

Taking your basal body temperature. (BBT) FOUNDATIONAL

Please note that most of what you see in this programme has not been seen before - and you may wonder why no one else has mentioned some or any of this to you. IT WORKS!!!!

My focus is not a pregnancy – but making better babies. I personally have a massively brain injured child and have a deep understanding of what I could have one differently – and did not know – even as a natural health care provider. As my daughter’s mother I write this.

Preparation - A few **more** months or a year spent undoing what is blocking babies naturally will be time worth spent. You can change what the future holds. Not your age but your quality of Jing/health related. YOU CAN CHANGETHIS _ become biologically younger/more vital. Measured by taking your health report weekly – the Jing Markers.

Hmmmm?

You may wonder why take your temperature and in a strange place. All do wonder. There is a reason – over the decades I have found the BBT (especially his)– tells the story of whether a baby will happen, or a failed pregnancy. I am starting you at the beginning. Let us start with what I found worked in my clinic. This programme is founded on my practical life experience.

Your temperature taken at the beginning of the waking moment and internally is the measure of the rate of your metabolism – I have written on this elsewhere. You can read more about [low thyroid function](#) and how using topical [iodine](#) can help. This is your foundation for your life.

All that may be bothering you may stem simply from not having a metabolism set for wellness. Blundering through is not good enough. You now have some health measures to guide you (Jing Markers). Take your life back – it is possible to be in perfect health and really – would you build any old house with cheap and nasty timber/fittings – or go for the time to look for better quality thus making a better quality house?

Same for making the foundation of the people that will be your children. Though this may be news to you – it is the truth. Not genes. Not bad luck. But trying to farm with low quality soil, no rainfall and poor seeds is the analogy here.

What you do is what you get – and the quality of your efforts in baby making is highly variable depending upon what you do before hand. The ‘need’ for testing after you are pregnant is only for those who have not looked after their to be conceived children (your grandchildren) before they make them.

This is why we are looking into YOUR health and not blundering into what nature does not want - pregnancy - presently. You are not accidentally (or intentionally against all attempts) pregnant as your grandparents found themselves all too often.

Not disease labels to worry about – go to it – change what is needed!

Take charge yourself.

What you can do to undo this is why I write. Simple, natural solutions.

For all men, or women not going through the natural menstrual cycle – the BBT should be **36.6/7C** (taking it rectally for men, vaginally for women), and as soon as you open your eyes after at least 4 hours of sleep.

Women with natural cycles - the 'normal setting is **36.6/7C** in the first half (from Day 1) and dropping to **36.2/3C** to ensure that the sperm is not killed. This is crucial – as many not have a temperature drop – and this may be what is stopping babies - as the sperm will be inactivated, as it is too hot in there for them to survive and thrive.

Often you are told that this method is 'old fashioned'.

True – before expensive tests, everyone used this and it still works.

More than blood tests – it lets you know instantly what is happening.

It may not be completely accurate – but the ovulation kits are not always so helpful either. Women's bodies work in mysterious ways.

After the ovulation drop, the temperature is supposed to instantly rise (or at least within a few days) to **37.2/3C**.

This is due to the presence of progesterone.

If endometriosis and PCOS is present expect this. These conditions are temporarily – of you fix why they are there (Separate work on this later in the series). Presently we are setting the scene for change within.

If you wish to look at the endometriosis work – [see here for more.](#)

Endometriosis and PCOS are part of the thyroid imbalance - and will be attended to by going wider with your focus – to health. Not to be confused with the medical management of the end results of being unwell generally that you may have been already exposed to. The problems stay online as long as you do not remove why they are there. This is why we are starting with health - not 'fertility'. Not getting accidentally pregnant with a better baby is your body warning. Please listen and change everything as the perfect child is assumed and may not be as you may be noticing around you . . . To be healthy you would be parents already

It may be seen to be due to having excess estrogen. Not that you are making it – but you and all of us – are awash with estrogen like substances in to the

environment, We need to reduce your access to these - hence the cleaning out of all that is being used as chemicals nature did not intend us to have – outgassing from air conditioning is one – that no one thinks of.

All the access to plastics an storage containers, microwaving I these - get rid of your microwave – is another.

Please look to what I have [written elsewhere for this](#) - too many toxic chemicals and not enough iodine within your body) – it may not happen. If estrogen dominance is not fixed first it can result in difficult, costly and often ineffective IVF attempts). True also for men – we are well thus fertile when in balance. Modern environments are not within the natural limits, and our bodies are struggling because of this.

