

# Supercharge your Sperm



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# NOTE FROM HEATHER

Over my clinical life, I have seen many people, especially those suffering the panic of present and projected future childlessness, apparently wasting their lives and their resources in a battle with their bodies. I believe a more likely way to become a parent is to be working WITH nature, rather than against or IN SPITE of it.



## DISCLAIMER

All information in this book is tempered by the opinion of the author. If you wish to make health and lifestyle changes I recommend you do so under professional care. I will not be held responsible for any loss or damage of any nature occasioned or suffered by any person acting or refraining from acting as a result of reliance on the material contained therein. Second and third opinions are often necessary, and even then, please remember that it is YOU who is bearing the consequences of your decisions and actions.

**It is not intended that you substitute the information contained within for appropriate medical advice. Helpful hints and self responsibility must be tempered with common sense and a respect for the highest good of all the participants.**

# ABOUT HEATHER



I have been involved in the teaching and delivery of health care through acupuncture for thirty years. Throughout this time, I have specialised in women's health and pregnancy. In this book, I share an explanation of life that is not normally available, as a contribution to the mysteries of becoming pregnant and what happens next. The mysteries of male fertility are simple – do what nature expects and she will return your attentions with abundance.

As an acupuncture course designer and educator I have been able to ground the very different focus of Chinese medicine in our own culture. I have fused the natural healing within both modalities to the point where the interested person has a chance of taking full responsibility for themselves, rather than merely hoping everything will work out. For this reason, I suggest you use this book to get a feel for how the well body is so perfectly designed for self repair if given the proper raw ingredients and the opportunity to do it.

Trained as a naturopath (rather than in the 'health comes from buying bottles of tablets' school), I prefer to elicit a lifestyle change for those trying to conceive, rather than allowing faulty life habits to co-exist with paid-for solutions. Staying where you were when you created your problem does not allow the solution to emerge or to settle in as permanent.

As a woman who always became pregnant without intending to, I come from a position of 'of course you will get pregnant.' As it has always been, in all other times of human history, - sex equals babies.

What difference will it make to the rest of your life whether you conceive the one that will be with you for the rest of your life this month, next month or next YEAR? Surely you would prefer to know that you did everything you could to make this one perfect, and that preparations for the best start began well before his/her conception?

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# INTRODUCTION

The aim of this book is hopefully to get some of the guys on the same team as their partner – making babies, not feeling pushed around and hassled. Because the quality of sperm increases dramatically and extremely quickly when general health and vitality is improved, it is easy to establish whether there is a little or a lot you can do, and then do it.

As a natural fertility specialist, I have noticed, over the past 30 years, a shift in the male perspective on the issue. Usually, in the past, I only saw men if they had a diagnosed sperm abnormality and were desperate to father their own babies. Beyond that, it seemed that getting pregnant was considered women's business.

When IVF started, it became even more of a woman focus. Scanning equipment had just been introduced and the brave new world of reproductive technology was born. It was now very easy to attribute what was 'wrong' to her. Plus, there were no medical solutions to sperm problems. It was thought there was NOTHING that could be done to help, so the whole push was to make the woman better – as if the entire responsibility rested with her.

## BUT...

As time passed, men started visiting my clinics in greater numbers because their sperm were considered not good enough even for assisted reproduction techniques. The spectre of having to use donor sperm if their own contribution was too damaged created the drive to seek help. Rather than seeking another stud, the man sought to improve himself – how did he know to try elsewhere? Desperation usually; the last resort; hope – the same motivators that used to drive people to IVF. These days IVF is considered well before even investigating cleaning up the prospective parent's own health problems – which are likely the reason behind the lack of fertility anyway.

Both could stop and consider the QUALITY of the children they wish to have. Are they themselves both in rude good health? Are they both as well (and as clean and happy) as they could be before embarking on the making of another person? What is this baby to be made from? This has been covered in the sister eBook to this – "[Helping Mother Nature – a Fertility Guide](#)". Instead of feeling a personal affront at apparently being thwarted by Mother Nature because the baby they may make together in their current form is less than they would wish, both – rather than often just the woman – could embark on a preconception package. Often the woman is the driver here, but equally the man may consider improving his state of being as a precaution, to ensure that the baby he fathers is as perfect as possible. Otherwise, if she does conceive, she may have recurrent miscarriages – as his contribution is less than perfect to finish the job.

Now there is a process called ICSI, where an egg is injected with a selected sperm. There have to be sufficient, good quality sperm to use this technique. It is only used either when his tubes are blocked, or when his sperm are not numerous or vigorous enough. Why not boost them up before this is even considered? There are no losers either way – the resultant baby just gets to be even better – and in all things post birth, baby is only as potentially stunning as the inheritance it started off with.



