



Fertility for the Sperm Provider

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 74 days for new sperm production, we encourage you to adopt a healthy diet and lifestyle for 3 months prior to desired conception to boost your sperm quality.

Diet Recommendations:

- Eat fresh fruits, vegetables, lean meats, and whole grains
 - Buy organic and local when possible
- 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

General Lifestyle Recommendations:

- Moderate exercise
 - Both excessive and deficient exercise interferes with hormonal function.
- 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.
- Get 8 hours of sleep, nap if needed
- Minimize stress
 - Yoga, meditation, and acupuncture can help with this
- If needed, use a fertility friendly lubricant such as Pre-Seed or Conceive Plus

Avoid the Following:

- Overheating the testicles (avoid hot tubs, hot baths, etc.)
- Putting your mobile phone in front pockets
- Working with your laptop directly on your lap
- Wearing tight underwear
- Extreme biking
- Tobacco (cigarettes, vaping, etc.)
 - Sperm count in smokers is about half that of non-smokers. A pack a day is linked to poorly formed sperm tails.
- 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.
- Anabolic steroids
 - In addition to short-term problems with fertility, anabolic steroids can sometimes cause permanent sterility.
- 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.
- The following medications may have a negative effect on your sperm quality (this list is not exhaustive and your physician should be consulted):
 - Cytotoxic drugs
 - Propecia and Avodart
 - SSRIs
 - Anti-epilepsy drugs
 - Antiretrovirals

Ejaculation Guidelines:

- Do not exceed 10 days without ejaculating before the day of trying to conceive.
- Men with male factor infertility should ideally ejaculate one day before trying to conceive.
- If trying to conceive naturally, have intercourse every 1-2 days during the woman's fertile window (typically Cycle Day 8-14 of a woman's 28 day cycle)