Women – I have found constantly in working with couples to achieve pregnancy naturally – and through IVF that no one is paying attention to ‘your garden/baby nest’. When you have a lower BBT at the start of the cycle - due to [low thyroid function](#) – your body will not reach optimal temperature in the second part of the cycle - known as the luteal phase. See chapter 16 of the eBook *Helping Mother Nature*

Hence that ‘luteal phase defect’ you may have been told you have is nothing more than an unhealthy body signalling that it is not able to sustain a pregnancy well, at the moment.

Your state of health and metabolism is not set in concrete

It can change with what you fuel yourself with, and how your food factory works. Often you need to look at the temperature and the timing of what you choose to eat – not WHAT you choose to eat.

Menstruation

If not periods are not perfect, health is not either.

This means that baby making (which periods are for) will be a trouble – and maybe also the pregnancy an your health – and baby’s – from then on this is all fixable, and why we start with baby readiness as opposed to jumping in and ‘trying to get pregnant’ – if it has not happening easily and immediately with unprotected sex – something is not working. Paying attention to this warning in these toxic times, will give you a healthier body, pregnancy, baby and future.

Starting from the beginning

A normal menstrual cycle (we will cover in depth soon) has no symptoms, and is easy and passes trouble free in all aspects of life. Your body just releases blood. In the meantime, please look my 2006 DVD – *Getting There* – as I cover all of what is needed to know well – and watch it a few times over the next few months as it will be full of what may be missed the first time around.

Fix all the underlying reasons you have to not make children. Mother Nature is stopping you make so many as in the past, as back then there were not the toxic chemicals all through the environment as now, messing with life. We are embarking on the path to remove many of these.

Measuring Your Temperature

Do it first thing in the morning after awakening and instantly inserting the thermometer till it beeps.

Ear/underarm or oral measures are not useful.

Please read about [thyroid function](#).

I spent over 40 years sorting my own life long low thyroid issues. (Central computer). Almost everyone who walks in any clinic has these problems. It gets overlooked in the medical model that has us all reaching for drugs to mask what upsets us rather than fixing our lives. . . now this is your chance.

You may have suspected that you were part of the epidemic of low adrenal/ metabolism epidemic. Medical personnel seem to just be fixated on the numbers on a blood test. Not what is happening and who is in front of them - and how you are reporting to be feeling.

You may have even been tested, and been told you are 'OK'.

By now, I suspect that this 'OK' is code for - "never mind, things happen" - as it is not optimal health to be at the bottom of a range - especially as the 'normal' blood test ranges are not for optimal health, just making do.

You need to get your 'engine' running properly. Then all other problems that you may well be medicated for will disappear. Especially if you have gut problems - GERD and reflux, hiatal hernia, IBS, even Crohn's disease.

If you are troubled by gut issues - please look for better water, drinking a glass half an hour prior to eating and two hours after will give you the fluids needed to help digest your food. This is on top of the **at least** 2 (ideally 3) litres (not cups of tea - but water - pure, non chilled) that you need to flush yourself out with, and work optimally towards a better body in order to be able to make babies.

Women need to take their temperature every day, including when bleeding.

This is not to fixate about ovulating and the 'right time' for sex - but to see how we have a current, apparently non-fertile baseline, and how life and events can warp what is happening. You can then see how the period is really a report card of your life, as is the BBT, and your tongue.

Men only need to take their temperature a few times to see initially if the reading is accurate, then maybe every two weeks or so.

Not in the ear, mouth or under arms - **it has to be rectal.**

A minor problem after all the false starts you may have had to get to here.

If HIS BBT is normal (36.6-8C) – he only need to do it weekly or so – to keep an eye on gut health and metabolism.

It is she who does it daily.

Not to be obsessive, but to get a look into what may be still not perfect and resetting all to be so before pregnancy then allowing perfect to sail through as health is restored.

You will see the difference in your own scores on the Jing Markers report card you will be filling in. You will also see the differences in your tongue and feel it in your general increased sense of well being.

If you have already been taking an oral temperature first thing as your BBT

1 – Buy another thermometer

2 – Place the normal one and the new one in your mouth. Are they showing the same reading? If not, buy another and retest. If the new one says the same as the old one go on to step 3. If upon using the new thermometer the readings are different, buy yet another thermometer. If these are the same, add in the difference between the two new ones and the old one, and correct all your past readings.

3 - Next morning, use the usual one in your mouth, (or the new one using corrected readings for before) and the new one in your vagina. Repeat this all month. You may be surprised at the difference.

4 - Compare – if there is the same difference each day, add it to the past readings.

5 - Now see what this looks like relative to what is written in the next few weeks on temperatures. Presently you are just information gathering and within a month making the life changes, the temperature will alter as you start shifting your body back to health.

Temperatures are always a guide only.

To empower you not to shackle you to telling stories to yourself.

Please do not get obsessive about them.