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Top Tips to Support Sperm Health

Did you realise that environmental toxins can lead to low sperm counts, sperm mobility problems and DNA sperm data mix ups? Sports activities can also affect sperm whilst antidepressants may cause damage to sperm DNA. This pdf offers simple support for sperm health. Creation Fertility advocates a pre-conceptual care programme - it only takes 72 days to change sperm health and with sperm counts plummeting there's no better time to get started than now! According to the World Health Organization (WHO), just 5 to 15% of human sperm today qualifies as "normal! "

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Staying Fit and the Correct Weight!

Exercise is of course important for your health but balance is key!! According to a 2008 study (Aberdeen University), obese men may have lower-quality sperm than men who are of normal weight. Larger men have a 60 percent higher chance of having a low volume of semen; they also had a 40 percent higher chance of having some sperm abnormalities.

So what about those of you who are sport mad? Studies suggest that long-distance runners who ran more than 100 miles a week and cyclists who rode more than 50 miles per week have been found to have decreased sperm counts and are more likely to develop genital or urinary problems (Boston University, Fertility and Sterility Journal). There is also a theory that erectile dysfunction may be associated with narrow bike seats whilst Lycra in sports clothing increase body temperature in affect “cooking sperm”

In order for testes to produce high quality sperm, their temperature must be slightly lower than the body's core temperature, that's why testes are located outside of the body. Saunas, hot baths, and even tight pants can impact the health of sperm by cooking them out of commission.

Remedy: Keeping fit is obviously essential to your health – but considers your sperm health! Keep hydrated and cool the testes post exercise with 30 seconds of cold water spray over the area. Wear loose natural materials when possible.

Did You Know?

Men have a biological clock and it starts ticking from around 35 years of age. Research has shown that men over the age of 35 have a lower sperm count, with less motility and an increased risk of DNA damaged sperm. The World Health Organisation (1992) state that there should be more than 20 million sperm within any ejaculation to enable a conception providing the sperm is health and the woman ovulating. However, the good news is that men produce sperm all their lives so it is possible to improve its quality and quantity through healthy nutritional and lifestyle changes.

Gadgets/Computers/Lap Tops/Tablets/Smart Phones:

Technology may be ever changing but there is research to suggest it affects sperm health. The exposure to cell phone radiation by sperm has been associated to damage sperm DNA and sperm morphology. The Environmental Working Group (EWG) recently released a new report which documents the negative health effects on sperm exposed to cell phone radiation and “*the striking findings for men who carried their cell phones in a pocket or on their belt*”. They reported that “*...in the most striking findings, men who carried their phones in a pocket or on the belt were more likely to have 11% fewer mobile sperm and/or more inactive or less mobile sperm and at men who talked on the phone for more than an hour a day had 17% fewer highly motile sperm than men who talked on the phone for less than 15 minutes per day.*” So what about the Bluetooth device then? The EWG believe that this may make matters worse.

Remedy: Keep all phones and computers out of your pockets and away from your body. Place them in bag of some form or away from you. When speaking on your mobile keep the conversation short using the speaker function if possible. Turn all devices off at night and keep them out of the bedroom! Ensure your lap top or i-pad/tablet is not placed on your lap.

Jonas: Mosby's Dictionary of Complementary and Alternative Medicine. (c) 2005, Elsevier considers that electro pollution affect well being. www.ewg.org

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Did You Know? Healthy sperm can survive for about 48 to 72 hours inside a woman's body and in the right conditions can live for up to 5 days.

Sperm reaches the woman's fallopian tubes 30-60 minutes after ejaculation

Sperm are produced at an average of 1,500 per second from each testicle

Food and Diet: Eating good quality food is key for sperm health. My website creationfertility.com offers a plethora of reasoning and dietary support but for now remember this: Pesticides, preservatives, additives and food colourings have been linked with health problems and therefore should be avoided when preparing for a baby. Food packaging including plastics, aluminium, BPA and heavy metals such as mercury should also be avoided as contamination can leach into your body through cooking and re-heating foods. Chemicals used in pesticides and the manufacturing of plastics mimic the action of oestrogen and have been linked with infertility in animals. Toxic metals including lead, cadmium, mercury, aluminum and copper - all of which have an adverse effect on reproductive health! Once absorbed in the body, toxic metals displace vital nutrients, including vitamins, minerals, enzymes and hormones.

