

How to Conceive a Boy

A free guide

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Welcome to your free guide!

Thanks for requesting your free guide on how to conceive a boy, from www.howtoconceiveaboy.co.uk. This guide is a quick roundup of the articles on our website and gives an overview of the 3 most important factors to take into account when trying to conceive a boy.

The Further Reading section in your free guide also contains a list of useful products we've reviewed which provide a lot more detail on the techniques covered in this guide.

The 3 main factors which will help you conceive a boy

There are thought to be 3 main factors in influencing the sex of your baby. These are the timing of intercourse, the sexual position used when conceiving, and the foods eaten by the mother.

Each of these factors is described in a bit more detail below.

Factor 1 – Timing intercourse correctly

One of the most important ways of influencing the gender of your baby is to time intercourse correctly.

If you're trying to conceive a boy, you should have intercourse as close as possible to ovulation. The reasoning behind this is as follows - female (X) sperm are more resilient than male (Y) sperm and therefore they live longer. So in effect they can 'hang around' in the female body for 3 or 4 days waiting for ovulation to occur, and fertilise the egg. Male sperm have a shorter lifespan, and will die before ovulation occurs.

So, as male sperm are quicker, and have a shorter lifespan than female sperm - having sex as close to ovulation as possible maximises their chances of fertilising the egg - as they can reach the egg quicker than the female sperm, and can fertilise the egg before they die off.

Factor 2 - Choosing the right sexual position

Have intercourse in a position that allows for deep penetration (for example doggy style), as deeper penetration allows the sperm to be deposited closer to the egg, giving the male sperm a better chance of survival, as they have less distance to travel to the egg.

Female sperm are thought to be slower swimmers than male sperm, but they survive for longer, so deep penetration positions reduce the distance to the egg, giving the male sperm a better chance of getting there first.

Factor 3 - Eating the right foods

In order to conceive a boy, it's best to eat foods high in potassium and / or sodium. You should begin this diet at least 6 weeks before attempting to conceive a boy.

Further Reading

Below are some further products you may wish to check out to improve your chances of conceiving a boy. We'll expand this list of products as we find more worth adding to the list.

Please note that all of the products we've reviewed offer a **full money back guarantee**, so you can try them without risk. They are sold through the American company Clickbank, a world leader in ebook sales, and your credit card details are encrypted and completely secure when ordering.

Product 1 – Baby Gender Selector

Baby Gender Selector is an ebook produced after 6 months of research into baby gender selection techniques. It is a relatively new product in the baby gender selection market but it contains the same information as the other ebooks listed below, but is much more competitively priced. Therefore it features first in our list of useful products. Baby Gender Selector offers a full money back guarantee.

For more information on Baby Gender Selector, click [here](#).

Product 2 - Ashley Spencer's Gender Selection eBook

An American mother, Ashley Spencer, created this best selling gender selection ebook, called **How to Choose the Gender of Your Baby**. It is a bestseller in the baby gender selection market, and offers a full money back guarantee if you're not satisfied with it.

You can find more info on Ashley's gender selection method [here](#). A full review of her ebook is also available on our website [here](#)

Product 3 – Rebecca Washburn - “How to Pick Your Baby's Gender” eBook

Rebecca Washburn is an American mum who has developed a gender selection method which she claims is over 94% accurate. She offers a 100% guarantee on her method.

For more info on Rebecca's gender selection method, click [here](#).