

Fertility Tips for Men

KIM CHILD | LICENSED ACUPUNCTURIST



Reduce Caffeine

If your drinking more than 2 coffees & drinks containing caffeine this may cause a negative effect on sperm quality.

The good news for many, low (101–200 mg) to moderate (201–800 mg) of daily caffeine consumption was not associated with a reduction in sperm quality, according to the [2010 study](#). The exception seems to be caffeinated beverages these are much worse due to the effects of caffeine & sugar.



Reduce or Abstain From Alcohol

More than 15 drinks per week is considered heavy drinking causing sub fertility in these areas:

- Lowers testosterone levels, follicle stimulating hormone, and luteinising hormone, and raising estrogen levels, reduces sperm production
- Shrinking of the testes, causing impotence or infertility
- Changing gonadotropin release impacting sperm production
- Causes early ejaculation or decreased ejaculation
- Changes the shape, size, and movement of healthy sperm



Stress Levels

Several studies found both sperm quantity & quality suffer when a man is exposed to stressful events. Unfortunately, stress-related infertility likely compounds with other fertility issues due to concerns over not conceiving, creating a negative feedback loop.

Look at identifying and managing your stress levels. Try meditation, yoga, breathe work, journalling or a creative hobby.

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Smoking & Drug Use

This might not be worth saying BUT, if you partake in either there is plenty of research to report sub fertile semen, but even worse, cause deformity and serious issues with the foetus.



Healthy Weight

Overweight men are 11% more likely than their normal-weight peers to produce low numbers of sperm and 39% more likely to produce no sperm at all.

Obese men are 42% more likely to have a low sperm count and 81% more likely to produce no sperm.

However, a new clinical study has found obese men improved their semen quality if they lost weight. **Aim for a BMI between 20 - 25.**



Avoid Heat

Human testicles are maintained at 35 °C (95 °F), about two degrees lower than body temperature, and can thermoregulate. The testes are covered by the cremaster muscle, which involuntarily contracts or relaxes to either draw the testes closer to the body for warmth or away from the body to cool.

Avoiding heat is quite important because an increase in scrotal temperature of just a few degrees can inhibit spermatogenesis and cause infertility.

Wear cotton pants vs. synthetic. Limit hot baths & sauna use. Jobs involving heat; bakers, welders, furnace installers need to be cautious.

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Laptop on Lap & Phone in Pockets

Placing your laptop on your lap or keeping your phone in your front pocket generates a certain amount of heat.

In a 2004 study, scrotal temperatures increased by 2.1 °C when men sat with their thighs touching for sixty minutes. This likely explains why men who sit for long periods show increased rates of infertility.

Sitting with a laptop increases the temperature of the testicles even more. The same 2004 study found that laptop use added another 0.5 to 0.6 °C of heat to scrotums. Since most of the heat is due to thigh proximity rather than the laptop itself, a cooling pad won't solve the problem.

Work smart, place electronics away from the body.



Food is Medicine

Quality food produces quality eggs and sperm. When the digestive system is suffering so does hormone balance.

Foods high in GI (glycemic index) are often found in processed foods, white refined carbs trigger significant spikes in blood sugar. Add in the fact these foods are often low fibre & high sugar negatively impact sperm quality.

Zinc (found in shellfish, chicken, eggs and legumes), folate (in spinach, kale and lettuce) and selenium (brazil nuts) are beneficial to sperm health.



Get Acupuncture to Boost Fertility

Kim works with many couples going through natural & assisted conception. Why not book a free discovery call to discuss your plans to conceive?

Acupuncture is a supportive complimentary therapy to boost sperm quality and reduces stress associated with the struggle to conceive. [BOOK NOW](#)