |  |
| Headaches a feature of your life? |  |  |
| Are you within a healthy weight /fat ratio for 30 years ago? |  |  |
| Can you think as well as you remember you could when younger? |  |  |
| Back aches? |  |  |
| Accidents and incidents that changed your life from then on? |  |  |
| Childhood illnesses? |  |  |
| Glandular fever as a teenager? |  |  |
| Recovered how well? |  |  |
| Fatherhood |  |  |
| Have you fathered children? | When? (year) |  |
| Any other pregnancies? | When? (year) |  |

Thank you

All these health markers are changeable . .

As is your sperm production and quality - instantly improves as YOU take charge.