This is something to be considered, as often the one who carries the trauma is the mum in waiting. Significantly larger amounts of hormones were initially used in IVF than are used today. Women routinely put on 25 kg of weight, which did not shift after stopping the drugs. They were then considered too fat to adopt. Now, there are fairly rigid protocols, and if a woman is considered outside these, she may not even get a chance – and all the while, the man may have continued doing what he regarded as normal - drinking, smoking and skipping breakfast, and generally acting as though he was totally peripheral to the making of his children.

## NATURAL VS ORTHODOX MEDICINE

Possibly the reason for this has been that natural medicine – helping the body heal itself – does not spend big money on representing its case. People quietly seek natural help in many ways – even if it is only taking a vitamin or two. All forms of natural medicine assist the body to regain its own balance. Natural medicine is not flashy; is without major advertising budgets and not government subsidised. Terminology and methods used may look weird to those used to forcing the body to change.

Sometimes, it takes time to heal – and the need for instant gratification in the modern world has no time for a proper job done – the veneer and flashiness of possibilities may be talked up and sold as though reality. Where does this leave the majority of those seeking babies through IVF? Still childless, and often extremely traumatised and out of pocket in many cases. Only then is natural medicine's help sought. Why not build up yourselves BEFORE attempting to force nature? All there is to lose is uncertainty. You will KNOW you did everything possible, rather than just handing over money and hoping for the best outcome.

Orthodox medicine does not work to assist the return to normal, or wellness. Vitality measures are not part of the map it uses. With all the new technology, illness and female 'plumbing' issues are now identified and focused on. Yet, this is only part of the problem. Even if we discount the role of the prospective dad – as though his sperm were insignificant and unchanging – the quality of both parents and what they bring to the child is ignored within reproductive medicine – the push is to make as many eggs, then embryos, as possible as though quality was irrelevant.

## WHAT IS AN INDICATOR OF POSSIBLE TROUBLE?

Often the body is so out of kilter that everyone just gets used to feeling slightly off. This is easy to spot and to alter. Sometimes it is just a matter of popping a thermometer in the mouth first thing in the morning and discovering yourself that there is work to do. Men should register 36.8 C. Anything less than this and sperm quality and volume may be an issue. I am currently seeing a man with over a 100 million sperm in his samples – but quality? His temp is at a record low of 34.8 – TWO whole degrees less than is optimum – this has got to be playing out as less than vigorous baby makers.

The BBT (Basal Body Temperature) of both partners tells us what the metabolism is doing, whether the body can even support itself (let alone a pregnancy) well in the woman's case, and if there are likely to be good, strong, vital and robust sperm in his case. So far, this key consideration has been ignored in favour of 'hormonal' blood tests and supposedly amazing new drug protocols.

## WHY BOTHER?

Western medical specialists, unlike their natural counterparts, believed the sperm unlikely to change, so nothing was suggested to improve the contribution he was to make. This led to male and medical complacency. I often wonder why such a crucial beginning as the making of a person is treated with such apparent disdain. Someone has the damaged babies, someone has the chromosomal disorders and someone has failed pregnancies, miscarriages and babies that just don't make the grade. Why not make sure it is NOT you? Luck is not part of the reproductive package – there is a lot we all can do to influence things.

Why wait to see what a pregnancy scan and invasive testing show? Why not, instead, ENSURE that the baby you make together is the most amazing possible? Natural medicine works at this edge. Even today, I still often only see the woman seeking conception and I wonder why HE is not also seeking help. After all, HE holds half the genetic package.

Googling '**improving male fertility**', '**sperm health**', '**natural male fertility cures**' and also '**male factors in miscarriage**' may allow him to become less defensive and reactive and realise that seeking to stop all tetragenic (fetal poison) factors is not a personal attack on him, but an attempt to ensure miscarriages and other pregnancy hiccups do not happen.

Without this acknowledgement, the effort of creating a baby may still be considered to be women's business alone – and often, as the ensuing stories illustrate, this is not the case. I emphasise, it is NOT up to her alone; if it were there would be a lot less childless couples.

## KEYPOINT

HOW WELL YOU ARE IN PART DETERMINES  
HOW WELL YOUR CHILDREN GET TO BE.

YOU CAN CHANGE THIS AND HENCE THE  
QUALITY OF YOUR OFFSPRING – OFTEN  
EASILY AND WITH LITTLE EXPENCE.

