

How to Increase Your Chances for Having Twins

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Chapter 1) The Ever Fascinating Twins



1) Twins Make the World Go Round

Twins have been a talked about phenomenon for centuries and even today, many people believe there is something very psychically special about them. Do they think the same thoughts? Do they eat the same foods? How are they connected? Some people believe that identical twins share the same chromosomes.

Whenever most people see a set of twins, they can't help but stare. It is beyond fascination, it is a common curiosity. I have always wanted to have twins and to experience all of the magical things that seem to go hand-in-hand with simply being around them.

This book is intended to give you the ins and outs of increasing your chances of having twins and at the same time, give you a bird's eye view of the trials, and mostly, tribulations of having them.

I am still so pleased that I followed my instincts and research, to create my personal formula for success. I am thrilled to be able to share it. Although, please keep in mind that many of these methods are not tried and true. I feel that my success was due using a combination.

I hope you'll keep an open mind and try the methods and suggestions that resonate with you and your lifestyle.

Before we get started with all of the twin details, I thought you might enjoy a few twin statistics and facts to get you in the mood for all of the following information.

2) Interesting twin statistics

- Only 1 in 250 pregnancies result in twins
- 4.5 million twins live in the United States
- You are 3-4 times likely to have twins again if you have already had fraternal twins.
- Hispanics are less likely to birth twins
- China, with its enormous population, has one of the lowest birth rates of twins.
- Approximately 20 percent of twin births were to mothers over the age of 45.
- Conversely, only about 2 percent of teen pregnancies result in twins.
- Even with today's technology, almost 25 percent of twin births are unexpected.
- The average birth weight of twins is 5 lbs, 5 oz.
- The rate of twin births in the U.S. has risen by 76 percent between 1980 and 2009, according to the National Center for Health Statistics. The rate for triplets also increased. Note: Fertility drugs became very popular during near-30 year period.

- Generally, only the more developed countries have kept good birth records in the past, so less concrete information is available for some Asian countries.
- Although based on compiled information from this same study, cites the African region as having **some** of the highest incidence of twin births.
- The rate of twin births has increased by 76 percent in the 30-year span between 1980 and 2009.
- Now every one in 30 babies is a twin... having much to do with fertility drugs..



3) Amusing and amazing twin facts

Some of these may seem a little far-fetched, but from my experience and also from research that has been done, the twin connection is strong. Being the mother of a set has confirmed my suspicions, and made me a believer.

- Twins account for over 90 percent of all multiple births.
- According to a study by the University of Padova, Italy, twins start playing and interacting at 14 weeks.

- George Mason and Bryan Caplan deduced, from their study, that separated twins still end up similar, possibly due to genetics.
- Twins can have separate dads! It has happened in 1-2 percent of twin births, where separate embryos were fertilized by two different men! Obviously, intercourse with both men would have happened within a relatively short period of time.
- Identical twins have the same DNA, but don't have the same fingerprints.
- More than double the amount of single births, twins have a 22 percent chance of being left-handed.
- Twins-speak is not a fallacy. Research by the General Linguistics journal states that twins are able to communicate by using their own language.
- It is an old wives-tale that twin births skip a generation.
- Approximately one in three twins that are born are identical.
- About 25 percent of identical twin are mirror images of one another.
- Mothers of twins live longer, according to a University of Utah study that reviewed 59,000 cases between 1800 and 1970. That's always a good thing, right?

Chapter 2) What is a twin pregnancy?



1) Twins are a biological miracle

Having twin girls is something I always dreamed of, yet I knew, based on my family's history and all I'd been told, that it wasn't a likely proposition.

Since it has been a high priority in my life, I started gathering information well before I was ready to conceive and as you know, my dreams became a reality! I knew fertility drugs were not for me, although I do include the information in case it is something you wish to consider.

We all learned the details of how twins are conceived in high school Biology 101, but until now never really needed to recall that information.

As you know, there are a couple different types of twins, fraternal and identical. It's the process that determines which type you may have. The biggest difference is that

identical twins are always the same sex, while fraternal twins can be the same or one of each sex.

2) Twins: Biology 101

Although you may not really have a preference about which type of twins you want, it's helpful to know the differences in how they are conceived. I'm convinced there are tricks that can help skew the results one way or the other, which we will discuss later.

3) We've all know how to make a baby, right?

We all know that a baby comes from an intimate sexual encounter between a man and woman. It seems as though it is a simple matter of the male ejaculating his sperm into the vagina. Then the determined group of sperm rigorously swims into the vaginal canal in an attempt to reach and penetrate the egg that was recently released from the ovary. Well, creating twins is the same process, except for one of the two following things takes place.

4) Identical Twins

In biology class, we were taught these identical beings were called monozygotic, which means they come from a split zygote, which forms two tiny embryos from one egg and one sperm. What that means is one sperm fertilized one egg, and that egg split into two identical eggs, which produces two "identical" babies.

Why this happens is not completely known. When this happens is somewhat interesting. It is during the first 4-14

days where the zygote actually splits into two smaller cells and they start growing independent of one another.

The scientific details are amazing and possibly too complicated to keep your interest. So let's move on to the whole fraternal twin phenomenon, which happens by a completely different process.

5) Fraternal Twins

Yep, you can probably guess - fraternal twins are dizygotic, which means two embryos develop from two eggs and two sperm. What happens here is two lucky sperm find their way into two unsuspecting eggs.

This is so different from the identical twin process - yet, just as unique. The odds of two eggs being available for fertilization are as high as two sperm successfully penetrating the two eggs.

The children that are produced are twins, for sure, but not in the same way. They are almost more like siblings born at the same time, as they never shared the same cell, or DNA.

Both processes are always being studied because even after all of this time, there are unknown mysteries.

6) Conceiving children relies on several factors

Remember, time of the month, sperm count and other factors must be present for the sperm to be successful enough to fertilize the egg and create an embryo.

It's important to talk about all of these factors, even before we get into my "Go for double" conception program.

Chapter 3) Your Body and Pregnancy



1) How fertile is your body?

According to all of the latest buzz on pregnancy studies, there are definitely ways to increase fertility for both men and women. Some seem more complicated than others and none are tried and true.

Before trying any of the methods that we've compiled from hundreds of sources, it is important that you and your partner take the time to visit a physician to make sure you are both excellent pregnancy candidates to being with.

2) A trip to your doctor will get you started

After all these years, you have a good idea of your own regularity and what is natural for your body.

You might be someone who has consistently regular periods that show up every 23 days. Alternatively, you could be a woman whose period varies each month. The length of the period generally lasts between three to five days, but there are those few who have daylong periods and others whose seem to go on forever.

The first half of your cycle is when your estrogen level begins to rise. It's what makes the lining of the womb thicken, an environment that is ideal for nourish a tiny embryo, should a pregnancy transpire.

If the egg is fertilized, it will attach itself to the uterine wall and begin the gestation process.

It is this process that we want to encourage.

If you have had a history of irregular periods, abnormal bleeding, severe pain, lack of periods or anything that seems suspicious, you definitely want to talk to your doctor and see if any of these symptoms are having any affect on your ability to conceive.

3) Fertility

You might be surprised that I am bringing this up, but don't be. Did you know that in about 40 percent of infertile couples, the man is a contributing factor? In fact, low sperm counts make up for about one-third of couples' inability to get pregnant.

I hope that your man is on-board and willing to go the distance to make this pregnancy happen. I was lucky!

a) Check up and sperm tests

He will want to make an appointment with his urologist for a check-up and sperm tests. The sperm tests will review his

sperm count, shape, movement and to see if there are any abnormalities worth noting. A hormone evaluation is also standard for checking testosterone, which is the leader of sperm production.

b) Basic questions about sexual lifestyle

He will be asked questions about exercise, sexual performance issues and the history of any sexually transmitted diseases.

c) Genetic testing

Lastly, it's possible he may also undergo some genetic testing, which will look into his DNA to see if there are any mutations or information that will help determine the cause or probability of infertility.

Chapter 4) Increase your Chances of Getting Pregnant



1) Want to increase your chances for pregnancy

Although there is no guarantee that any of these techniques will ensure that pregnancy is the result, they have proven to be effective for many women.

Obviously, that is assuming both you and your partner's visits to the doctor were encouraging and all systems are a go.

I'm sure you have probably read or heard about some of these techniques, as they have been around for years. Some of the suggestions may sound a little unusual, but from my perspective of one who tried it all, it is worth investigating.

You can test all of them or select the methods that suit your lifestyle and rhythms and see what happens. It should be

noted that any methods included in this book have been successful to some, if not all, who have tried.

a) Cervical Mucus Monitoring

According to many doctors, this method is the easiest and possibly, the most effective. The key is in the thickness of your cervical mucus. Out of a one-four rating system, you will check your cervical mucus daily and rate it like this: 1 is dry or damp, 2 is damp, 3 is thick white or yellowish and 4 is transparent and slippery.

Well, as it turns out, according to a study conducted and authored by Dr. Anne Steiner at the University of Carolina at Chapel Hill, women are two to three times more prone to conception when having intercourse with mucus at the 4 level.

The doctor also revealed that those who checked their cervical mucus consistently were even more likely to get pregnant. Note: This study included 331 fertility-checked women between the ages of 30 to 45.

b) Tracking Body Temperatures

It's called Basal Body Temperature testing (BBT). It's a bit the same as tracking cervical mucus, but instead you are tracking your temperature within minutes of rising in the morning. The theory is that your temperature changes as your estrogen increases and decreases during your normal cycle.

This method is inexpensive and easy to accomplish. Go out and buy a basal thermometer, and a means of tracking your daily temperature, such as: a tablet, electronic or paper kept next to your bed so it becomes a daily reminder.

Evidently, the other benefit you get from taking your temperature daily at that time of day is it will help indicate when you are pregnant. Your temperature will stay up during the normal times that you expect it to be down.

The point is, the more you become familiar with your body's rhythms, the easier it will be for you to detect those windows of opportunity you've both been waiting for.

c) Menses Day Counting

Yes, it's the old calendar counting technique that has been around forever. Not always effective, due to miscalculations, but it has merit if done right. Having intercourse at the right time with this method is a bit trickier.

Here is the low-down on the calendar counting. You ovulate 14 days before your period shows up. That starts the count down - on day one of experiencing bleeding.

So as you count through one entire monthly cycle all the way until you have another period, you will have a baseline. Do this for more a couple of months to double check. Then all you have to do is count backwards 14 days from the first day and the amount of days afterwards and you will be able to narrow the best day down to that one special day that will be luckier than others, as your egg will be ready and waiting.

Now, as I said earlier - many women miscalculate, so a great idea would be to start having intercourse about five-six days before the 14th day before the first day of your period. Make sense?

d) Weight Control

This may sound like a wives-tale or another reason the world is telling you to lose weight and eat healthy, but the truth is nutrition and weight do make a difference in the area of fertility.

