



Fertility for Men

Our goal is to help you conceive and encourage healthy, thriving parents that can create a vibrant and healthy child. Just as a gardener enriches the soil before planting a seed, we believe in investing in your health and body prior to conception.

Since it takes about 90 days for new sperm production, it is ideal to dedicate 3 months to taking good care of yourself to ensure the best possible sperm are used for conception.

Diet:

- Eat fresh fruits, vegetables, lean meats, and whole grains
- Buy organic and local when possible
- Avoid sugar
- Avoid soy
- Avoid processed and packaged food
- Avoid coffee
 - Coffee is linked to poor motility.
- Avoid alcohol
 - Alcohol contributes to poor quality sperm, poor sperm count, poor motility, and liver problems.
- Drink plenty of water

Lifestyle:

- Do not overheat the testicles
- Avoid putting your mobile phone in your front pockets
- Avoid working with your laptop directly on your lap
- Avoid wearing tight underwear
- Avoid hot tubs
- Avoid extreme biking
- Keep body weight in a normal range
 - Fat cells convert androgens to estrogens, which can interfere with male hormonal balance. Very low weight impedes sperm production.
- Avoid smoking
 - Sperm count of smoker is about half that of non-smokers. A pack a day is linked to poorly formed sperm tails.



- Avoid marijuana
 - Marijuana use is linked to poor sperm motility and poor sperm production. It has shown to lower the level of androgens that a man can produce and raise estrogen blood levels.
- Avoid anabolic steroids
 - In addition to short-term problems with fertility, anabolic steroids can sometimes cause permanent sterility.
- No toxic chemical exposure
 - Environmental toxins linked globally to a 40% reduction of sperm count in the last 50 years. Includes pesticides, heavy metals, paints, and solvents.
- Ejaculate at least once a month
 - Less frequent ejaculations make more viscous fluid and slow down the sperm.
- Ejaculate every other day from day 8-14 of a woman's 28-day cycle
 - Ejaculating more frequently or excessively reduces the sperm count.
- Use a fertility friendly lubricant such as Pre-Seed or Conceive Plus
- Moderate exercise
 - Both excessive and deficient exercise interferes with hormonal function.
- Get 8 hours of sleep, nap if needed
- Minimize stress
 - Yoga, meditation, and acupuncture can help with this

Supplements

Men should be taking a daily **fertility multivitamin**, along with **Vitamin D3**, **Omega-3 fatty acids**, and **Co-Q10**.

Additional supplements as needed:

Antioxidants to help buffer environmental toxicity and improve sperm morphology

- **Vitamin C:** 2,000 milligrams per day (in divided doses)
- **Vitamin E:** 800 IUs per day
- **Beta-carotene:** 100,000 IUs per day
- **Selenium:** 200 micrograms per day

Sperm enhancement

- **Zinc:** 60 milligrams per day (for sperm production and testosterone metabolism)
- **Vitamin B12:** 1,000 milligrams per day (involved in the replication of cells)
- **L-Arginine:** 2,000 – 4,000 milligrams per day (helps promote cellular replication)
- **L-Carnitine:** 1,000 to 1,200 milligrams per day (assists sperm motility)



Chinese Herbal Medicine

- **Jade Treasure Cool:** for low sperm count, low number of normal shape sperm, poor motility or high DNA fragmentation with signs of heat.
- **Jade Treasure Clear:** for anti-sperm antibodies or a varicocele, or history of testicular trauma (including surgery and biopsies).
- **Jade Treasure Support:** for poor sperm motility or morphology or low sperm counts with possible low testosterone levels, lethargy, sensitivity to cold, low libido or ED.