# CHAPTER ONE

## CAN SPERM BE IMPROVED?

Until very recently, all mainstream fertility clinics focused on the woman, regardless of how poor his sperm were. It was almost as if they ignored that it is the COUPLE who are not conceiving - not just the woman failing to become pregnant. From the natural standpoint, however, we ask what can be done to assist HIM to be as fertile as possible?

The starting point is that a number of men are still using various chemicals and stimulants as a form of self-medication – cigarettes, alcohol and caffeine – failing to see the link between basic ingredients of life, like breakfast, good food, water and rest, and the good health that would give them great sperm, and thus a better chance of making a great child.

What we can do to IMPROVE the quality of the baby we are trying to make is at the core of good reproductive medicine. In orthodox IVF centres, there still does not seem to be a firm connection between what happens in a person's life and the reproductive challenges they face. Many are grossly overweight yet lacking proper nutrition, so how are QUALITY embryos going to happen?

All printed literature coming out of the major IVF centres until very recently said nothing could be done to assist sperm quality. This flew in the face of what all natural therapists had been practising for decades – quietly raising the fertility of those who seek their help, whether they still needed assisted reproductive technology, or whether nature finally won out. Or even if those visiting natural therapists were NOT seeking babies but better health, and accidentally discovered that the natural contraceptive measures really only work if the players are not very well hence have low fertility ..... babies happen when well, often when you least expect them ....

The orthodox medical suggestion that nothing could be done for the man has possibly led to a situation where men feel lost when confronted with the possibility of low sperm action or numbers. Maybe this contributes to not wanting to know.

What can be done? Well, consider this: All naturopaths and a lot of acupuncturists/Chinese herbalists have been specialising in this field, busily creating babies, long before IVF appeared. And they are still assisting couples today when quality issues (poor egg response and sperm quality) are indicated.

Men are now being told that taking a dedicated fertility pill can help them. This apparently is breaking news and doctors are propounding on what naturopaths have been doing all the while. Until trials of antioxidants were completed about a year ago, some people even considered natural therapists to be 'quacks', as everyone else in the medical world felt sure there was no way to change sperm. The truth was that there was no pharmaceutical agent that was helpful – so they went out and created one from all the antioxidants that we should be eating anyway.

What is now touted as a breakthrough may indeed be so from a marketing perspective MENVITE in the form of a very expensive, one-off pill. But it stands only pale comparison with what can be done to enhance sperm if you follow basic naturopathic and common sense advice.



# NATURAL SUPPLEMENTS

Doctors do not study nutrition. The lifestyle and dietary changes I advocate are outside their sphere. Often such simple and researched matters as stopping ALL caffeine and having a zero tolerance policy on alcohol, nicotine and all drugs – prescription included – has not reached the IVF clinics. As a result, women are happily being inseminated with sperm that may cause them to miscarry because their partner is still creating toxic sperm; his coffee/diet cola and alcohol habits apparently are not considered part of their combined fertility problem.

## ‘MENEVIT’

Now being marketed as a new tool, this is just a combination of a few supplements within one tablet. The problem here is that our gut does not process tablets as well as it does food. The **Zinc** component is far less likely to be useful in this form; most natural therapists prescribe it in a liquid or powder to enhance assimilation of this very crucial micronutrient. As digestive capacity is deficient when Zinc is missing, so the gut will be less likely to absorb what it needs. Zinc is vitally important not just in sperm production, but also in all immune, mucous membrane, and in RNA/DNA replication issues. It also influences the strength of the digestive enzymes that in turn allow all assimilation to happen well. The soils in Australasia are very lacking in both this and Selenium, but both are important fertility boosters.

Until very recently, the medical view was that **Selenium** was highly dangerous (despite the fact that deficiency leads to all forms of cancer and other immune deficiency issues) and it was banned from being sold in Australia. Veterinary medicine in NZ knew that without this, the ewes were infertile – and all animals were supplemented with what was just not there naturally in the soils – hence not in the food they ate. Nutritional deficiency leads to conditions that are presently medicated against in orthodox medicine. This does not create a solution, but further problems – instead of help, the body, already displaying warning signs of its turmoil, gets masking agents that often further stress the its already-troubled functioning.

## ‘ELEVIT’

Similarly, for women ‘Elevit’, sold in Australasia with great fanfare, is no better a product than any good multivitamin sold in a health food shop. I’m not referring here to the chain store variety of multi-vits. Be warned that all supplements are NOT created equal. Some may be cheaper because they are harder to assimilate, have cheaper ingredients and may just be making expensive sewage. Those who are taking ‘Elevit’ are better off going to the health food shop and seeking advice there. Chemists and doctors are involved in marketing campaigns, and usually have little nutritional understanding.