Here's why: Estrogen regulates ovulation, right? When you are too thin or heavy, your estrogen levels are not at their prime level. Ideally, you want to make sure your body mass index is within a healthy range.

e) Want to calculate your Body Mass Index (BMI)?

It's easy and only takes a minute.

This first calculation method is in pounds versus metric.

1. Weigh yourself in pounds
2. Measure your height in inches
3. Take the height number and times it by itself
4. Then divide that number by your weight
5. Multiply by the conversion factor of 703

This second method is in metric measurements.

1. Weigh yourself in kilograms
2. Measure your height in meters
3. Times your height by itself
4. Then divide that number by your weight

Here's what it means. You are:

- Underweight is your BMI is less than 19
- A healthy weight if your BMI is within 19 to 24.9

- Overweight BMI is between 25 and 29.9
- Obese is when your BMI is 30 or higher

Now you know whether your weight might have any influence at all over your chances of getting pregnant. Too thin or too heavy are both the cause for irregular estrogen levels.

If I wanted to get pregnant as badly as I think you do, then it might be time to do something about any unwanted or wanted pounds. This is not the best time for any stubbornness, if you're really as serious as I think you are.



2) How Clothing Affects Men and Women

This attire may not make a fashion statement, but it will enhance your chances to conceive. This might strike you as odd, but listen to the theory behind it. Wearing pink or red elevate your chances for conception.

Why? It may have all started when women, centuries ago, wore the colors when they were having their period. This evidently continued and has been thought to be a subconscious influence. It has become a conscious choice of color clothing for some women who want to increase their chances to get pregnant.

- A small series of studies were published in Psychological Science demonstrated that men were more attracted to women wearing those colors versus other colors.
- The studies also showed that a higher percentage (40 percent) of women who were wearing pink and red were having their period at that time versus the very small percent (7 percent) wearing those colors who were not.

a) Loose Clothing

Add loose clothing to that mix and you'll have a sexy wardrobe comprised of red and pink loose and comfortable clothes. Of course, your man just needs to stick to the loose part and leave the red and pink to you.

3) Regular Exercise

This is one of the few guidelines that can be done too much or too little. The rule of thumb on exercise for increasing fertility is to develop a consistent plan that you can stick with. The best exercise routine will include some type of cardiovascular activity, like walking, light jogging, swimming, cycling, rowing. Thirty to forty minutes a day will make an ample plan.

The goal is to use exercise to help maintain regular ovulation and hormone levels.

For women, cardiovascular routines will help the blood circulate through the parts of the body that count.

Men might best select exercise activities that don't heat up their reproductive organs. Consider weight lifting, swimming and walking as possibilities.

4) Sleep and Relaxation

Getting a good night's sleep is crucial to increasing a man's sperm count and volume. Those men and women who have a difficult time sleeping soundly have a difficult time reproducing.

That's why relaxation is also important. Activities that avoid stress will reduce sleepless nights.

If chronic sleeplessness is an issue, consider taking a yoga or meditation class. These days, you can even download a program or there are even apps that can help.

The bottom line on feeling refreshed and rejuvenated is that your body, and his, will know the difference and respond accordingly.

5) Nutrition and Diet

Changing your diet is not a tried and true way of increasing your chances of getting pregnant, but according to everything I have read and experienced, it sure does help. It makes sense

When your body is nourished, it glows from healthy nutrients running through your system. You know what it takes to make that happen. As you'll see when I layout my personal program, it isn't that difficult.

Processed foods and other junk food is all a habit, just as replacing some of it with healthy and delicious choices can be.

Here are some simple dos and don'ts that will help you and your partner get into most optimal food groove.

6) His and Her Foods to Include

Follow this basic list to increase your chances of getting pregnant. As you read this book, remember to note the slight changes that you will want to make to increase chances of birthing twins in a specific gender. We have added checklists in later chapters to help you remember!

- a) **Fish with high concentrations of omega-3s:** Try salmon, anchovies, sardines, smelt, mackerel and shad. If you live in an area where these types of fish aren't readily available, you can purchase omega-3 supplements.
- b) **Dairy** - particularly, high fat dairy like a glass of whole milk or yogurt (kefir). Low-fat dairy products can actually increase infertility.
- c) **Protein Switch** - Consider this, if you switch out your animal protein with vegetable protein your chances of ovulatory infertility is reduced by over 50 percent. So skip the bacon and reach for cooked legumes instead.
- d) **Bananas** - for the B6 vitamin that can regulate your hormones
- e) **Asparagus** - for it's folic acid which helps reduce ovulation issues
- f) **Shellfish** - for it's B12 magic which is known to help strengthen egg fertilization (think oysters)
- g) **Eggs** - Vitamin D has been found to be an important element in a higher incidence of fertility
- h) **Almonds** - for their Vitamin E which is an antioxidant that protects the health of sperm and egg DNA

- i) **Citrus Fruit** - for the Vitamin C that has shown that sperm count and motility are both improved
- j) **Tofu** - Iron is the mainstay in tofu and insufficient amounts can be disastrous to anyone's health
- k) **Peas** - Zinc is the nutrient in peas that helps balance estrogen and progesterone
- l) **Oysters** - these are high in zinc and help increase male hormones and sperm

7) Daily Vitamin and Mineral Supplements

Obviously, if any of the foods containing the listed vitamins are not available, then use vitamins and supplements.

In fact, folic acid supplements are on the 'must' list even if you are consuming large amounts of asparagus. Folic acid is really important, especially for the woman. It is known to prevent serious ovulatory complications and failure.

It is recommended that everything on this list, taken daily, will impact your fertility in a very positive way. *It is the combination of these supplements that create the results.*

Even if you have changed your diet and added all of those wonderful items on the food list, go ahead and do both.

What do you have to lose?

- a) **Vitamin D** - known for creating and balancing sex hormones
- b) **Vitamin E** - improves sperm health
- c) **Vitamin C** - improves hormone levels and increases fertility in women
- d) **B6** - an excellent hormone regulator (also regulates blood sugars)
- e) **B12** - improves sperm quality and production

- f) **Folic Acid** - best known for its ability to prevent abnormalities in the fetus, such as: retardation or cleft lips, etc.
- g) **Iron** - low iron levels can mean lack of ovulation (60 percent higher chance of having issues than those with good iron levels)
- h) **Selenium** - antioxidant that will protect eggs and sperm, plus helps create sperm
- i) **Zinc** - such an important mineral, balances estrogen and progesterone plus increased zinc is known to increase sperm levels and fertility in men
- j) **Lipoic Acid** - an antioxidant that protects the female organs and improves sperm quality and motility
- k) **CoQ10** - this is known to provide energy to all of the cells plus increases motility
- l) **Essential Fatty Acids** - you can get them in salmon and the other fish mentioned, but if you don't eat it regularly, best to take daily supplements to regulate hormones, increase ovulation, increase blood flow and cervical mucus
- m) **Choline** - it's kind of a new one on the list, but this helps reduce birth defects

8) Things to Avoid

You knew it was coming, and here it is. The list of no-nos. You can't be satisfied with adding good vitamins, foods and nutrients without removing those activities, food and beverages that detract from the entire effort. That would make no sense.

So hard as some things may seem, the reward of having that or those babies will be more than worth it.

- a) **Herbal teas and botanical supplements** - you don't need to avoid them completely, just watch how much you are consuming
- b) **No raw fish** - stay away from sushi due to the potential mercury content
- c) **No smoking** - enough said
- d) **No alcohol** - bad for sperm motility
- e) **No dehydration** - drink lots of water to keep cervical and ejaculation fluids thin enough to do their job
- f) **No exposure to harmful cleaning agents**, pesticides - any solvents, toxins that smell really strong is probably not good for you to be around
- g) **No laptops on your man's private areas** - laptops get hot and reduces fertility

9) Special Tips for Men to Increase Fertility

We talked about the foods, vitamins and supplements that both of you can be consuming. We also reviewed the myriad of ways women can increase their chances of pregnancy.

We haven't specifically addressed the men out there. It's true, there are specific things men can do to increase their own fertility, sperm count, sperm motility and sexual prowess. Wow. That sounds like it's going to be a long list, but it's not.

Gone are the days when people were debating between whether men should wear boxers or briefs to encourage healthy and more numerous sperm.

Research studies have been conducted and have no conclusive evidence on which type of underwear might enhance the program. It seems natural that certain garments might hinder sperm production.

Here is what most experts say:

- a) **Stay away from restrictive clothing** - tight jeans, underwear (yes), swimwear or harness gear, basically everything that is tight around the groin area
- b) **Avoid x-rays, chemicals** - X-rays are a common sperm killer so avoid them during the procreation period
- c) **Keep laptops off your lap** - keep anything hot off your lap, it hinders sperm quantity
- d) **Avoid hot tubs and baths** - same thing - too hot reduces sperm count and possibly quality
- e) **Stay away from stress** - stress is a killer for so many things, so stay relaxed and calm
- f) **No street drugs** - not that we are recommending drug use at any time, but definitely stay away at this particular time
- g) **No masturbating 48 hours** before having sex during prime time for ovulation
- h) **Plan sex for morning** - sperm count and concentration may be higher in the morning
- i) **No bathtub sex, sex toys, anal sex or cunnilingus** - make sex interesting, but avoid those things that might reduce sperm count or release sperm in the wrong places during ovulation time

- j) **Stay inside** - after ejaculating into your partner, stay inside for a few minutes to encourage the fertile environment

10) Sexual Tips, Dos and Don'ts

Never thought there was a right or wrong way?



In reality, pregnancies happen under all circumstances. There are a few tips that come from parents who have succeeded and a few experts.

These tips are just as integral to the program as the other categories we mentioned on earlier pages. So take heed and read up before you engage in what might be your most sexual period since the beginning of your relationship.

For starters, have lots and lots of sex. You now know which times of the month to increase sexual activity in the hopes you hit that one 24-hour period when conditions are perfect. We also recommended starting a week or so before that special day, so it's pretty clear you're going to need to increase your sexual activity, particularly during that time period.

- Using lubricants will probably be necessary, once in a while, due to the increased friction, but here's the thing - if you too much, it will be counterproductive.
- Passionate orgasms often deepen the intercourse and increase the chances for conception.

As with anything, the more you do it, the greater chances of success.

11) Best Sexual Positions

Although there is no scientific research to prove there are better sexual positions to encourage conception than others. Regardless, common sense tells us that the deepest penetration might be the most potent.

