

Male Fertility Fact Sheet

At present there is no treatment in Western Medicine for male fertility issues such as low sperm count, motility issues and defective sperm. Even the latest medical journals have shown that western medicine has had to turn to complementary & nutritional medicine for help. (Medscape - Curr Drug Metab. 2005; 6 (5): 495-501-Mechanisms of male infertility: Role of antioxidants) The latest scientific studies have also shown that the average sperm count has fallen by up to 50% from 380 million sperm to about 180 million sperm per ejaculate. This means that men are now ejaculating half the number of sperm than they were 50 years ago. All blamed on environmental estrogens, known as 'Endocrine Disruptors'(87000 chemicals found in food & our water from pesticides, detergents, preservatives, plastics, and the pill).

(BMJ 1992; 305:1392-1395)

We have a solution for you

A Multi-faceted therapeutic approach to improve male infertility involves identifying harmful environmental and occupational risk factors, while correcting underlying nutritional imbalances to encourage optimal sperm production and function. At 'ConceptShen', we believe we have found the answer to male infertility, through the use of our clinically proven formulations and our comprehensive lifestyle advice combined. We have several products that have been specifically formulated using amino acids and antioxidant combinations and an improved formulation of a century old prescription used by the emperors of China, to increase libido and also help sperm quality. We also used other selected products to help enhance male sperm quality as well. Latest research also shows that Acupuncture can improve over-all sperm quality and morphology too (Journal of Fertility and Sterility, July 2005; 84: 141-147). We thoroughly recommend you come in for acupuncture on a regular basis

We are the first company in Queensland, and Australia, to actually have our own range of specific products to assist male infertility and all are available now. All products have been clinically tested and individual trials have shown increases in male sperm count, motility and overall quality significantly. Through the use of specifically chosen antioxidants and amino acids clinical trials and research have shown to not only increase sperm count and motility but to help with morphology and sperm on a cellular level. Through the use of these products in our own clinic we have seen the amazing results time and time again. We have had scientists from local IVF clinics call us, and comment on the results of male sperm quality after using our products and protocol.

NB-Sperm is released from the tubules after 70 days; 14 days later it is motile (fertile). Therefore it is essential to allow a minimum of 3 months to correct dietary inadequacies and to start to see improvement in male fertility. While sperm quality issues can often improve after 3 months, sometimes it may take longer depending on the severity of the problem. Sperm quality and male fertility issues are not fixed overnight.

Male Fertility Check List

- Definitely- No smoking!
Smoking (both marijuana and cigarettes) decreases sperm quality on every level and also adversely affects men's sexual health & vitality.
- Avoid recreational drugs (including alcohol) and where possible, pharmaceutical drugs.
Pharmaceutical and recreational drugs will often contribute to male infertility.
- Limit alcohol consumption to 2 glasses per week at the most. Alcohol does affect male fertility.
- Avoid or dramatically reduce coffee and other caffeine drinks. Research shows that more than 2 cups of coffee or black tea, or one can of soft drink, can reduce fertility by up to 50%.
- Control testicular temperature. Wearing tight underwear and clothing that promotes high temperatures can dramatically affect sperm quality.
- Reduce stress at all costs. Stress is a major cause of male fertility issues.
- Address work issues such as shift work or having high stress loads. High levels of stress, working long hours or shift work can dramatically reduce male fertility.
- If sperm quality (count, motility, morphology) is a problem, increase ejaculation frequency to aid sperm transport. Do not think that by delaying sex, sperm quality will improve; it is just not true!

- You should be having sex at least 'everyday' if trying to fall pregnant. Most sperm are killed off 1 hour after entering the vagina, so the more sperm, the better your chances of conception will be. Do not just try at so called "specific days". If possible try a couple of times per day.
- Reduce all high GI carbohydrates, highly processed foods and those foods that are high in sugar and saturated fats. Too many high GI carbohydrates can cause male fertility problems. Ensure your daily diet includes 2 serves of fruit and 3 serves of vegetables. See Keto or Wellness Diet booklet.
- Increase protein to at least 90gms of crude protein (150-200mgs of meat or tofu, will yield only 30gms of crude protein)
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- It is requested that men stay on all products for the first trimester of pregnancy, as this period is still volatile.

To increase your baby-making success, we ask that you take all products consistently and in combination with proper diet and stress reduction.