

# Pregnancy Miracle

Holistic & Ancient Chinese System For  
Getting Pregnant and Having Healthy Babies



A Unique Easy To Follow 5-Step  
Plan To Beating Infertility Using  
Modern & Ancient Chinese Techniques

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Modern & Ancient Chinese Techniques

By Lisa Olson

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# Introduction

## From Infertility to Pregnancy

# Traveling the Road from Infertility to Motherhood

My story isn't all that unusual. The fact that you're even reading this book tells me one thing: you've suffered like I've suffered. You know what it's like to wish and hope for a baby, trying desperately to conceive only to discover month after month that all of your efforts have been in vain. Your womb is empty and you don't know why. Your arms ache to hold a baby and your heart cries out for a child to call your own.

If you've reached the end of your rope, and wonder if "mommy" is a word that will ever be yelled through the rooms of your home (or only whispered by those who fear to say it too loudly lest they risk upsetting you further), believe me when I say that you can – and will – get pregnant! How do I know this? Because I've been where you are and survived, I've managed to give birth to two healthy, beautiful and smart children after beating the infertility odds.

In some ways my story is unique, and in others it is one of thousands. What makes my story different is its outcome. After years of doing what the medical community suggested, I think – no, I KNOW – that I've found the secrets to helping other women (just like you and just like me), experience the miracle of conception and joy of giving birth. But first, let me tell you a little about my own journey toward motherhood ...

## Our Story

Like many young newlyweds, my husband and I didn't want children at first. As a matter of fact, we did everything we could to prevent it. But, after five years of marriage, we knew the time had come – we were ready.

With a bit of arrogance (after all, we never thought we couldn't conceive), we jumped headlong into the quest to get pregnant. Only it didn't happen. Why? We wondered after several months. Sure, by now I was in my mid-30's, but I was healthy and strong and had never had any indication that getting pregnant would be a problem once I decided that I was ready for a family.

What should have been easy suddenly became very, very difficult. Being the goal oriented couple we are, my husband and I found it especially difficult to find ourselves on the losing end of our quest. We had never failed at anything before, and let me tell you that this was not something we were prepared to fail at! So we kept trying ... and trying ... and trying....

Sex was now just that – sex with a purpose. Done when my temperature dictated, it had become a means to an end result, lacking the excitement and the passion it had once held for us.

After more than a year of frustration our relationship began to feel the strain. I was moody and short-tempered, often on the verge of tears. I couldn't bear to watch other women's pregnant bellies grow while mine remained an empty tomb. My every thought revolved around what I was doing (or had done) wrong. What was wrong with me? Why couldn't I do what every other woman could accomplish so easily?

Tired of blaming each other for our inability to conceive we sat down and had a heart to heart talk and decided that it was time to get some answers. After putting off going to the OBGYN for fear of what we'd learn, we decided to face our fears and get tested for a variety of infertility issues.

Unfortunately, like so many other couples discover, the answers we desperately wanted – and needed – weren't going to be available to us. More frustrated than ever, we learned that there was no clear-cut reason for our inability to conceive. Neither of us exhibited any physical, physiological or biochemical reason to prevent a pregnancy. The experts didn't have a clue as to why we weren't pregnant and dubbed us with the term "non-specific infertility." They suggested that we de-stress and keep trying. Great! Hadn't that been what we were doing all along?

That's when I decided to take matters into my own hands. If the experts weren't going to find out what was thwarting our attempts at having a child, I was going to figure it out on my own – and fix it! So, I started to research every aspect of infertility. I read every book and research study I could get my hands on and began talking with hospitals and researchers worldwide about clinical trials and new treatment strategies being considered for couples like us. I was clearly obsessed with my mission and felt as if I'd go nuts if I didn't find an answer.

I began applying all of my newfound knowledge and before long was taking more than a dozen vitamin supplements and minerals every day – and having my husband do the same. I became convinced that pre-conception care for both the husband and wife were the key to conception. We started exercising, eating organic, avoiding toxins wherever we could and even had our amalgam fillings replaced with ceramic to avoid having mercury in our systems. We even began practicing Biorhythmic Lunar Cycle, which shows a woman her most fertile time by comparing the phase of the moon at her birth with the current moon phases.

After four-plus long years of trying anything and everything to get pregnant it worked! We had finally conceived! I couldn't believe my eyes as I stared at those two stripes gleaming from the pregnancy test strip. We'd done it! We were going to have a baby!

Unfortunately, our happiness was short-lived when our precious baby was miscarried at nine weeks. We were devastated. In an instant all of our hopes and dreams had vanished – again!

In the midst of our despair came one glimmer of hope: we had managed to conceive. Our efforts at pre-conception care efforts had worked. Now we had a new hurdle to overcome: carrying a fetus to full term. A mid-wife friend of mine assured me that we were on the right track. We could have a baby, if we kept trying – and learning.

Not long after that conversation, I discovered a very important piece of research. I believe now that it was the final piece to our puzzle and allowed us to not only get pregnant, but to carry our baby to full term – twice! After learning this new “trick” we conceived our daughter within a few short months. Our second pregnancy took less than a month to achieve. Ten years after beginning our quest, we were the proud parents of two beautiful, healthy children!

So what is the secret that we discovered and how did it make the difference to turn us from a desperate infertile couple into proud parents?

We're going to explain everything we've learned in the following pages so that you too can find your way toward the new world that awaits – the world of parenthood!



# What This Book Is About and How It Is Organized

*Pregnancy Miracle* isn't your normal pregnancy guide. Sure, it'll teach you about the female and male anatomy and the reasons why so many couples are finding it difficult to conceive these days, as well as offer some traditional help along the way. But there's more. This guide is designed to take you on the journey of a lifetime; one that goes beyond learning what every doctor out there already knows, in order to help you find your own path to parenthood.

Every couple's story is different, yet every couple's story is the same: they long for a child they can't seem to conceive. If you're one of those couples, this book will show you how to break free from your own infertility issues by learning all the steps needed to attain a pregnancy miracle of your own:

## About Human Anatomy and the Role it Plays in Infertility Issues

In Chapter One we'll go over the basics of the male and female anatomy including a review of male reproductive organs and the hormonal system; a woman's menstrual cycle; your individual genes; and how they can all affect a couple's fertility; as well as sex and how it can (and should) work when it comes to conceiving a child.

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