# 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?What happened?What were you told was the ‘cause’?How did you feel? | When? (year) |  |

Add in more as you think of it on the next page.

**Prompts**

Please look at the Jing Markers forms that accompany.

Do up the ***Exploring Your Life Library*** – short to carry around in case you remember during the day.
Long – to be stuck onto the all – your’s, your mother’s and your children’s.
Do it once and it is done . .

What else has been triggered for you?

Add it now in to the charts above.

What may have had a bearing in this – your early life

**YOU - Pre birth**
Mum’s emotional state, her care during pregnancy – was it baby or fear based?
Was she happy and excited?
What incidents/accidents marred her making you?

Can you undo anything that will stress your children when being formed?
(It is the most critical time in a person’s life).

You can only make that baby once.
Much like the foundations of a house.

**YOUR BIRTH**

What would have impacted on your imprinting?
Was mum able to give you what she wished?
What may have interrupted mammalian maternity and thus your birthright?
How can you ensure this is not to ‘Bonsai’ your children?

**YOUR Early life**

What may have impinged upon your easy development into toddlerhood and beyond?

**YOUR CIDLREN**

Deserve the best.
You research before you buy most electronic gadgets.
Definitely your next car.
How much effort goes into building (or buying a ready-made) house?
This is more life shattering (for the baby being made) if you skimp.

Shall we make the best baby possible?

Nature makes babies from sex.
If you have not been – or have been making baby beginnings - miscarriages or any losses - please review why this may be.
Arguing ‘gene’s or ‘bad luck’ is not good enough. No farmer would be that stupid. It costs. Life demands the best.

What steps to take to make your own lives baby-ready?

All these health markers are changeable . .

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