Remedy: Buy fresh natural foods – preferably organic or free range which do not contain growth hormones and antibiotics. Choose fish from sustainable sources, and eat plenty of “smaller fish” which are less likely to contain harmful heavy metals. These should be eaten at least twice per week. Omega 3 enhances sperm quality and motility so salmon, mackerel and herring are also good choices providing they are sourced well. Mercury levels in tuna and swordfish can be high so avoid when possible. Eat nuts and seeds!! Brazil nuts are an excellent source of selenium which may increase sperm count whilst all nuts and seeds also contain zinc which is needed for sperm development. Include at least eight portions of brightly coloured vegetables and 2 portions of fruit daily as they are high in antioxidants which help to mop up free radical damage and assist sperm health. Tinned produce may be convenient but keep it to a minimum – opting for fresh or frozen food wherever possible.



Caffeine, Alcohol, Recreational Drugs and Addictions:

Addictions come in many shapes and sizes – and can be connected with alcohol, smoking, orthodox medication and street drugs, caffeine, sugar, excessive exercise regimes to name but a few. Addictions should be addressed before a pregnancy takes place but breaking addictive habits can be difficult to achieve. The Creation Programme recommends a complementary approach using the holistic treatments already discussed however nutritional therapy is also essential. Amino acid therapy can help to restore normal brain chemistry and reduce cravings. Whilst blood sugar regulation helps control cravings and re-balances serotonin and endorphin levels.

Alcohol: Alcohol causes loss of sperm cells, atrophy of the penis and semeniferous tubules, increases the ratio of abnormal sperm, significantly decreases sperm concentration, output and motility and in some cases lead to sterility and impotence. Whilst alcohol is an “accepted and social toxin” it is a teratogenic substance. From a nutritional standpoint alcohol interferes with nutritional utilisation, digestion, absorption, as well as increasing urinary excretion of vitamin and

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minerals and affects gut health detrimentally. Of particular importance is its effect on zinc – an essential mineral for sperm health.

Remedy: Reduce and avoid if possible!

Coffee: Studies have shown that the more coffee men drink per day the more likely they are to have sperm abnormalities – caffeine can affect sperm motility and, in large amounts, has been shown to immobilise sperm.

Remedy: Substitute caffeine with pure water, herb or , Bambu or Barley Cup or Caro or Rooibosch tea. If you are on any medication it is important to check with your GP that it is caffeine free.

Giving up/reducing the stimulants coffee, tea, alcohol and cola drinks etc can cause problems for those who are strongly addicted to them. It is always best to reduce intake over a period of a week or two before excluding them totally as this will reduce any withdrawal symptoms such as headaches etc. If you have a strong addiction and drink more than 4 cups of either tea, coffee, cola's etc daily introduce new tastes by alternating your usual drink with water or a grain-based coffee substitute such as Barley Cup, Caro, Caro Extra, Dandelion coffee or Yannah. Normal tea can be substituted with Rooibosch or a herb tea. Some people prefer hot water with a slice of lemon or lime or the occasional mug of hot reduced salt vegetable bouillon. Once you have found a selection of drinks you like then reduce the coffee, tea or stimulant down further to only once per day before eliminating it altogether

Street Drugs and Medication: The use of medication and recreational drugs can affect fertility and also become addictive. It offers the following known adverse effects on fertility

Cannabis – damages sperm production and causes problems with the placenta. There are 421 component chemicals which are combusted into over 2000 other chemicals when smoked – these remain cushioned in fat surrounding body organs which include the testes, ovaries which are slowly leaked out. One of these is THC (tetrahydrocannabinol). This is known to accelerate apoptosis and interfere with the copying of DNA – thereby increasing the chances of in-fertility issues or a malformed child.

