

# The Truth About Male Infertility... and What To Do About It

Did you know you can increase the chances of you and your partner having a healthy baby by 50 percent? Perhaps you have been told by a medical expert that your sperm is 'fine'... and it may very well be... but are you still trying to conceive?

If 'trying to conceive' is not happening as quickly and easily as you thought and your partner has been stressed thinking she cannot fall pregnant, then you are not alone. But the real truth is that male fertility is also paramount when "trying to have a baby" because it represents the crucial 50 percent of the equation, which without, no conception is possible. The great news is that there are so many things that can be done in order to dramatically improve male fertility in cases of sperm parameter problems.

Even in cases where there are no 'explained' fertility problems the best result and pregnancy outcomes will occur when BOTH partners are enjoying optimum health and fertility even prior to a conception attempt. Whether a pregnancy will take place at all or whether it will be carried to term or even how healthy a child will be once he or she is born is 50 percent dependant on how healthy the primary cells—the egg AND the sperm really are. Whether they are perfectly formed and functioning will be a crucial step along this journey.

## Having trouble conceiving?



A Danish study concluded that between 1938 and 1990 sperm concentration has fallen from 113 million per milliliter (ml) to 66 million per ml—a decrease of almost 50 percent in fifty years. Based on these statistics we may say that male infertility is on the rise. However it is also less taboo these days. Men and women trying to have babies are more open to seeking answers as to why they are not conceiving as easily and quickly as they had initially hoped.

Much medical research is now being done in terms of what positively impacts male fertility, particularly in cases of infertility. And not surprisingly what researchers are paying millions to find out is that nature knows best after all!

Did you know that it takes approximately 120 to mature a healthy egg and form healthy sperm? And that this time prior to conception is vital for enhancing your chances of conceiving a healthy baby? A healthy diet and lifestyle—free from chemicals, toxins, coffee, alcohol, smoking, recreational drugs, excessive testicular heat as well as decreased stress, optimum nutrient levels, antioxidants and happier moods for that minimum preconception period can totally transform sperm parameters and a healthy male's ability to father healthy children.

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One of the main reasons doctors send couples directly to IVF or ICSI procedures (which is the most popular form of ART for male infertility) when sperm parameters are poor is because as far as orthodox medicine is concerned there are no proven, effective methods for naturally enhancing male fertility...despite the large number of new studies showing how effective a healthy diet and lifestyle really is in order to address male fertility! Unfortunately some medical practitioners only think in terms of high tech methods to patch the problem no matter the consequences, and neglect a very simple, but profound truth: When the body is truly healthy, optimum fertility naturally ensues.

**Your role is so much more than “doing your job in a cup” or providing the seed for conception. The truth is that most men have never been explained how absolutely vital their contribution really is to creating a healthy conception.**

After all what parent or prospective parent would not give of themselves for their children? A truly healthy sperm—that eventually creates a pregnancy and forms the baby of your dreams - contains within it the child's blueprint for their life, including their health in the short and long term. As a prospective parent, if you understand the importance your contribution it's much easier to make the necessary behavioural modifications necessary to create the healthiest possible cells that eventually become the baby you hope for.

The daily effort and opportunity to strive towards better health and optimum fertility is a choice that must come from each individual based on the understanding that each day we make decisions to either come closer to our desired outcome or not. The great news is that poor sperm parameters and male fertility can be improved through optimising one's general health – that WILL dramatically increase the chances of creating the healthy baby of your dreams.

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