## FOLIC ACID - is for men too – Google **‘folic acid and sperm health’**

Elevit is apparently full of folic acid – which is in most foods and every sensible diet. The folic acid, as a B group vitamin, should never be taken by itself, although until recently women were told to take it alone as Vit B9 – and some are still taking extra as though it will ward off bad babies. Taking it alone is actually destructive, as all the B group work synergistically within the body. Folic acid, which, as I say, was ALL women were advised to take in the recent past, is a hindrance unless taken with a good multi or B complex. It is contained within all of these.

In fact, folic acid is very hard to miss nutritionally provided you are eating well. 20 years ago when asked, IVF doctors said that taking folic acid was only required in the last 4 weeks of a pregnancy to strengthen the iron bonding within the baby's red blood cells. This contradicted views that were starting to appear in newspapers - that enhanced folate blood level seemed to reduce the incidence of neural tube damage. Research obviously hadn't made it into the medical journals that mattered at that stage. Indeed, any of my patients attending IVF clinics were counselled AGAINST taking it – on the basis that it was not considered necessary – just eat a 'healthy diet' was all the nutritional advice on offer.

Medical fashions change, but the body's need for nutrients is constant. Naturopaths have been trained in this field. Doctors do not routinely study nutritional deficiency states. This means that a lot of health issues are overlooked, as simple as they may be to correct, because medicine is looking to pharmaceutical drugs for solutions rather than at what should be within a person. Depression is a classic example. Magnesium deficiency allows a person to become more upset, irritable and thus tenser, with muscle spasms, twitches and cramps, plus irritability, inability to sleep and moodiness.

So rather than handing out anti-depressants and sleeping aids, why not consider Vitamin B complex and Magnesium? Again this should be in powder form as the body is not so good at dismantling tablets, especially when stressed, which is the issue at hand.

## WHAT TO DO

Don't take my word for it – go Googling. I would recommend anything written by **Dr Igor Tabrizian** here – please Google his name. It is far more useful to take a few different and targeted natural products than what is currently the latest fashion in medicine. Up to a year ago most doctors still said that sperm quality was set. Also of note may be [www.acubalance.ca](http://www.acubalance.ca), [www.foresight/pre-conception.co.uk](http://www.foresight/pre-conception.co.uk) and [www.thenutritionlink.co.uk](http://www.thenutritionlink.co.uk).

## SUPPLEMENTS

### WHAT TO TAKE TO ENSURE GREAT SPERM

Often people say that they want to make a natural baby – as in – why do I need to take anything? Some research of your own will answer this. Also ask yourself some questions. Is food actually allowed to ripen before it is carted off – often across the world? Hence – does it have all the goodness (let alone taste) that it would if grown naturally in a local garden? Is the usage of forcing agents and unnatural farming and storage methods actually even good for the food, let alone us eating it? Are we so sure that the toxic world we live in only needs us to eat what we think we fancy?

I suggest everyone take **one very strong B group dosage THREE times a day for a week** to help clear away any residual B deficiency, **then half a B complex three times a day**. This frequency is needed because B and C are water soluble and do not get stored in the body. They are flushed out, showing up as colouring in the urine.

Also take:

- A good (not the cheapest ) fish oil capsule;
- One multi-vit twice daily;
- An E dose – very strong - with Selenium if possible, otherwise a Selenium supplement also;
- Half ml of Zinc liquid or half a teaspoon of Zinc powder, mixed with a serve of Magnesium powder, twice daily.

## IF THERE ARE DAMAGED SPERM

In addition, if there are damaged sperm, take the following:

- A very strong Co-Q 10 capsule twice daily;
- Twice the recommended daily allowance of both L-carnitine and L-arginine – both amino acids that are found in health food shops;
- A folic acid/B12 extra supplement – and perhaps if you have poor circulation, or you know the vasectomy reversal was dubious – two three times a day, at least for a week along with the half B complex – longer if you suspect chromosomal damage – as this assists repair and recovery.
- A green tea extract supplement if you can find it - you can't drink enough to cover the good this exceptional anti oxidant can do for your sperm repair.
- A half dose of Vitamin C, SIX times daily – more if you can fit it in, or if either of you are smoking.

This is in addition to the extra water you should drink and the elimination of caffeine and alcohol. You should be taking in plenty (two and a half cups) of coloured vegetables daily – wok and juicer help here - and fat and protein every three hours. This calls for a change in prioritizing – self-care first. This can be a major stress in itself, as the whole reason the health issues have arisen, leading to the need to take medications (especially the migraine sufferers), is because the water component is not attended to. I strongly suggest you follow all recommendations outlined in my book [Helping Yourself to Health and Vitality](#).