Whether you're a believer or not, it surely wouldn't hurt to try each on ovulation day and see what happens. Or keep doing what feels the best, as that is extremely important due to the increased sexual activity you will be having.

a) The Missionary Position

The classic position and most likely the one we were in when we had our first sexual encounter. Everyone knows the man on top position and although it sounds a little dull, if you're creative you can make any sexual position sound interesting, right?

b) Woman on Top

Many women cite this position as the biggest turn-on and the most comfortable. Even though it seems counter-intuitive, many women have conceived in this position.

c) Doggy Style (Hands and Knees)

This position creates deep penetration as the woman is on her hands and knees with the man behind. His ability to thrust more deeply is enhanced by the leverage of the position.

d) The Magic Mountain

Similar to the Doggy Style position, but with cushions beneath the woman's abdomen - which is actually a little more comfortable for her. The man's legs are spread outside of the woman's for an ideal thrusting position that will provide deep penetration.

e) Lap position

This is a very sexy position for both the woman and man. It's simple to do and most women are familiar with it. The woman sits on the lap of her man and they engage in deep intercourse.

f) Best post-sex position

Many doctors and sexual specialist subscribe to this method of allowing the sperm to swim for an additional 20 minutes. What this entails is for the woman to put a pillow under her hips to prop them up allowing a fast path to her uterus.

12) Attitude and Beliefs

Like with anything, one's attitude has a lot to do with how easily things can happen... or not. If you're resistant to trying new things, opening your mind to life's possibilities and making a few changes, then it is likely these techniques and methods will fail. If you're skeptical and doubting at every turn, there is little chance for success.

a) Resistance and closed minds breed failure

Being open to life's bigger picture, while keeping your eye on the ball, is the attitude to adopt.

Once the decision is made, it can be full speed ahead so get on board. Author Ann Bradford made this quote famous and it's one of my favorites:

"Tell the negative committee that meets inside your head to sit down and shut up."

I'll add to that, "Fire them all!"

Feeling unstoppable and excited about the future is a natural state of being, so give yourself the gift of confidence and trust that you will succeed. Without resistance. Believing is a part of the key.

b) Tips for Staying Positive Every Day

- Make time for you.
- Make time for him.
- Daydream about what you want in your future.
- Think about what makes you happy.
- Concentrate on the upside of all of those in your life.
- Journal your thoughts, but be sure not to start a personal pity party.
- Do whatever makes you feel good about yourself.
- Eliminate naysayers and other negative elements or people who bring you down.

Chapter 5) Increase your chances of having twins



1) Everything you need to know and more!

If you speak with parents of twins, they will have so much feedback your head will spin. Although we have all experienced many of the same things, there are always a few unique experiences that you'll figure out for yourself.

I'm sure you realize that having two babies at the same time comes with extra work. Actually, you can expect extra everything with twins, just like you would with two children - except all at the same time.

Although I'm covering health risks, please realize I am not trying to scare you, just make sure you are informed. Remember, risks imply there is the potential for danger, nothing more. All of life has risks, so keep that in mind.

Walking across a busy street has risks. Weighing risk to reward is the bottom line. For me, the reward was so great that the risk were not top-of-mind during the entire pregnancy, although I took precautions.

2) Health Risks

All multiple pregnancies increase complications and potential health risks. To be aware is to be prepared. Once you know what could happen, you will do your best to avoid some of the preventable issues.

a) Preeclampsia and eclampsia

Preeclampsia is a high blood pressure condition and a high level of protein in the urine. This condition can be serious and usually occurs during the second half of the pregnancy term.

The medical community isn't sure what causes this, but they suspect it may be problems with nutrition, high BMI, genetics and poor blood circulation.

Watch out for these symptoms:

- swollen feet, legs and hands
- abdominal pain
- change in reflex response rate
- vomiting and/or nausea
- severe headaches
- dizziness
- blurry eyesight and sudden eye floaters

If untreated, it can turn into eclampsia, which is serious enough to increase the chances of death. With two babies at risk, you want to make sure to avoid this condition.

It often occurs in first-time pregnancies. To reduce the incidence, have your blood pressure checked regularly.

b) Protein-urea

Urinary protein excretion increases quite a bit during uncomplicated single pregnancies. It makes sense that the chances are increased with two pregnancies. Too much protein in the urine means potential damage to the kidneys and also the possibility of ending up with diabetes.

There are no symptoms that can be spotted in advance, other than swollen hands, feet and legs. Regular urine testing will help avoid this condition.

c) Renal insufficiency and failure

Although this is a rare complication, the incidence is higher for twin pregnancies. Kidney failure or renal blockage can result in serious levels of waste and fluid that back up in the system. If this goes undetected or treated, it could end up in chronic kidney disease - which could result in having to have dialysis or a kidney transplant.

d) Liver disease

Acute fatty liver is more common with twin pregnancies and is said to come up during the 35th or 36th week of pregnancy. It can be life threatening and so is worth mentioning. The cause might be the improper metabolism of fatty acids. With early detection, it can be reversed.

e) Antepartum hemorrhage

This is a fancy name for vaginal bleeding during the pregnancy. If it is going to happen, it is usually around the 20-24 weeks. Whether painful or not, this is not a normal condition and should be considered an emergency. It could

lead to death for you and/or your twins. Don't take this lightly.

f) Abnormal umbilical artery

This is a fairly common occurrence, like 1 in 500, and found in multiple births more frequently. Most umbilical cords have one vein, two arteries. In some cases, there is only one artery, which can be dangerous. In 75 percent of the cases, the babies are healthy and fine. In the remaining 25 percent, the result can be devastating. It can increase the potential for congenital abnormalities. The good news is that with regular ultrasounds, which will detect this problem. You may want to continue to have extra scans near term.

g) Labor and birth complications

Twin pregnancies increase chances for complications. For starters, twin births are often four weeks shorter than single births. Nearly 60 percent of twins are born prior to a standard 36 month term.

h) Premature births

When twins are born early, it almost always means they will be lighter than what is considered normal for newborns.

Babies who are born and weigh less than 5.5 lbs (2 kg 494.76g) are more at risk for developing longer term complications, such as: vision loss, hearing loss, cerebral palsy and mental retardation.

There are factors that will increase your propensity to have a premature birth. There are factors that contribute to this and some are preventable:

- Being very overweight

- Taking street-drugs
- Existing health conditions
- Drinking alcohol
- Smoking
- Family history of premature labor
- In vitro fertilization pregnancy

Symptoms that you may be in for a premature birth are a little harder to discern since many of them are also common to regular births.

- lower back ache
- contractions every 10 minutes or more
- cramping, gas pains and possibly with diarrhea
- cramping in lower abdomen
- pelvic pressure
- increased vaginal discharge
- leaky vagina - fluids
- flu symptoms



i) Neurological

Twin-to-twin transfusion syndrome (TTTS) is the imbalance of blood between the two little bodies that are sharing one placenta, but

have separate amniotic sacs.

Since the placenta is shared, the blood vessels are shared. Sometimes the flow of blood between them becomes unequal, particularly if one is slightly larger. As you can imagine, extra blood is not good for the one, while less

blood flow is not good for the other. So both twins are in danger. Luckily, ultra sounds will help detect this problem.

j) Fetal loss

The loss of one twin while intrauterine is not a common occurrence. However, if it should happen, your physician will know which of the two options will be best for the situation: having a premature birth or leaving the live baby in utero. Either way, the health of the mother and the living baby may not be affected more than temporarily.

k) Cesarean

Many people are concerned that twin pregnancy generally results in Cesarean births. This is not true for twins, although it may be true for triplets or more. Twins are almost always delivered vaginally.

You'll know the signs:

- If the baby furthest from the cervix is smaller and its head is down, sideways or Breech
- If the baby closest to the cervix is larger and its head is down
- No signs of other complications, such as CPD (cephalopelvic disproportion), when the baby's head is larger than the mother's pelvis

l) Down Syndrome

Although you will hear talk of Down Syndrome among twin births, the odds are actually very slim. According to the UK Down Syndrome Cytogenetic Register the incidence of Down Syndrome among identical twins is about 1-2 in a million. The rate is higher in fraternal twins at 14-15 per million.

3) Factors that will influence your chances

a) Your family's history of twins

If twins run in your family, you could be in luck. Heredity could be in your corner as some women have a gene that is inherited for hyperovulation. This increases the chance of having multiple eggs get fertilized, and thus having twins. So yes, heredity is a big plus.

b) Your weight and body size

According to a study by the American College of Obstetrics and Gynecology, mothers with a Body Mass Index of over 30 had a significantly higher chance of having fraternal twins.

Note: We talked about having a lower BMI to increase your chances of conceiving, in general. The distinction we're making is that if you want to conceive twins, a higher BMI is said to be more advantageous. But only keep a higher BMI while you are trying to conceive, and lower it again once you have succeeded.

As for body size, there is little correlation to body size and increasing chances for having twins. However, as you can imagine, having wider hips may make it easier for birthing more than one baby. We've added a few yoga poses in a later chapter to help you slowly widen your hip flexors.

c) Have babies when you are older

It is well documented that 20 percent of women over the age of 45 years of age, will have twins or multiples. This might be risky, but at least it proves that it is never too late. The only problem with this is that caring for a baby at this

age is difficult and having two can be even more challenging at this age and stage of life.

d) Have twins once, have twins yet again



If you have had twins once, you are more likely to have them again. Some studies have concluded that having twins once can make it four times

more likely (over a first time mother) of having twins again. The only problem with this is that having two sets of twins can offer even more challenges, despite having the experience.

e) Missing a birth control pill

Inconsistent use of birth control pills can lead to hyperovulation, which can increase the likelihood of having multiples. The best ways to increase the likelihood of having twins are to either try conceiving them just after going off the pill or try conceiving them when taking the pill sporadically. For being over 99 percent effective, that 1 percent ineffectiveness can be like winning the twin lottery.

f) Take Folic Acid Supplements

We've mentioned folic acid a couple of times, but now that we are talking specifically about increasing your chances of conceiving twins, we'll say it again. This time we'll give it

even more emphasis. Here's why: one study found that taking folic acid when you are trying to conceive can increase the chances of having twins by over 40 percent.

It's easy to get more folic acid in the foods you eat, such as: lettuce, spinach, broccoli, asparagus, turnip greens, tomato, strawberries, honeydew melon and even the more unlikely sources of liver and sunflower seeds.

g) Breast feeding while trying to get pregnant again

One study found that women who were breast-feeding were over nine times more likely to have twins when conceiving during this time. Maybe it is the woman's body looking to keep lactating as a means of breast function survival, but this could also be a daycare dilemma or a one way ticket to being a stay at home mom.

h) Beverages

A martini or glass of wine might help to get you and your partner in the mood, but alcohol is not great for fertility. Only milk or liquid yogurt (kefir) will increase the chances of having twins. Why? Read on.

i) Got Yams? Or Dairy?

A 2006 study by a doctor at the Long Island Jewish Medical Center found that a diet high in dairy products raised a woman's chances of having twins. The same study found the vegans had the lowest chances of all. Vegetarians who included dairy in their diet had twins at the same rate as subjects with meat and dairy in their diet.