Cocaine or Crack: research indicates that use of these drugs increase the chances of low birth weight, malformation, life long brain damage and psychiatric problems for both the user and child.

Opiates: The use of opiates such as heroine and methadone increase the risk of miscarriage, still births and mental instability.

Prescription Drugs: Painkillers, tranquilisers, anti-depressants and over the counter products are not necessarily “safe” during a pregnancy or pre-conceptual programme. It is important that you check with your GP whether they are safe or be provided with safe alternatives.

Remedy: Stop!

Smoking: Whichever way you look at smoking, it is detrimental to health, your fertility and the health of your developing child. Thankfully, smoking is no longer allowed in public places and passive smoking will hopefully become a thing of the past, however, it can take up to 10 years to remove the toxins from a smokers body so this programme strongly recommends the removal of this habit. Besides nicotine, the addictive substance of tobacco, the gas and vapour phase of cigarettes contains thousands of other toxic, carcinogenic, mutagenic, growth retardative and immunosuppressive compounds, which include polycyclic aromatic hydrocarbons, cyanide, carbon monoxide, lead and cadmium, ammonia and insecticides. This names only a few, as the American tobacco industry, under pressure from Congress have named a further 599 chemicals it adds to cigarettes. Personally, I would not be surprised if more toxins were added but have, as of yet, not been published.

In males it is associated with decreased sperm density, decreased sperm count, reduced testosterone secretion, and morphologically abnormal spermatids and spermatozoa which can have a direct cause of various fetal malformations

Remedy: Stop! But you may need professional support – try hypnotherapy

It seems that just a small increase in temperature of the testes can have an affect on sperm count . Sperm can only be produced at a temperature of 32°C, normal body temperature is 37°C. July and August are the lowest months for conception – probably because heat weakens the reproductive systems.

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Toiletries, Skin Care and the Shower: Many use hazardous chemicals including petro-chemicals which can affect your immune system and increase the risk of allergies and intolerances. Synthetic hormones, chemicals and phthalates are everywhere - in your shower, scented soaps, shampoos, and cleaners to vinyl shower curtains. Not only are you surrounded by the chemicals, but the heat from your shower makes it easier for the phthalates to be released.

Remedy: Make sure the products you use are simple, plant-based, unscented and free of harmful phthalate-containing products. There are many wonderful natural product ranges available – please choose them!

Case Study: Mr. M is 33 years old. He and his wife have been diagnosed with “unexplained infertility”. These test results show how a male supplementation and nutritional programme can support sperm health. The first test is when they first visited their GP in April 2008. By August Mr. M had been taking supplementation and addressing dietary recommendations for 3 months. April 2008 his sperm count was only 19 million, by August 2008 it had increased to 25 million and by December 2008 they had increased to 85 million!

Till receipts: 40% of receipts today are coated with the hormone-disrupting chemical bisphenol-A (BPA). Previously, BPA has been linked to fertility problems and heart disease, but a study, published in the journal *Fertility and Sterility*, shows that higher levels of BPA in your urine lowers your sperm count and sperm quality.

Remedy: If possible leave the receipt behind or store it in an envelope or folder, rather than a pocket or in your wallet.

Avoid sitting for long periods of time, driving for extended hours or wearing tight clothing. Stand up and take short walks periodically – all these support mechanisms can encourage sperm motility and mobility.

Sex Toys: Watch out for vinyl sex toys. Vinyl unleashes phthalates which are plastic-softening chemicals that have been linked to cancer, allergies, birth defects and infertility.

Remedy: Spice up your sex life using green foreplay products and lubricants made of silicone, glass or just let your imagination take over!

Did You Know? Males also produce oestrogen in their testes. Oestrogen imbalances affect fertility in men and also their body shape. Man boobs and weight gain around the hips indicate excess oestrogen. Oestrogen excess in men also slows down testosterone production, affects libido and sperm health.



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