## HOW YOU ARE IMPACTS UPON YOUR SPERM QUALITY

You will be surprised at how relevant this is. The state of your general health is reflected in your fertility. If you are regularly taking medications for any complaint, the sensible thing to do is to go natural and investigate the many different natural health modalities to find answers. You should not be unwell and stressed going into baby-making, as the sperm – your half contribution to the baby project – need to be stunning. To the extent that you are not well, they will reflect this. It is easy to reverse. Firstly – get well – not so that you are functioning as medicated, but so you are really 'bursting out of your skin' well. Otherwise, when baby arrives and is not quite what you imagined, separate to finding the energy and enthusiasm to cope with this significant life change, you may find yourself wondering if you did everything you could when it mattered most.

Why ARE you having migraines and taking medications to avoid them? If your family has them too, doesn't this tell you that getting stronger now may allow baby to miss this inheritance? And why DO you need to take pills all the time to make your gut feel better? Could this be altering everything about you, since the gut is not now able to process food well, so that all body products are compromised?

A young couple came to me very excited about their new pregnancy, but the following week I heard the woeful tale of the miscarriage and vast haemorrhage she experienced. Sometime later, when they attended one of my pre-conception workshops, they spoke to me afterwards, saying that although they were both very upset about the miscarriage, they now saw just why it would have happened and, in a way, how grateful they were to have lost that child, as neither realised just how unwell they each were. They are still building themselves up to make a much healthier baby to take through their lives, without all the potential problems they currently have.

The gut turmoil that many experience – especially IBS and reflux - further wrecks good sperm. This is because when we take antacids and similar medication, to relieve what is really a lifestyle problem; our ability to nourish ourselves diminishes drastically. What remains for fertility purposes is not in good shape. This can be easily changed, but under the guidance of a natural health care professional who deals with a wellness and vitality model, rather than an orthodox medical person who deals in illness and drug solutions.

Be prepared to change what you are doing. Remember, you created the problem and need to alter what you are doing, to 'fix' it. Health does not come from a bottle.

## STEPS TO BECOME A DAD

1

CONSIDER WHAT ARE YOU CONTRIBUTING

2

IMPROVE IT

# CHAPTER TWO

## TAKE A SPERM TEST

You actually need to know about the volume and quality of sperm you are working with. A surprising number of men seem to think that because they are sexually active, there is nothing 'wrong' with them. Another large percentage possibly feel they just know that the root of any problem or issue is 'not them'. Is it a slight on their manhood? Do they believe, as an adult, that they are still 'perfect' and not at the mercy of all the factors that have created the epidemic of male sub-fertility – unheard of 50 years ago?

Perhaps they do not know that male fertility in all species is collapsing throughout the world. Your dad is probably still more fertile than you are. He was not exposed to all the petrochemicals and their derivatives in his infancy that you were. Although we all accumulate toxins as we age, the most important time is when we are forming and our hormonal systems are being laid down. (A clue as to why no fetal scanning should be happening AT LEAST until after differentiation after 13-14 weeks along). This is covered in other works, and may be Googled – try '**fetal scanning safety**' and see what **Dr Sarah J Buckley** discovered.

If you Google '**hormonal disruption**', '**our stolen future**', '**estrogenisation of the planet**', '**male fertility impediments**' and anything else around this subject, you will be enlightened as to why modern life and all the consequences of chemical substances is wrecking your hormonal health and hence fertility. You might have been exposed to something when you were developing inside your mother. Or whilst she was feeding you, there may well have been some external influence on her. At any other time this may have been OK but, whilst you were developing, it was highly problematic.

There may have been too much mercury in her teeth as fillings that leached into your embryonic body as it developed within her. This may have been compounded in life by all the vaccinations she made sure you had to assist you.

It may be that all the alcohol you binged on in teenage years has blocked your tubes and is obstructing you from becoming a dad. Or maybe the STDs that were apparently cleared through taking antibiotics (or the ones that were 'sub clinical' – you didn't ever know you had) are stopping you fathering children. One way or another, there may be hardly any sperm appearing where and when you need them to do the business.

Whatever the reason, hormonal disruption is happening throughout the planet. This is easy enough to confirm online. Reading this eBook will help you look for what you can do to turn the tables around. What is considered the 'bar' or acceptable proportion of sperm that is classified as normal has been lowered dramatically in recent years. It is about half what it used to be. 'Normal' sperm can be only 15% of the sample; this means most – 85% - can have two tails, funny shaped heads, and all indications that SOMETHING is seriously wrong.