A tribe in West Africa has the highest twinning rate in the world, four times above the worldwide average, and a diet

high in sweet potatoes (cassava yam) is considered to be the cause. This tribe, the Yoruba tribe and the people of Nigeria have the highest incidence of twins in the world.

j) The Seasons

It seems there could be something to planning to conceive based on the season. While December seems to be the most common month to become pregnant, there are specific months that might be better than others for conceiving twins, which we've discussed more in the following chapters.

k) Best time of the month

When you're trying to conceive twins, follow the basic rule of thumb for conception, which is to plan your sex around your most fertile day. This is covered in the following chapters.

l) Sexual positions

Doctors and medical experts may tell you that there are no better sexual positions than others to increase chances of having twins. Although that may very well be true, using sexual positions that thrust the sperm deep inside the vagina is apt to create better chances for conception.

m) Frequency of sex

You might be thinking - oh boy! Or you might be worried that too much sex will get boring, cause urinary tract infections or any numbers of things. But think about it this way, the more sex you have, the better the odds. And the more sex you have during those high-peak ovulating days, the more you could end up with two little bouncing boys or girls... or one of each!

Just like anything repetitive, you have to find ways to continue to make it interesting enough to want to keep doing it.

n) Sperm-friendly lubricants

The sex and fertility industries have gotten on board and developed quite a few lubricants that don't destroy sperm and might even increase your odds.

Regular lubricants, like KY Jelly, have been known to inhibit sperm, kill sperm and possibly cause DNA damage. There are a couple of brands that are worth noting as they were actually invented for couples who are trying to conceive. If you can't find them in your local store, they are readily available online.

- **Conceive Plus:** FDA approved and safe for sperm, oocytes (female germ cell involved in reproduction) and embryos. So it's great for having those extra sexy nights and may even help. Sasmar is the only manufacturer that makes a lubricant "that includes calcium and magnesium ions to keep sperm healthy."
- **PreSeed:** This was invented by Dr. Joanna Ellington who has focused her career on sperm physiology. The company sells a special condom kit that can be used to check fertility. It will catch the semen properly, which others cannot. The lubricant should be applied near the cervix for best results.
- **Yes Baby:** Developed in the U.K., Yes Baby is sperm-friendly and certified organic. Its claims include being vagina friendly, in terms of pH levels.

- **Baby Oil:** If you're on a budget and more inclined to try something that has multi-purposes, then baby oil is your friend. It's inexpensive and works like a charm. It's known to be sperm friendly although there have been no tests to prove it.

4) Medical appointments after you are successful!

a) Extra appointments will be needed

It makes sense that you would need extra appointments once you are pregnant with twins. Undergo them joyfully, because you have succeeded!

If you were having one baby, you could expect to have about eight doctor appointments that are spaced out monthly. With identical twins, you'll want to go for checkups every two weeks and have more frequent sonograms. There is always a higher risk of complications when you're having more than one. You'll be wanting to watch for the twin-to-twin transfusion, we discussed earlier where one twin is getting more blood than the other.

With fraternal twins, you will still want to go for more frequent checkups, but not likely not as often as with identical twins.

b) What kinds of tests will I need?

You'll want to keep an eye on your blood pressure and urine to avoid diabetes and preeclampsia. Blood screening can be helpful to detect Down Syndrome, but with twins it is more difficult. Instead, you might be offered a nuchal translucency scan, which will be more effective to detect Down Syndrome.

Chapter 6) Would you Like to Increase your Chances of Having Boys?



1) Double trouble and fun!

If we can increase our chances of having twins and we can increase our chances of having boys, then it makes good sense that we can increase the chances of having twin boys... or twin girls, for that matter.

Not everyone is specific about gender, but many have always dreamed of playing and mentoring their little boy or girl.

a) More men dream of having boys

In a Gallup poll taken in 2011, the test group of men and women responded with 40 percent stating they would prefer having boys to girls; 28 percent announced their preference were for girls. The remaining 32 percent had no opinion.

Over the last 70 years, Gallup has conducted similar polls and the results always skewed toward having boys. According to these studies, men were the ones who generally cited the preference for boys, while the women were more apt to state no preference.

It was also revealed that the younger couples in the 18 to 29 age group wanted boys more than girls.

The reasoning for this remains a guess: men want fewer: frills, girlie behaviors - like crying, concerns about their daughter's virginity. Heck, most dads want sons!

b) In Eastern Asian countries, boys are always preferred

In Asia, the popularity of boys is mostly due to the fact that boys are more economically capable as they grow into young men. Women don't have opportunities that result in the higher salaried positions, thus offer less financial stability for their future.

In India and China, the difference is as high as 25 percent more male births than female. That translates to about 100 girls to 125 boys. It boils down to a matter of culture and tradition.

The thing about that is as time goes on, those highly populated countries will have millions of boys who will have little chances of finding wives. A similar thing is happening in India.

c) Twin boys are double the fun

Suffice it to say, if the couple wanted a boy child then having two identical boys would be the utmost in conceptual experiences. Many men around the world feel

that having boys will carry on their legacy, while others just want a couple of boys with whom they can play ball.

2. You want to know how to increase your chances of having twin boys?

Well some of the things I am about to explain might seem contradictory to some of the processes and guidelines that we discussed in earlier chapters.

Remember, this is specifically if you want twin boys. Don't be confused. These recommendations are slight alterations of what you learned in Chapter 4.

This comprehensive list is one I have developed over time from listening to other twin mothers, reading and hours and hours of research.

The first few tips relate to increasing the chances of having twins, in general. The rest pertains to having boy twins. Some of this information is repeated in other chapters in case anyone skips the gender chapters.

- a) **Gain Weight:** Believe it. It's been highly suggested that women who have a BMI over 30 have a much better chance of having twin boys.
- b) **Eat breakfast:** One study showed a connection between those who ate cereal for breakfast with an increased chance of having boys.
- c) **Increase dairy and beef intake:** Because of the growth hormones in cows, it is said to help increase fertility.
- d) **Yams:** There might be a connection so it's worth bringing up. There were more twins born in geographic areas where residents consumed more yams. The reason behind this is there is a chemical in yams that increases

ovulation, thus increasing the odds of having twins. If you don't like yams, supplements are available.

- e) **The Shettles method:** Shettles is an old-fashioned method for helping to figure out a baby's gender. It's the old XY and XX genetic studies we learned in high school. The Shettles method is based on the fact that X sperm are faster but die more quickly and Y sperm are slower but live longer. The way to make this work for you is to have intercourse as close to the ovulation time as possible to allow the faster X sperm get to the egg that is at its nearest point.
- f) **Orgasm Delights:** Yes, we said it once and we'll probably say it a few more times in this book. Having orgasms while trying to conceive deepens the chances that the sperm will make it to its destination.
- g) **Alkaline versus Acid Foods:** The vagina is a much more inviting place to male sperm when it is on the alkaline side. Acidity is not an environment for making boys.
- h) **Sexual Positions:** Deep penetration will perpetuate the right situation for the sperm to shoot as close to the cervix as possible. You can select your own positions - be as creative as you like. Remember that male sperm are fast swimmers but fast to die off.
- i) **Age:** If you're between the ages of 35 and 40, you will have better chances. Some research might show a wider age span, but everything points to twins being conceived at older ages.
- j) **Seasons and months:** According to several research studies, the best time to conceive boys is the summer months.

k) **Chinese Birth Chart for Conceiving a Boy:** Many people are believers in the Chinese Calendar for predicting births, mortality and fertility. Even if you aren't a believer, it's pretty interesting. The chart will show you at which age and month you would be more likely to conceive boys.

Chinese Birth Chart for Conceiving Boys

Conception Months	Mother's Age at Time of Conception
January	19, 21, 23, 24, 26, 28, 30, 31, 32, 34, 35, 37, 39, 41, 43, 44
February	18, 20, 22, 23, 25, 27, 29, 33, 35, 36, 38, 40, 42, 44, 45
March	19, 22, 24, 25, 26, 28, 31, 32, 33, 34, 36, 37, 39, 41, 43, 45
April	18, 20, 23, 24, 27, 33, 35, 37, 38, 40, 42, 44
May	18, 20, 22, 23, 29, 36, 38, 39, 41, 43, 44
June	18, 19, 20, 23, 24, 25, 26, 29, 37, 40, 42, 44
July	18, 19, 20, 23, 24, 27, 28, 29, 38, 40, 41, 43, 45
August	18, 19, 20, 22, 25, 26, 27, 28, 29, 33, 35, 37, 39, 41, 42, 44
September	18, 19, 20, 23, 25, 27, 28, 29, 36, 38, 40, 42, 43, 45
October	18, 19, 23, 25, 27, 28, 36, 37, 39, 41, 43, 44
November	18, 20, 23, 25, 30, 34, 35, 36, 38, 40, 42, 43, 45
December	18, 20, 25, 27, 30, 31, 32, 33, 34, 35, 36, 37, 41, 43, 45

Chapter 7) Increase your chances of having girls



1) Identical Twin Girls

As we pointed out, some people have a longing to have boys and some just can't get their minds off having twin girls.

Interesting to note, girl twins have fewer physical problems than boy twins, who have a lower average birth weights and more respiratory and neurological problems. In general, fraternal twins or girl twins are known to be healthier and have fewer preterm deliveries than twin boys.

The timing for getting pregnant may be a little more difficult for a girl than a boy. Remember the Shettles method? We talked about how X sperm are fast but die sooner, and Y sperm are slower but live longer?

Well, in that example we showed how having sex closer to the actual day of ovulation would work the best? The

traveling egg would be at its closest so the X sperm could work its magic and penetrate the egg to produce a boy.

Well, if you want to conceive girl twins, you will need to time everything differently. These tips will help you to plan intercourse for a girl.

- a) **Timing of sex:** To have twin girls, you will want to time your intercourse so that it is several days before ovulation. Remember, if you have intercourse too close to ovulation, your chances of having boys is greater.
- b) **Sexual positions:** Unlike the deep penetration positions we have mentioned in earlier chapters, you will want to use positions that are more shallow to let the Y sperm reach the egg later in its process. Some say the missionary position is best, but I think you can figure out which work best for you, as it may depend on penis size and length and the man's thrusting style.
- c) **Fewer orgasms:** It is really the opposite of what we have previously discussed and will make sense. Just as we told you that orgasms can deepen the penetration and potential for sperm making it to their destination, fewer orgasms will give the Y sperm a better chance of surviving all the way to the egg, while the X sperm die off.
- d) **The Whelan Method:** Dr. Whelan's technique is said to produce a 57 percent success rate on conceiving girls. Her theory includes having sex two to three days before ovulation versus a boy, which would change the recommendation to be closer to the four to six days prior to ovulation.

a) Neither the Shettles method or the Whelan method are scientifically proven as there has not been a great deal of research done to substantiate the claims.

- e) **Change your pH:** You will want your body's internal environment to be more acidic than alkaline. Eat foods that remain acidic once they are in the body. Good health generally relies on pH that is more alkaline than acidic, but for purposes of having twin girls try to change it with the foods you eat. The thing to note is that an acidic pH will prohibit the body's ability to absorb all of those minerals and nutrients, so keep that in mind.

Be careful though, a body too acidic is not a great place to stay, so be judicious about when and how much you partake. Try for a few days (3-4) before ovulation. Some acid producing foods are: white flour, eggs, dairy, meat, coffee, sodas and the use of artificial sweeteners.

