

Genesyx and the Shettles Method

General company text

The Shettles Method is an independently developed approach to natural sex selection, associated with the work of Landrum B. Shettles. It proposes that the timing of intercourse in relation to ovulation, together with conditions in the reproductive environment, may influence whether an X- or Y-bearing sperm fertilises the egg.

Genesyx did not create the method. Its role is to help people follow the routine in a more organised way. The programme brings together cycle observation, ovulation timing, preconception nutrition and vaginal pH monitoring, so that users can record the relevant information and follow their chosen XX or XY plan consistently.

The research connected to the method covers several distinct questions. Noorlander and colleagues studied a low-sodium, high-calcium diet combined with intercourse before ovulation. Among the 32 participants who met both study criteria, 26 had girls; the prospective validation group reported 16 girls among 21 qualifying participants [1]. McSweeney followed 99 couples using the Billings ovulation marker and reported that 94 birth outcomes matched the study's timing-based prediction [2]. A separate cohort study of 740 women found an association between preconception energy intake and the sex of the baby [6].

Laboratory studies have examined some of the biological ideas behind the method. Oyeyipo and colleagues observed changes in X:Y sperm proportions and motility after exposing human semen samples to different pH conditions [3]. You and colleagues reported lower viability among Y-bearing sperm under several prolonged-incubation conditions [4]. Other studies have described average differences in sperm dimensions, motility and cervical-mucus penetration [5, 9, 10].

These papers do not all examine the same protocol. Timing studies, nutrition studies and laboratory experiments should therefore be cited for the specific question they investigated. Genesyx uses this body of work to inform how the programme is organised, while keeping each finding connected to its original study design and sample.

Reference numbers correspond to the linked bibliography in [Shettles_Method_Research_Overview.pdf](#).