Do you really want to take pot luck with your future only-child or few children? We try for quality in all other endeavours, so why do we make such a lottery of whether we make the most of our baby or not?

Then there are the more hidden problems – heavy metal poisoning, not enough 'oomph' ...

## COUPLES NOT CONCEIVING

As a natural healer, I occasionally see the husbands and am sometimes horrified that they see as 'fine' the possible legacy they intend to pass on from their own past lives. Their indulgences - often past or present usage of recreational drugs, smoking and alcohol, and caffeine habits - meant that regardless of what was done for her, the end result was most likely miscarriage. If women smoke when pregnant their adult sons are more likely to have testicular cancer – what is in store for your children with your habits still unchecked?

Just Google now **'male factors in miscarriage'** or matters relating to **prescription /recreational drugs** that you use - often from the doctor - and **male fertility**. You will be astounded. Even antihistamines are likely to upset your ability to have sperm that do their job effectively.

Over 25 years ago, LINDA sought my help to conceive. Although endometriosis had just been discovered and scans had shown she was full of it, I took her on as a patient to break through to the cause. Acupuncture is very useful, as is thorough investigation of why adverse health conditions stay lodged within us. This requires that we actually change ourselves and our attitudes. At that time, I was not using Chinese herbs, and did a broad-brush look at the nutritional and the supplemental elements and the life changes required to move what in Chinese medicine is called Stuck Blood.

I saw her husband and realised that he, looking about 20 years older than his real chronological age, was a massive factor in her infertility.

She eventually left him, and had a great time, getting drunk, jumping out of planes and scuba diving. She let herself go. She also took very powerful medications that were given at the beginning of endometriosis treatment to stop all female hormonal activity.

Over the next few months, she kept complaining about nausea, lethargy, breast swelling and general fatigue. The gynaecologist assured her this was totally normal when overriding the hormonal system, as this medication was.

One day she was in the bath and noticed a mound under her belly button. She raced to the gynaecologist's office. He disputed any suggestion she might be pregnant, on the basis that:

- 1) She had such really bad endometriosis and couldn't conceive.
- 2) She was on heavy male hormones and it was impossible to have any ovulation occur under this treatment.

Then they listened for the heartbeat that shouldn't have been there.

Her daughter was born just fine, after starting life as a one night stand with a very fertile man – the issue of him needing to be string to 'cover' her – is alive and well in all farming circles.



I often think the work I put in with the woman can be wasted if 'he' inappropriately rests on his laurels. He has not done the deed – and she is still without child. I sometimes point out to women that they are looking for fathers in the wrong age bracket. Women tend to select older partners, but often a 'toy boy' would be more vigorously fertile. Men tend also to have a biological clock – especially when they have ignored the basic dictates of water, good food and exercise. Often the man is too stressed and is self-medicating with alcohol and other types of internally heating substances, all of which deplete his ability to be stunningly fertile, let alone healthy.

**LEANNE** at 43 thought she had 'missed the boat', as far as babies were concerned. Two years before, she had been pregnant to a much older decrepit-looking man (still using marijuana, smoking cigarettes and using all manner of different substances). She discovered the baby to have Down's syndrome and aborted it. Moving forward in time, she had a weekend with a 'toy boy' and was shocked yet delighted to find that a Day 9 conception had resulted in her being pregnant again.

Often it is the AGE and state of the man that needs adjusting – rather than telling her she has 'old' eggs.

## WHY NOT TAKE A TEST?

**Are you thinking this really is not your issue/problem, or that it has nothing to do with your areas – that you are just fine?**

How would you know? How long would it take of her not conceiving before you thought that maybe you should just see if you can tick your box – only to find, as several of the men in the examples below did, that they were not able to be dads without help?

**SAM**, a GP, 'knows' that he is fine and refuses to take a test. Why? Because it is not him - must be her. Reasons? He believes it can't be him ... but what if when they find that he is NOT so good, they have relationship issues as SHE is then really aggravated at the delay – a simple test is easy enough .... and what if she actually gets pregnant due to 'wonky' sperm, and has a miscarriage or worse - needs to rethink having THAT particular baby – will he be in the clear in her eyes, as his suspect sperm are a great reason for miscarriage.

**LEON** refused to do a test because "They would have my DNA". After many months, he finally did take a test and had woeful results. But after two months of taking herbs and vitamins and having fortnightly acupuncture, (which he complained bitterly about each time), his wife was pregnant with twins.