- f) **Avoid highly alkaline foods:** This recommendation, as with most of the special food enhancements and restrictions, is meant as the diet to use a few days prior to having intercourse for conception. So the foods you will want to avoid will be: apples, almonds, lemons (yes, it's true) and mushrooms. There are a couple sources in the last chapter that will provide complete lists.
- g) **Lower salt intake:** Although there may be no proof to support this, a diet lower in salt is healthier anyway. In addition, it is said to increase your chances of having girls. It would be a great time to cut out chips, fries, processed foods that are high in

sodium, olives, salty meats and reduce the amount you use in cooking. If you must, consider using a pinch of sea salt, which is healthier.

- h) **Lower potassium intake:** Potassium, as in bananas, creates a comfortable environment for male sperm, so it makes good sense to avoid foods that contain it. Potassium is found in: potatoes, spinach, Swiss chard, beans, winter squash, dates, yogurt, avocado, tomato sauce and paste, fish (salmon and clams), raisins, dried apricots and cantaloupe.
- i) **Eat more fruits and vegetables:** Per the potassium note above, avoid the foods on that list and opt for more broccoli, celery, peas, cauliflower, berries and also foods that are high in calcium and magnesium.
- j) **Hot bath or hot tub:** Heat seems to reduce the male sperm count, so it makes sense that a hot bath prior to having sex would be a smart course of action to increase chances of having girls.



2) Wives Tales with little substance

There are so many wives tales that have been passed down over the years, it is difficult to address all of them. But some sound so real, we thought it might be a great time for a review. Plus, one never knows - right?

- **Baby's heart rate:** It has been said that if a baby's heart rate is above 140 bpm, the baby will be a girl. If it is under 140 bpm, it will be a boy.
- **Belly shape:** If you have a big round belly that is high, you're having a girls. If you have a smaller belly, you're having boys.
- **Ring test:** This one is a bit funny. Put your wedding ring on a string and tie it. Then hang the ring over your belly. If it circles, it's a boy. If it goes back and forth instead, it is a girl.
- **Mom's face shape:** Another somewhat amusing tale - if the mother's face gets more full while pregnant, she is having a girl. If it begins to look narrow and more elongated, it is a boy.
- **Acne:** It is said that if the mother has acne while pregnant, she will have a girl. If not, it will be a boy.
- **Mayan tale:** Add the mother's age and the year of conception together. If the sum is an odd number, the babies will be boys. If the sum is even, they will be girls.
- **Garlic:** Not sure you will want to try this, but if the mother eats cloves of garlic and her skin doesn't smell like garlic - it will be girls. If she smells like garlic - bingo - boys!
- **Legs:** If the mother's legs get really big, she's having boys. If the legs stay their normal size, girls will be in your future.
- **Bread:** Mother's who eat the ends of the loaves of bread are destined to have boys, while those who eat the middle will have girls.

- **Clumsy:** Graceful actions by the mother mean she is having a girl and clumsy means boys. Well, that one might be true, right ladies?
- **Water:** Drinking water and staying hydrated is so important for a healthy pregnancy. It is said that if the mother doesn't drink enough water, her babies will have dirty amniotic fluid. Rest assured - this is not true.

3) Chinese Birth Chart

Since we showed you the Chinese calendar that may improve your chances for having boys, we want to give you the same benefit of checking your age against the months to see the ones that might be conducive for having girls. Again, the claims are close to a 90 percent accuracy and success rate - so perhaps there is something to the Chinese ability to predict birth and death.

The chart is used for women between the ages of 18 and 45 and although it pertains to singleton births as well as twin births, the possibility of its authenticity is pretty high, according to everything I've read and heard.

After all, the Chinese are known for having ancient mysteries that are founded by seeing the results. Chinese medicine and treatments are being studied by the western medicine industry more than ever before for their efficacy.

Finally, western physicians are seeing the value in their eastern counterparts' claims and giving credence to the possibilities enough to dabble and learn.

Chinese Birth Chart for Conceiving Girls

Conception Months	Mother's Age at Time of Conception
January	18, 20, 22, 25, 27, 29, 33, 36, 38, 40, 42, 45
February	19, 21, 24, 26, 28, 30, 31, 32, 34, 37, 39, 41, 43
March	18, 20, 21, 23, 27, 29, 30, 35, 38, 40, 42, 44
April	19, 21, 22, 25, 26, 28, 29, 30, 31, 32, 34, 36, 41, 43, 45
May	19, 21, 24, 25, 26, 27, 28, 30, 31, 32, 33, 34, 35, 37, 41, 42, 45
June	21, 22, 23, 27, 28, 30, 31, 32, 33, 34, 35, 36, 38, 39, 41, 43, 45
July	21, 22, 25, 26, 30, 31, 32, 33, 34, 35, 36, 37, 39, 42, 44
August	21, 23, 24, 30, 31, 32, 34, 36, 38, 40, 43, 45
September	21, 22, 24, 26, 30, 31, 32, 33, 34, 35, 37, 39, 41, 44
October	20, 21, 22, 24, 26, 29, 30, 31, 32, 33, 34, 35, 38, 40, 42, 45
November	19, 21, 22, 24, 26, 27, 28, 29, 31, 32, 33, 37, 39, 41, 44
December	19, 21, 22, 23, 24, 26, 28, 29, 38, 39, 40, 42, 44

Chapter 8) Alternate Methods to Have Twins



1) Special Twin Methods - Fertility Drugs

During the last few decades, additional options for enhancing conception became very popular. Drug-induced fertilization, medications and even holistic methods came to the forefront. Many of the new methods began producing frequent multiple births, yet sometimes creating severe traumas to the mother's body.

Personally, I'm all for doing things naturally. But I realize that there are many fertility-challenged couples out there so thank goodness these options are available.

a) In Vitro Fertilization (IVF)

In vitro fertilization is definitely going to give you higher chances of conceiving and producing twins. Statistically,

this is a fact. Yet, only about 5 percent of infertile couples use this method.

Taking a step back, I will explain exactly what in vitro is and how it is used. The first step is includes injecting hormones in to mother so additional eggs will be produced during her cycle.

Once the eggs are at the right stage of development, they are removed and placed into a dish with a special fluid. The timing of this is crucial and possibly, why it often fails.

After the eggs are collected and situated, the father or a donor's sperm is collected and mixed into the dish with the eggs in the hope that fertilization will take place.

Once the egg is fertilized, about 5 days, it is transferred into the woman's uterus with the hopes her body will accept the pregnancy.

The method is simple, but not always fool proof. In fact, it may require repetition, which can be costly.

About 25-30 percent of women who use in vitro fertilization will have twins. This might be one of the more costly ways of trying to have twins, but the percentages are pretty impressive.

Advantages

- for couples who are carriers for certain disease traits, as the sperm or egg can come from a donor
- for couples who want multiple births
- women and/or men who have infertility issues

Disadvantages

- multiple births are likely and twins are not guaranteed

- you could end up with triplets or more
- in vitro is very expensive so if it has to be repeated, it can add up
- the average cost is close to \$13,000 per treatment
- it is a fairly invasive procedure
- in the past, infertile couples would adopt

b) What is Clomid?

Clomid, also called Clomiphene, is an oral ovulation prescription that can greatly increase the chances of having twins. The only problem is that having more than just twins is also more likely as the ovaries drop more eggs in each cycle. Other drugs such as gonadotropin and hormone shots can also stimulate ovulation and increase the likelihood of the ovaries releasing more eggs.

Advantages

- It's one of the most successful methods for increasing chances for pregnancy, even among those who don't have fertility issues.
- Proven to increase production of eggs

Disadvantages

- same as in vitro -the chances of multiple births is great
- blurry vision, floaters during treatment may occur
- allergic reactions is possible
- lower abdomen swelling
- potential weight gain

c) Acupuncture

This new age treatment has been around for about five centuries (5,000 years old) and has been known to heal many ailments, including infertility.

Acupuncture is based on the theory that your body might have blocked qi (pronounced chi), which is the energy that flows through your body.

In a study done in 2002, by a group of German researchers, acupuncture treatments enhanced conception within 160 women who were also using IVF treatments. The results showed that there were increased pregnancies among those who had undergone the acupuncture treatments.

Since it is also known as a treatment that induces relaxation, this could be partly the reason for its success in the test group.

Bottom line is if you want to try acupuncture, be sure to find a practitioner who has worked with couples or women who are trying to conceive.

d) Yoga can help fertility and birthing

We've talked about how reducing stress can help conception, so it won't surprise you that yoga poses might be something to consider. If you know anything about yoga, you're aware of its stress-relieving results. So that benefit is a given - it will keep you calm and alert.

There are many who subscribe to specific yoga poses for affecting fertility by increasing the blood flow to specific areas of the body like the pelvis.

Additionally, all of the yoga poses offer the benefit of keeping the mother's body limber, which will help during the birthing process.

Potentially fertility-boosting poses

Half Ankle to Knee pose

This will help open up your hips and align your uterus, if done properly. Obviously, this will help conception with additional opening.

How to do:

- Sit with legs extended and straight back
- Flex the right foot and press left hand's palm against its sole.
- Simultaneously, press the right hand against the knee and gently press it down.
- Gently stretch the knee up and down so it relaxes the hip joint

Bridge pose

Great sexual position, as well, the Bridge pose will help connect your center: hips, pelvis and lower back. It will help your endocrine and immune systems.

How to do:

- Lay on back with legs in a 90 degree angle
- Slowly lift up the buttocks while tightening everything in the mid-center
- Arms are flat against the ground with palms up
- Use the strength of the arms for more leverage

Side lunge

This pose is another great way to increase the flexibility of the hips and pelvis. You may have learned this in another type of exercise class. The most important thing is that your knee is never over the ankle, it should remain in a 90 degree angle.

How to do:

- Step into a wide lunge with knee bent and hips square to the front. Be mindful of the hips, as they tend to turn slightly when remaining in this pose for long.
- Bend the back knee slightly while pulling in your tailbone, tucking in the pelvis.
- Raise the opposite arm of the front-extended leg up into a nice stretch
- Repeat on the opposite side. Always repeat one-sided poses on both sides

Yogini Squat

This helps create a strong center and again adds a great deal of flexibility to the pelvis area. All of these pelvic poses will be great for your increased sex life too!

How to do:

- Squat comfortably making sure your knees are wider than your hips.
- Put the palms of your hands together and your elbows apart.
- Using your elbows, put pressure on both knees to slightly move them further apart.
- Sit as straight as you can during this pose and hold for as long as you are comfortable

Goddess Pose

This pose will help open your pelvis and hips and is very relaxing, which will be very important during the entire term.

How to do:

- Lying on your back, bend your knees and let them fall loosely to each side of your body.
- Place bottoms of feet together.
- With hands on belly, breathe slowly and focus on relaxing while you continue for 3 to 5 minutes.
- If you're not at the flexibility level that allows a comfortable stretch for your legs, you can put pillows or rolled towels under each knee. If you repeat this daily, you will continue to stretch out the pelvis and reduce any discomfort.

