

* Smart ways to live well

OCTOBER 04

Prevention

SPECIAL ISSUE

Energy



ur
y



You can't always get what you want

Say no to gender selection kits

For \$199, an Internet-based company claims you can choose your baby's gender with an at-home kit.

Our advice? Don't count on it.

Although the company says that components of the kit are FDA approved, only one, the ovulation predictor, really is—but *not* for gender selection. For about \$1,000, another firm will sort a semen sample to theoretically increase your chances of conceiving the gender you want and return it to you for do-it-yourself insemination. However, there is no good scientific evidence that either of these kits works, says **Frederick Licciardi, MD**, a reproductive endocrinologist at New York University School of Medicine.

The only reliable way to ensure that you'll have a child of a specific sex costs thousands of dollars and involves in vitro fertilization. —*Toby Hanlon*

us:
azy
n's
out

WWW.PREVENTION.COM

CAN 10 >



0 590975 5