**TIM** just didn't think it was him. HE already HAD a child. (See later)

Often men re-partner, and everyone assumes that since he already has children, from however long ago, he cannot be the non-conception 'problem'. He is not the solution either. He, like all men, may be losing at least 2% of his fertility for every year he lives after 24. He, like a lot of men, may have had a vasectomy which may need reversing or a biopsy done to extract what he is making. If this is the case, he really DOES need a lot of help, as the quality has to be very good, and there may be antibodies that he has been making to his own sperm that may need overcoming.

**TONY** had a vasectomy 20 years previously, and, although a smoker and heavy, nightly drinker, he was committed enough to come in and see me for the months leading up to the reversal. He had researched who had the best pregnancy statistics, and they eventually went down to Sydney to get the job done. Initially, he was in a mess health-wise, but he stopped all the difficult habits and became well and a lot cooler (see later).

Had he not done the clean-up portion prior to the operation, it is very possible the result would not have been as obviously successful - within three months she was pregnant. The resulting baby will be a great deal better than it would have been had he just relied on the surgery alone.

That orthodox medicine sees no answers does not mean there are none. It is just that within their framework, life is a one-way trip to disrepair and chaos, and that healing and reverting back to the pristine states of youth are not possible.

All natural therapists work to ensure natural healing. The body does the rest – if you support it through changing what you are doing with yourself.

### **You are too scared to find out in case there is a problem?**

This is the most common reason men convince themselves they are OK and consider it a personal attack on them to even suggest they are less than perfect. But what if you are like the rest of the population – struggling due to the toxic environment we live in?

If this is the case, the answer is to tackle it immediately; a lot can be done – it is just outside the medical framework – as they deal with illness, not the return to wellness. Environmental medicine seems still considered a splinter of the 'real' version. Sperm are very vulnerable and thus highly susceptible to the influences of change. This means that when you stop doing the things that upset them and start doing the things that help them, instantly the body starts the repair and improvement process. I have had apparently infertile men become fathers within weeks of starting treatment, supplements and making huge lifestyle changes.

By not taking a test, you run the risk of never knowing that there ARE no sperm coming out to play. So you could do all the things outlined below, and be perfect at it – but what if your tubes are blocked? How are you going to know? Fathering a child years ago is of no help – where are the stunning sperm now?

It would be highly unusual to make no sperm at all, but it is quite possible that they are being held within and possibly disappearing before they are sent off to do their business.

Changing what you are doing makes an instant shift in what is available to make babies. Often she may have 'plumbing' issues and you can think it is just a matter of her being attended to, that you are 'fine' because the doctor said so. Well, you are not a dad. Why not be 150% sure? Just in case? Who said the doctor and his assessment was right anyway?

The modern level that defines fertility is half what it was considered to be 30 years ago. That's right; the 20 million you see on the test sheet to aspire to is only the LOWEST the World Health Organisation defines as being fertile. Not so impressive when you realise that men are often making well over 100 million. The average should be about 65 million, so if you come in at 18 million and you think this is OK – and a lot of GPs will tell you this is fine – maybe you should actually be doing something to boost your chances of being a dad.

Sometimes that little voice inside is right – and there IS a problem – so why not know now, so it can be fixed? The orthodox medical wisdom of this decade may well still be that 'nothing can be done' – yet natural herbalists and therapists have been greatly enhancing male fertility and helping create children all through the ages, well before the modern version of 'medicine' we use today.

### What if there are no sperm at all?

This sometimes happens. What will you do then? Medicos may say there is only medical assistance to be had, but what about doing as many others do – fix themselves with assistance?

**SHANE** – arrived after 7 years of trying for pregnancy, with apparently only dead sperm and pus being ejaculated. **SUE** was young and had been put on many different doses of fertility drugs on the off-chance that there would be more eggs for a stray sperm to find. After just TWO WEEKS of treatments – three a week – for both of them, and vitamin supplements, prostatic drainage and lymphatic massage for him, she became pregnant. Two years later they repeated the feat, then he went off and got his tubes tied – two was enough.

When they consulted with me 21 years later, I asked them what they thought did it. Without hesitation, they said it was doing absolutely everything I had told them to do. How did they luck onto a natural fertility specialist at the time?

They had looked for a woman practitioner on that side of town, and happened to get me there for the three weeks I was working. I was not in business at the time, as I was a mum at home and pregnant myself, and had just been doing a locum for a friend. This is why the intensity of the treatment and their doing absolutely everything to the letter paid off. It was a one-off opportunity.