Breathing and Relaxation Pose

This should come at the end of your yoga practice and can be used at any time you are feeling stress or uptight.

How to do:

- Lie on your back with legs comfortably situated without strain. Arms alongside of your body, with palms up and eyes gently closed. Make sure your mouth is also in a loose and relaxed position.
- Breathe in, starting from your lower belly and moving up to the lungs. Hold for the count of ten.
- Breathe out slowly through your mouth in a very controlled manner. Repeat for five to ten minutes.

In all yoga poses, remember to breathe deeply and concentrate on each muscle group. If you feel pain or too much pressure, back off a little, but also continue to breathe into the pain or pressure.

Chapter 9) Planning Check List



1) We've organized it for you

These checklists will come in handy when you want to get serious about planning and preparing for conceiving and birthing twins. Review Chapters 3 for detailed information. Use the lists to trigger yourself and partner to get proactive and start making the changes that can make the difference between having twins or not.

a) One Year Planning

- ✓ Create a month-by-month plan to make it simple by reviewing the following elements.
- ✓ Are you in a decent financial position to handle the costs of twins? Make a list of necessities and associated costs.
- ✓ Decide if you want to gain a little weight
- ✓ Determine your BMI
- ✓ Review your current diet
- ✓ Start tracking your ovulation

- ✓ Ladies: a trip to the Doctor
- ✓ Men: a trip to the Urologist
- ✓ Review your wardrobes - make sure loose fitting clothing is a large part of your casual clothing
- ✓ Review current exercise regimens
- ✓ Improve sleep habits
- ✓ Begin using daily vitamins and minerals

b) Nine Months Before *Really* Going For It!

- ✓ Cervical Mucus Monitoring
- ✓ Check your BMI
- ✓ Start altering your diet, if you haven't already
- ✓ Ladies: enjoy wearing pink and red
- ✓ Start tracking your ovulation
- ✓ Ladies: a trip to the Doctor
- ✓ Men: a trip to the Urologist
- ✓ Increase dairy and milk intake
- ✓ Switch protein source to mostly vegetables
- ✓ Start eating yams frequently
- ✓ Include all foods on the list in Chapter 3 in your diets
- ✓ Continue taking vitamins and minerals
- ✓ Make sure to be consuming or taking Omega 3
- ✓ If you haven't already, stop smoking, eating sushi, or herbal teas and botanical supplements
- ✓ Time to reduce or eliminate alcohol intake
- ✓ During off-work hours, wear comfortable, loose clothing

- ✓ Start gathering sexual paraphernalia: adult movies, lubricant and anything else that will keep things interesting instead of making sex something that stops being fun.
- ✓ Ladies: If you haven't already, start your cardiovascular routine for about 30 minutes a day.
- ✓ Men: Same goes for you - if you haven't selected your workout, weight training is a great start
- ✓ Have you determined whether you want to try for twin girls, twin boys, fraternal or whatever happens? Now would be a good time to do that.
- ✓ Time to give up those hot jacuzzis
- ✓ Men: Be attentive to putting warm things around your groin area, like laptops.
- ✓ Stop smoking and/or any street drugs if you haven't already
- ✓ Positive affirmations to replace any doubts
- ✓ Stay intimate emotionally - a strong connection between partners can help.

c) Six Months Before

- ✓ Blood pressure check
- ✓ Create your fertility calendar
- ✓ Practice best sexual positions and orgasms
- ✓ Attitude check - focus on your conception goals
- ✓ Have you weighed in on the risks? Prepared?
- ✓ Have you determined what months are best for conception based on the twin gender you wanted.

Now is the time to plan and incorporate the specific changes in the routine.

- ✓ Pay particular attention to your diet.
- ✓ Continue eating the new foods on the list to get all of your vitamins and minerals naturally.
- ✓ The foods and habits you have eliminated will be good for so many things - but most importantly - they will encourage a fertile environment for twin conception.
- ✓ Have your ovulation calendar as perfected as possible - hopefully you have been keeping track
- ✓ Consider how you would handle twin feedings, naps, breast-feeding, formula and look at the cold reality of the work involved for about three years.
- ✓ Are you saving money, in the event you have twins you want to be ready, financially?
- ✓ Thinking about how you will feel when you have those little dolls? What could be more precious than two tiny little bodies who are psychologically connected.
- ✓ If you believe, then try planning for conceiving during the months indicated on the Chinese calendar.
- ✓ Practice your sexual positions and different techniques to keep it all sexy and fun. You can expect to feel a little bored at times, but with the right prep, you'll be able to meet the challenge!

- ✓ Now is the best time to increase your intake of folic acid. It wouldn't hurt to take an oral supplement in addition to eating this list of foods: fortified cereals, cooked lentils, spinach, broccoli, beans, asparagus, enriched pasta, cantaloupe and eggs. Not only will these give you extra folic acid, you'll be getting a bundle of your necessary vitamins. Remember, folic acid can help increase chances of conception plus decrease chances of abnormalities in twin pregnancies. We want our twins the healthiest!



- ✓ Limit caffeine (although there are two schools of thought on the matter)
- ✓ Determine whether you are at your ideal BMI
- ✓ Start doing some of the activities that you won't be able to do for a while. Things as simple as going to the movies to see something you'll enjoy. Once

you're pregnant, you'll be too pooped to do some of the things you're taking for granted right now.

- ✓ Stash a secret twin fund somewhere in the house and start saving on top of your other saving. Not trying to scare you, but you'll use all the money you have during the first couple years... and beyond, if you're planning higher education for your twins.

d) Three Months Before

- ✓ Sleep, sleep, sleep
- ✓ Use your fertility calendar to plan your sexual escapades. Can't stress enough how important it is to keep things interesting.
- ✓ Visualize what it will be like to have two infants and then toddlers underfoot. Think of the joys that you will feel and the amazing connection you will witness.
- ✓ Take photos of your life as you know it, because you won't remember it afterwards.
- ✓ In fact, you will want to make sure you have a good tablet or phone with a camera and video capability. You're going to want to record all of the things that are about to transpire if all goes well.
- ✓ Have you considered your current living space and how long it will be sufficient for an expanded family? You probably have a few years before you need to concern yourself with that, but if you live in a NYC or Paris studio flat, you will want to have a plan.

- ✓ Consider how the job situation will change. Will one of you have to stay home?
- ✓ Make a dental appointment. Current research links oral health to overall health, similar to other mammals. Women with gum disease have a higher incidence of miscarriages.
- ✓ Take your last bit of independent travel with friends, your partner or family! It's going to be a while. Honestly.
- ✓ Consider letting your hair go au natural. Do you want to be dying your hair during pregnancy? It's your call.
- ✓ Get your sex on again. Follow your calendar and make it happen.
- ✓ Talk to your loved one about how you might raise the tiny tots. Twins can be a handful, especially when they know they have you wrapped around their fingers. Always a good thing to have a basic plan or taking classes, reading.

e) One Month Before

- ✓ Continue all of your new habits - don't miss a beat
- ✓ Get even friskier in the bedroom - pull out the stops
- ✓ Make a list of things you'll need after you become pregnant
- ✓ Expect to become pregnant with twins - visualize

- ✓ Find new ways to eat some of the foods you're not crazy about. If you don't love yams, make mashed yams and russet potatoes. There's always a way.
- ✓ Start thinking of how to decorate the nursery
- ✓ Realize that patience, confidence and having a strong belief will be great tools in your arsenal
- ✓ Start having more frequent sex 7-10 days before the day of ovulation
- ✓ If you haven't used this before, start using the cervical mucus test. It will give you another way to determine when you are most fertile.
- ✓ Have you thought about if you will breastfeed? If so, how do you plan to feed twins?
- ✓ Both of you need to stay healthy. It's no time to get a cold or any ailment, for that matter.
- ✓ Continue your cardiovascular routine of 30 minutes a day while your partner is manning up to some weight lifting.
- ✓ Menu planning will help incorporate as many of the proactive vitamins and minerals into your daily diet as possible. We have provided a few recipes to get you started.
- ✓ If you haven't started one yet, start a journal or diary to keep track of all of the efforts. You'll soon see what works!

Sample Menu Planning:

You might want to preplan your menus to make sure all of the new diet items are included. Remember to check the

suggested changes in diet if you are trying for a specific gender.

- Baked salmon with a side of of mashed yams and potatoes.
- Portobello mushrooms stuffed with spinach, shredded cheese, chopped broccoli and mixed rice.
- Steamed spinach with lemon and olive oil, sprinkled with a little parmesan cheese.
- Baked yam topped with peas, kale, plain yogurt, shredded cheese and olives.
- Milk smoothies: Blend up some of your favorite fruits and milk. Add a small amount of honey to taste.
- Yogurt smoothies: Use plain yogurt, spinach, chocolate powder or honey to taste, banana and blend with ice.
- Cheese Fondue: Melt Swiss or other cheeses with a little milk and flour. Heat until blended. Dip par-cooked or raw vegetables into the fondue while still warm. Works best in a fondue pot.
- Stuffed Portobello Mushrooms: Clean mushrooms, cut up stems. Sauté onions and garlic in butter until soft and transparent. Be sure not to overcook the garlic. Add chopped mushroom stems and spinach. Spoon mixture into the mushrooms. Top with cheese and bake for 15-20 minutes until cheese melts and slightly browns. Some of these mushrooms are so large, you can easily make a meal out of a couple of these per person.

Chapter 10) What Comes Next?



1) Questions you're likely to have

Well, you did it! You managed to work your own magic after synthesizing all of the information in this book. We're guessing you'll probably take your favorite information - that which resonates - and develop your own hybrid plan.

It's anyone's guess which are the most important elements of any plan, or if it's the whole package that makes twins happen.

We're so happy for you and know you're going to have lots of questions. We've included a reference section at the end of this book, so you can easily find everything you'll need and more.

I strongly encourage you to join forums, seek twin-special websites, read the comments, ask questions and help one another through the growing pains of twin parenthood.

A few questions we know you'll want answers to immediately, we're going to cover right now.

We aim to let no stone go unturned, so by the time you have finished this book, you will be sort of an expert in your own right.

a) My twins were slightly different sizes when they were born.

This is perfectly normal and is often the case where the first born twin weighs more than the second one. Generally the heavier twin is closest to the vaginal opening, due to gravity. But what often happens is the smaller one often grows a tiny bit faster and ends up being the larger of the two. Although there has been little research to substantiate anything conclusive, we think it's interesting to note.

Remember, identical twins are sharing and possibly competing for resources when they are in the womb, so it would be less likely for the two little bodies to progress at the same rate.

b) How can I tell if my twins are identical?

The best way it to have a DNA test after the birth. Another way to know is by examining the placenta after birth. Neither method is fool proof, yet doctors have been wrong in their identification of fraternal versus identical twins.

