

## RECIPE

### How do apparently infertile men become dads?

They get Baby Ready – healthier as fertility is a measure of this.

- 1 - Drink lots of water (**3 litres**, non chilled, pure) - all day
- 2 - Cut out all **ENTIRELY** cigarettes, alcohol and caffeine.
- 3 - **9 cups of coloured veggies with fat** – (very necessary to make hormones/better sperm) with. Protein is in the actual fat – not oils
- 4 - Go to bed - **asleep by 9 pm** – no TV/electronics after 7pm.
- 5 – A lot **more intimacy/and sex** - in different positions, forgetting about the apparent fertile times – fun and delight reestablished.
- 6 - Take a **good B complex with minerals** twice daily.
- 7 – Extras – **iodine** painted on skin, **topical magnesium** x 10 daily, **Vit D3** to where your blood levels are past the highest in the range on tests – is what you make hormones, thus sperm with mineral supplements, plus a fish oil and a strong Vit E with extra Selenium.
- 8 – Use a good [detoxifying agent](#)
- 9 - **10,000 steps per day** is the daily base line – PLUS heavy workouts at the gym - or taking up a very active sport and practicing/playing at least 4 days a week
- 10 – No contact - electronics/laptops and mobile - genital region.
- 11- Wear loose fitting/no underwear.  
Stand, rather than sit at a desk. Move around a lot.
- 12 – Investigate ways to actively encourage her to do likewise – especially walking briskly after the evening meal in readiness to be playing when in bed. Evening is dedicated couple time.