

7 Tips to Naturally Improve Sperm Health

Statistically half of all couples trying to conceive will get pregnant within 2-3 months of trying and 85% will get pregnant within 1 year. Male factor represents approximately 40% of the reason some couples have difficulty conceiving. In many cases and with sufficient time, natural treatment methods can make a dramatic improvement in the quality of sperm parameters - although at least 100 days of targeted treatment is required before definite improvements can be possible to sperm health.

The key to optimum fertility is to be as healthy as possible prior to a conception attempt. This will not only improve your chances of a natural or assisted conception, but it will significantly improve your chances of having the healthiest possible baby. In addition research shows that couples who, together, undergo a comprehensive natural fertility program prior a conception attempt are at least 47.1% more likely to conceive through IVF and have approximately 78% chance of naturally overcoming infertility.

As far as sperm are concerned, heat, toxic environmental exposure and oxidation are enemies that are best avoided. The key is to be as diligent as possible with leading a healthy lifestyle, whilst implementing effective natural strategies. Here are some tips you can start implementing now:



1. Zinc = healthy sperm

The male fertility mineral - it's necessary for so many aspects of fertility (male and female) including healthy egg production, healthy testes for good sperm count, motility and normal shape. Zinc is involved in the correct and healthy replication of egg, sperm and embryonic DNA and RNA (your genetic make-up), which help to create healthy baby blueprints. It assists in preventing the development of pre-eclampsia (a dangerous condition involving high blood pressure and protein in the urine) during pregnancy and is essential for cell division (replication in a growing baby). Zinc is also necessary for the sexual development of a baby and required for the development of baby's immune system.

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2. Fishy business

Every cell in the body is comprised of approximately 50% fat and 50% protein. Fish oils are rich in omega 3 fatty acids which are essential for healthy male reproduction. Sperm health depends upon high essential fatty acid content to provide the cell membrane with the fluidity essential at fertilisation. However, these fatty acids are easily damaged making sperm particularly vulnerable to attack by free radicals (molecules responsible for damaging healthy cells) and lifestyle factors promoting oxidative stress such as smoking, drinking alcohol, environmental chemicals and more. Without the proper level of antioxidants required to protect the body against free radicals, essential fatty acids can be a double edged sword, associated with reduced fertility. The solution: for optimum sperm health and fertility supplement with a combination of high levels of antioxidants and omega 3 fatty acids daily.³ Be cool

As best as you can try to avoid overheating the testicles - boxer shorts ARE better than briefs AND stop crossing those legs! Research shows that squashing the testes for long periods can harm nerves and temporarily impede blood flow. This can cause tingling and numbness in the entire reproductive region and lead not only to infertility but also eventually to erectile dysfunction. If your job involves sitting for long periods, be sure to get up and walk around to cool things down a little and avoid using heated car seats all together. You will definitely also need to avoid baths, spas and saunas.

4. Plastic is not fantastic

When it comes to fertility, plastics have a negative impact on sperm quality. Plastics can cause hormonal imbalances, exerting an oestrogenic effect upon reproductive organs. This reduces the body's production of testosterone, which in turn can decrease sperm count and may even lead to other abnormalities. The key here is to avoid plastics as much as you can particularly in the form of plastic containers, water bottles, plastic food wraps and the like. Use glass wherever possible.

5. Watch where you put that thing!

The last place you should put your mobile phone is in your pocket! Sperm cells are very sensitive to radiation of any kind and your sperm parameters will negatively suffer from the exposure. In order to optimise your fertility, it's best if you and your partner can avoid and protect yourselves as much as possible from all types of ionising and non-ionising radiation. Ensuring you don't have any electric equipment in the bedroom is already a great positive start, because the hours you spend sleeping are potentially the only time in your day that you're not constantly being radiated.

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6. Toxins kill

Not only can toxins have a negative impact on general health, they literally kill or damage sperm to a level which renders them unable to effect a healthy conception, causing infertility and/or being a contributing factor in recurrent miscarriages. A lot of chemicals in our environment are hormonal disruptors and have a part to play. The key is to avoid chemicals in every form as much as possible - from cleaning products and pest control to paints, building materials, heavy metals and more. Do your homework before using any new product or chemical 'solution' presented to you. Also, ensure to use every possible and available protection from chemicals and other toxic hazards in the workplace.

7. Clean up your diet & lifestyle

Cut out the junk food, cigarettes, alcohol, caffeine, sugar and base your meals on fresh, unprocessed, vital foods everyday! The healthier your diet and lifestyle, the most optimum your fertility. It's that simple. Of course these are not the only factors in naturally boosting fertility; however they are vital pillars of optimum fertility to ensure you do everything possible to take home the healthy baby of your dreams.

Making positive changes to optimise your health will also have a remarkably positive impact on your fertility and the benefits don't stop there. In ensuring you are doing your best you are also making a decision about your legacy in the form of your offspring. Start making consistently better choices today - your prospective child's life depends on them.

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