After all, most parents of twins are not seeking physicians or midwives who specialize in twin births. You have to keep that in mind during the entire pregnancy.

You may have gathered more information and talked to more twin parents than the doctor has in his entire career. Even with sonograms, the specialist running the machine is probably not an expert in twin scans.

b) Your body, your twins

That's another reason you're educating yourself. No one can do it for you - but having every piece of information under one roof will give you access to every aspect that will help you navigate the entire process starting from the idea of having twins all the way through to how to handle two babies.

2) What Mothers of Twins can Expect

Since multiple births have increased, one would think having twins is no big deal - but it is. Carrying two little beings inside one's body is not an everyday occurrence.

During the twin pregnancy, women are at a higher risk for:

- early delivery (premature births)
- getting diabetes
- gaining additional weight
- preeclampsia (rise in blood pressure)

a) Things to expect ahead of time

Well, think about it - you'll have an instant family of four or more, depending on whether you have other children. That's a lot to juggle if you're not used to it.

I won't lie, it's demanding and exhausting - even more than if you had birthed one child, obviously. Of course, all babies are different and you could be lucky with two little ones who love to sleep.

b) It's harder to take turns

When you have one baby, you and your partner can take turns. But with two, it's not quite as easy. If you don't have the luxury of having a family member or nanny to help out in the wee hours of the night, you will both be exhausted.

That exhaustion probably won't go away until the twins have settled into their own little schedule.

Being exhausted effects your life in pretty negative ways, so having a strategy ahead of time will be key to survival and enjoyment.

c) Strategy for staying fresh

What you want to do is create a rhythm that works for your body. So, you can't sleep eight hours in a row? Sorry for the tough love, but get over it. You wanted this.

Instead, get in a different habit while you are pregnant. Although pregnancy requires solid rest, you can learn to do it in two-three separate clumps. If you're a sound sleeper when your head hits the pillow, then this strategy can work.

By the time the twins are born, you will have adapted some new sleep behaviors that nearly mimics the babies.

d) Share duties with a friend

Hopefully you will have met other new mothers and maybe even a few who had twins. If not, there are several ways to meet up with women and men in the same situation.

If you have a relative handy, that will work also. If not, go onto Craigslist.com or Meetingup.com or check through the forums to see if there are very localized group who may offer help.

You might create a "Let a Mom Sleep" program, where you each take turns giving the other a solid block of time to catch up on sleep.

Be creative ahead of time and it will pay off. This period

won't last forever.

Like with any children, the work is upfront and begins getting easier after the first few years.

3) Do twins take care of each other?

It's one thing to see two siblings play together, but almost an entirely different experience with twins. Some twins even have their own language, which is termed idioglossia. As they grow, they will wind up entertaining and teaching one another. They may learn things at a faster rate because of it.

Their personalities aren't always similar. Some twins have opposite temperaments and others are as identical as they look. The thing you can almost always count on is that they will be their own closest and best friends for their entire lives.

4) Are Twins Competitive?

Of course, that depends on the twins. While it is likely they will spur each other on to excel, there may be times when one is given an accolade and the other isn't. The peer pressure that is caused is never a good thing when they are little. Think about how you will handle it if one becomes potty trained before the other. Does your praise for one naturally create resentment and envy from the other?

a) Twins are generally their own cheerleaders

However, as they grow older they will have to deal with the real world and competition, success and failure are all part of it. A lot of how they interact with one another as they age will be due to the similarities and differences of how you treat them as infants and toddlers.

b) Do twins stay alike their entire lives?

Of course, that depends on the twins. But I have heard more stories than not of twins remaining innately similar their entire lives. Most remain confidants and best friends forever, also.

c) Can other siblings tell them apart?

Most siblings do have an advantage of getting to know the unique personalities of their twin brothers or sisters. So, yes, they can generally tell them apart.

5) Will my other kids feel jealous?

As with all children, they are going to determine their relationships themselves. But you certainly set the tone. If you treat the twins like they are more important, then explain to the others why. Twins require a bit more attention for the first few years, particularly if they were born premature.

As the twins age, it is important that you recognize their individuality, just as you do with the others, if you have more.

Chapter 11) My Own Personal Story



1) How I conceived twins naturally

Chris's Story

Chapter 12) The pleasure of being a twin



1) My life as a twin

Chris's daughter's story

Chapter 13) The double fun of being twin parents



1) Our dream came true

Well, you have to know that when my husband and I realized I was pregnant with twin girls, we couldn't have been happier. In fact, we were ecstatic... and prepared. Or so we thought.

a) Generally speaking

Although everyone is different, and everything you've read in this book will help you be extremely prepared, there are still a few more tips I'd like to share.

I've probably mentioned them a bit previously, but I want to emphasize them now.

- Take time for your partner. Having two children at the same time can wipe you out, if you're not careful.

You don't want to change the dynamics so severely that you lose the essence of your relationship, right? It really is important to find ways to have time to spend alone, just the two of you.

- Getting help - it might sound impossible, but it is hugely important. You may have to trade babysitting time with another couple. You may have to exchange favors with a trusted friend. If you can afford it, using a nanny or trusted babysitter would be work well on a regular basis.
- Night nurse - Again, if you have the budget get the help of a night nurse. You will keep your sanity, your health and your humor without stress. Of course, there are disadvantages, but is an excellent expense if you feel it's affordable.
- Spend time with each baby - that goes for both you and your partner. You'll want to get to know each one individually right from the beginning.
- Join groups - Others who have multiple births will be going through the same things. Sharing resources, ideas and anecdotes will help all of you.
- Unsolicited advice - never a good thing under any circumstances, particularly now. Find a way to gently tell your advisor that you appreciate it, but are handling things differently.
- Expect life as you've never known it - the first 6 months will make you feel like there will never be a light at the end of the tunnel. But take heart, it does get easier!
- Join a play group - you will need to get out of the house and so will the babies. Getting involved in a

local play group will expand your world and make you a more well-rounded mother and person.

- Online answers - more than ever before, you can quickly find groups, parents and answers on the Internet, when you don't have time.
- Online forums - I found that these forums were comforting and offered ideas and answers I could not find elsewhere. Sometimes the other mothers gave me ideas that saved so much time and money, I couldn't have done it without them.
- Continue some sort of exercise, like yoga, and as the kids grow you might even be able to take them to the gym and put them in the daycare for an hour. Anything you can do to remain sane and upbeat will help and exercise will be a large part of that.
- If you are first time parents, you will make mistakes. Heck, you'll make mistakes even if you have had other children. So go easy on yourselves. Try to realize that no one is perfect.
- Come to some agreements - you and your husband could be outplayed by twins, so be smart and make sure your guidelines and rules are in agreement as the kids grow.
- Enjoy and record every second with your twins. It's a unique experience that will touch you deeply as you watch them interact and grow together. It is extremely satisfying and has made my life what it is today.

Chapter 14) Famous Twins



1) We rarely think of celebrities as twins

a) Scarlett and Hunter Johansson

Hunter's acted in a movie with Scarlet and has also been a campaign advisor for President Obama.

b) Ashton and Michael Kutcher

Ashton's brother, Michael, still lives in their home state of Iowa. As a child, Michael was diagnosed with cerebral palsy and had a heart transplant. The brothers Kutcher are still tight.

c) Aaron and Angel Carter

Brother of Backstreet Boy hunk, Aaron and Angel are fraternal twins, with a strong self-proclaimed twin-ship.

d) Vin Diesel and Paul Vincent

Vin's fraternal brother, Paul, is also in the business. Paul works as a respected film editor and we all know what Vin is capable of.

e) Kiefer and Rachel Sutherland

Kiefer's little seven-minute-later-born sister is also a Hollywood star, although she works in post-production as a supervisor.

f) Gisele and Patricia Bundchen

The famous Brazillian model's twin sister is just as gorgeous.

g) Alanis and Wade Morissette

Twins Wade and Alanis are both singers. Wade is also a yoga instructor and author. Both have sons with same middle name.

h) Tiki and Ronde Barber

Tiki is an on-air personality while Ronde is a football player with the Tampa Bay Buccaneers.

i) Romulus and Remus

Romulus went on to kill his twin brother, Remus, in ancient Rome. This might even be how Rome got its name.

j) Elvis and Jesse Presley

Yes, it's true. Elvis had a birth twin they named Jesse. Jesse was stillborn, while Elvis survived and flourished.

k) Ann Landers and Abigail Van Buren

Twin sisters with twin occupations, these advice columnists spent their lifetime telling others how to run

their lives successfully. The odd thing is they were not known to get along very well with one another.

l) Mary Kate and Ashley Olsen

The cute twins from the 80's sitcom, Full House, have grown up, but will still be remembered for the work they did together.

m) Justin Timberlake

Justin had a twin sister, Laura, who died at birth. Maybe he will follow in the footsteps of Elvis, he can actually carry a tune and even dance.

n) Robin and Maurice Gibb

The well known group, The Bee Gees, were actually three brothers, but two of them were twins. They sure showed that twins had plenty of harmony.

o) Jacob and Esau

These biblical twins probably own the honor of being the first pair born at the same time. They might not be so well known in modern times, but they sure appeared in a lot of books.

p) Jenna and Barbara Bush

These two might not have done as much to make themselves famous, but being "first twins" was no easy task.

q) The Kray Brothers

Famous London gangsters, these twins were two men you wouldn't want to cross. Ronnie and Reginald were notorious for their violence on one hand and ability to rub

elbows with Judy Garland and Frank Sinatra on another night.

r) Ronde and Tiki Barber

American football players who are known for both being stars. They both spent their entire careers on the same team, made the pro-bowl and had very productive careers.

s) Chang and Eng Bunker

If you don't recognize the names, you are not alone. The "Siamese Twins" from Siam, Thailand, they brought attention to the lives of conjoined twins.

t) Parker and Christopher Posey

Actress Parker Posey has a brother who stays far away from the Hollywood scene. Christopher and Parker were brought up in Louisiana.

u) Isabella Rossellini and Isotta Ingrid

Daughters of famous icon, Ingrid Bergman, Isabella and Isotta chose two different careers. Isabella went into Italian literature and teaches at Harvard.

v) Jerry Hall and sister Terry

The sisters are and have always been close. Luckily not everything is shared. Sister Terri has recovered from breast cancer for about 20 years now.

w) Joseph and Jacob Fiennes

Actor, Joseph, has a twin who is a game-keeper and conservationist in Norfolk, Virginia. Jacob is a self-proclaimed country boy who likes a more quiet life.

Chapter 15) Amazing Twin Stories



1) A variety of true stories

Identical twins are always the source of curiosity. The stories we hear depict twins as people who have things happen simultaneously without any logical reason. They are also known to be able to feel what the other is feeling, even when there is a great distance between them.

I don't think the twins are as enamored with the coincidences that happen as much as we are. You'll enjoy these stories, as I hand-picked them from the volumes of available tales from around the world.

- a) In one instance, a twin on the East Coast awoke with a nasty hangover moments after his twin had just settled in to sleep on the West Coast.

- b) Even when twins don't share the same colors, personalities, food choices or hobbies, there seems to be a connection on another plane that keeps them in tune with one another.
- c) Recently, when two twins living on different continents touched base on Skype, they discovered that they both had purchased the same pair of pants, in the same color, at the same store. To top that off, they even made the purchase on the same day!
- d) There are more stories of twins buying each other the exact same CD, calling their mother within five minutes of one another and buying gifts for others that inadvertently match. It seems like ESP, although it has never been confirmed in any study we have run across. You will enjoy these types of experiences, I'm sure, as your twins grow.
- e) Two boys were given up for adoption at birth, and when they met for the first time almost 40 years later, they learned they were both named the same first name as one another. Jim. The adoptive parents never met or talked.
- f) In Finland, two older gentlemen both died in car accidents on the same day. The oddity of the story is that the accidents happened on the same road, a couple hours apart.
- g) In 2004, a young woman gave birth. She had a relationship with one of a twin, so he thought he was the father. The truth was that she slept with both of the identical twins on the same day. Since they have matching DNA, there is no way to tell which one is really the father.

- h) Did you hear the one about the twin sisters who gave birth on the very same day and within two hours of one another? Their due dates were within a week of one another.
- i) In a British school in Lincolnshire that has 20 sets of twins - actually went down in Guinness for the feat. But the funniest part is the school requires uniforms and most of the twins are in the seventh grade.
- j) After 35 years of being separated at birth and adopted by different parents, both girls realized that they had always lived similar lives. Both were school newspaper editors, film students and both became writers.
- k) Here's a cute one: When two Chinese girls were selected for adoption from the same agency, the two couples shared photos of the girls with one another. They had met only through common community adoption clubs, and when sharing the photos, they noticed the similarities between the two. The adoption agency assured the women that was not true, however the women had the DNA tested and learned they were identical twins. Luckily, the families grew close and elected to sort of raise the children together.
- l) Injured on the same day - When one twin fell over a slide and went to the hospital, he was sent home and told it was nothing. The same day, his twin tripped over the same slide, fell and broke his arm. Both brothers went to the hospital and as it turned out, the first brother also had a broken arm.

Chapter 16) Twin Studies & Myths



1) Twin Studies Determine

Most of the studies that have been done about twins have been about whether it is the environment in which they live that determines their similar behaviors or the genetic/biological influences.

We hope in the future more studies focus on how to scientifically increase chances of having twins in the gender of your choice. There is so much to learn about why the twin phenomenon even happens.

a) The Minnesota Twin Study

This is a well-known study that has four parts: two parts are about identical twins and two are about fraternal twins.

The study's primary purpose was to do what we mentioned above - determine whether "twin-ness" is the product of the environment or if it is biological. The way this and similar studies have been done is to use twins who have grown up together and twins who have been separated at different stages.

What they have concluded is that twins who grew up apart are as likely to be similar to their twin counterpart as if they grew up under the same roof.

This, then, clearly states that twins are biologically similar and although environment may play a role in having parallel interests - it is very likely due to their genetics.

2) Amusing myths to disregard

Myths about twins

We've all been exposed to stories about twins that are passed off as fact. So much so, that most of us grew up believing them. Well, we're going to debunk these myths for you today, so you will know the scientific realities.

Myth: Twins run in families

Fact: Although it is possible for a family to have a genetic predisposition to having twins, it would be more about the woman's genetic predisposition of releasing more than one egg at a time. That only relates to fraternal twins, as you can see, because identical twins are created from one egg.

Myth: Twins skip a generation

Fact: There is absolutely no evidence to support this. Not sure where this information came from or how it started, but if you have twins there is no data that suggests your daughter will not be able to birth twins. Based on what we

said earlier, if the woman is predisposed to releases more than one egg, she is predisposed to having twins.

If that is a genetically carried aspect that is passed down, then it is more likely that your daughter would have twins, so it wouldn't skip a year.

Myth: Bad morning sickness means twins

Fact: This is a very personal issue and is all over the board. Some women experience the epitome in morning sickness while others experience nothing. There is no truth to the fact that morning sickness has anything to do with multiple births.

Myth: Twins speak their own secret language

Fact: Of course, as with everything it depends on the twins. But considering they have been together since they were zygotes, it's likely they can communicate in their own way. As for a secret language - it's surely not a universal "twin" language.

Myth: Pregnancies start as twins and change

Fact: Pregnancy scans have shown that many pregnancies have started with two fertilized eggs, with twins on the way. However, after about 12 weeks, one of the twins doesn't make it and is reabsorbed back into the tissue.

There is a name for this: vanishing twin syndrome and as sad as it sounds, it has no physical or emotional effect on the mother or the remaining twin.

Myth: Twins can't be breastfed

Fact: Mothers are mothers and they will try it, if their body can handle it. From my experience, it is likely the breast milk will need to be supplemented with formula so that

quantity is never an issue. Plus, if you get sick or have to travel, the babies will be accustomed to formula, as well.



Myth: Twins are both halves of a whole. So one is good and one is bad.

Fact: It has been observed that

during the formative years, the twins take turns taking the leadership position. One minute one is the follower and later it changes. Temperaments play a large role in their relationship, but rest assured they are not born the yin and yang of good and evil.

Myth: Twins share everything but should be separated in school so they can develop individually.

Fact: How twins are raised will be determined by the parents as there is no one right or wrong way. Twins should not have to share any more than siblings of different ages. If they choose to, then that is something they have worked out between themselves. As for separating the twins in school, that largely depends on the level of co-dependency prior to starting school. Common sense will tell you how to handle this when the time comes.

Chapter 17) Resources



1) The Complete Guide to Increasing Twin Pregnancies

As you know, I was intricately involved in learning every aspect of twin conceptions, pregnancies and more.

I am happy to provide all of this information to help increase your chances for conceiving and birthing twins. It's been such a meaningful journey for me.

The book includes every piece of available information from every available source, so I am listing all of them in the event you would like to keep up and follow any updates or medical advances.

I have classified the resources to make it easy for you to find.

a) Medical References:

- WebMD: www.webmd.com

- Baby Center: www.babycenter.com
- WebMD: <http://bit.ly/1cdUDXu>
- Baby Med: <http://bit.ly/1mJymoT>
- American Pregnancy: <http://bit.ly/MzT0H4>
- Twins UK: <http://bit.ly/1jEpNXG>
- <http://www.nlm.nih.gov/medlineplus/ency/article/001595.htm>
- <http://www.dnafamilycheck.com/services/dna-twin-test>

b) Increase chances for twins and genders

- http://multiples.about.com/od/funfacts/tp/howtohave_twins.htm
- <http://www.parents.com/parents/quiz.jsp?quizId=/templatedata/parents/quiz/data/1331647257752.xml>
- <http://www.fertilitycommunity.com/fertility/how-to-have-baby-making-sex.html>
- <http://www.sofeminine.co.uk/pregnancy/sex-positions-for-getting-pregnant-d41614c503928.html>
- <http://www.justmommies.com/articles/natural-ways-to-conceive-twins.shtml>
- <http://www.fertilityfriend.com/Faqs/Gender-Selection-The-Shettles-Method.html>
- <http://www.huggies.com.au/childbirth/multiple-births/twins/chances/>
- <http://www.whattoexpect.com/forums/multiples-and-twins/archives/can-u-increase-odds-of-twins.html>

- http://www.babycenter.com/0_your-likelihood-of-having-twins-or-more_3575.bc
- <http://www.conceiveeasy.com/get-pregnant/increase-your-chances-of-having-twins/>
- http://www.pregnancy-info.net/increasing_twins.html
- <http://www.whattoexpect.com/forums/multiples-and-twins/archives/did-anyone-here-try-to-conceive-twins-naturally-and-were-successful.html>
- <http://www.newhealthguide.org/How-To-Conceive-Twins.html>
- http://www.ehow.com/how_5326954_conceive-twins-triplets-naturally.html

c) Twin Terms Definitions & Facts

- <http://medical-dictionary.thefreedictionary.com/twins>
- http://multiples.about.com/cs/funfacts/a/oddssoftwins_2.htm
- <http://www.scientificamerican.com/article/identical-twins-genes-are-not-identical/>
- <https://twins.usc.edu/links.htm>
- <https://www.modernmom.com/db59d6d2-3b3d-11e3-be8a-bc764e04a41e.html>
- <http://health.yahoo.net/experts/dayinhealth/amazing-facts-about-twins>
- <http://www.livescience.com/16466-twins-multiple-birthsfascinating-facts.html>
- <http://www.rd.com/slideshows/facts-about-twins/>

- <http://theweek.com/article/index/215499/5-strange-new-facts-about-twins>

d) Twin Parents Lifestyle, Information, Clubs and Organizations

- www.twinsclub.co.uk
- <http://www.babyzone.com/>
- <http://www.thetwincoach.com/2011/03/our-best-tips-and-advice-for-new.html>
- <http://www.twinsfoundation.com/>
- <http://twins.usc.edu/its/its.htm>
- http://multiples.about.com/od/twininfants/tp/twininfant_mistake.htm
- <http://www.babble.com/pregnancy/how-to-have-twins/>
- <https://www.facebook.com/twinlifestyle>
- http://kidshealth.org/parent/positive/family/parenting_multiples.html
- http://www.huffingtonpost.co.uk/mette-poynton/tip-for-parents-of-twins_b_2400936.html
- http://www.huffingtonpost.co.uk/mette-poynton/tip-for-parents-of-twins_b_2400936.html
- <http://multiparents.meetup.com/>
- <https://groups.yahoo.com/neo/dir/1600042234>
- <https://groups.yahoo.com/neo/groups/like-twins/info>
- https://groups.google.com/forum/#!topic/whazzupdelhi/TEOkWAeh_cg

e) Nutrition and Health

- <http://www.nhs.uk/conditions/pregnancy-and-baby/pages/twins-healthy-multiple-pregnancy.aspx>
- <http://www.mayoclinic.org/healthy-living/pregnancy-week-by-week/basics/healthy-pregnancy/hlv-20049471>
- <http://pregnancy.familyeducation.com/pregnancy/pr-enatal-health-and-nutrition/57619.html>
- <http://pregnancy.familyeducation.com/>

f) Twin supplies

- Tummy Wear:
<http://www.tummywear.org/increase-chances-of-twins.php>
- <http://www.justmultiples.com/>
- <http://www.stuff4multiples.com/>
- <http://www.parents.com/baby/twins/caring/twin-newborns-essential-items-to-buy-in-bulk/>
- <http://multiples.about.com/od/shopping/>
- <http://www.twin-pregnancy-and-beyond.com/twin-gear.html>
- http://www.beso.com/baby-twins/search?rf=ssb&gclid=CP2krL_p-bwCFe5aMgodqgcAgg
- <http://www.twinsandmorestore.com/>
- <http://www.amazon.com/Taking-care-baby-MoMs-products/lm/RDO9LD1YOF6D7>