They knew it was now or not at all and they went for it. They had been wanting to fix her sore back ... and got babies out of it as a bonus.

Most people tend to want to negotiate – to pick the frequency of visits and what they will and won't take – powdered herbs that may taste vile, but do the job really quickly – how much exercise they will do, or not do at all, what they will and won't take on board as lifestyle advice. But those who ask me to just do my job: allowing me to determine frequency of visits, and what to take, invariably get pregnant very quickly. Often, though, it is a case of: Where is the man? In most cases of the missing man, he assumes he is good enough. Possibly not to inseminate THAT woman. He may not have a problem – but how would he know for sure, he must TAKE THE TEST. Having kids before is no reason to be complacent. Life moves on, and the last woman may have been stunning fertile – or even lying – that happens.

## IF NO SPERM ARE FOUND

– in the test, the next step is usually a biopsy to determine whether you are making sperm and if they are just not coming out. Where this is the case, the sperm they retrieve is stored on ice and used in IVF procedures.

**MICHAEL** did just this. After a year of not conceiving, eventually he went off and discovered NO sperm at all in the test. The resulting testicular biopsy netted a lot and these were stored away for later if needed. Although there were plenty of sperm to use, he elected to go natural, finding a separate naturopath, a Chinese herbalist and an acupuncturist. He had weekly visits. As the ejaculated sperm samples started to come back with some and then more and more sperm in them, they used condoms until a 'normal' sperm test result occurred – a year later - when they dispensed with contraception and had a son a year later. It took a lot of persistence and resources and changes in their lives, but the results of his student days and binge drinking were reversed. Now they can make more whenever they are ready.

If there really are no sperm at all, or just a few dead ones - a lot of effort may alter your chances of being a dad. Some cases may be more difficult than others - and there is always the problem of how much attention you throw at something before knowing if it is worthwhile. However, as with the case below, the alternative is having a donor fathering his children and he is not happy about this. Hence, the effort we are all making.

**REG** came in with the hormones, according to his specialist, of a menopausal woman. His sex drive and ability were not good. He was always red in the face, had very warm feet at night and never slept under the covers because he was always too hot. Within two months of treatment and Chinese herbs and supplements, his hormone levels are going towards normal, his testosterone levels and penile functioning are a lot better.

He is now sleeping under the covers and has not been poking his feet out. His bright red eyes are almost normal, his colour is a lot better and, from an acupuncture view point this means that his sperm quality is improving. In his case, originally, when a biopsy was performed, only 5 sperm were found and 2 of them were dead. I am not talking millions; these were individual sperm. So this is a difficult case, but the signs are there that we are changing his state of being. There should be more in the next biopsy – though the sperm tests at present are still indicating no sperm being propelled outwards as yet (four months on).

His sexual interest and ability is so much better, it is highly unlikely that he will need donor sperm to help fatherhood along.

### Recapping - if there is a problem with the sperm,

It is not the end of the world. It just means that, thank goodness, you have identified the reason babies are not popping out, and now you know what to do to change this. Chinese herbs and acupuncture and taking supplements and cleaning up the diet and lifestyle can make a stunning difference. In times past I have just used acupuncture:

**GUY**, arrived with a sperm count of 1 million – at 5 million he had managed to produce a son and the count kept on dwindling. This was before IVF could do much for dads, and he came to see me the day he discovered the donor sperm his wife had received had not made a baby. He was very keen to do whatever it took to get a full sibling for his son.

As a fireman, he was exposed to a lot of toxic chemicals and I suggested that he drank a lot more water, took a lot more vitamin C than I usually get people to take and to really watch what he was eating and ingesting. Without Chinese herbs, over the course of two months at just a treatment a fortnight, his count went back up to 20 million, and baby number 2 was naturally on the way.

Sometimes it is apparently impossible to conceive, while there remains a lot to be done, which is often why I suggest that people actually STOP trying to get pregnant. A perfect pregnancy in the fullness of time is preferable to one where the sperm are not quite good enough and a miscarriage happens, or when a scan shows that the baby is not viable and, after losing the baby, we must start all over again. It is vastly less upsetting to just wait and get it right the first time.

**FREDERICK** came to me having been told he had a very low sperm count and his sperm were no good. ICSI was not even an option. He had had mumps as a child, and grew up in a polluted area of Europe. He was always ill and had experienced past sexual difficulties, and was generally unhappy about his overall condition. Of particular note to me were his warm feet at night – never a good sign and something I work with herbs to correct; it translates as poor quality eggs and sperm and low genetic potential overall.

Less than a year after he first arrived for treatment, they had their first child. It does not take all that long – just perseverance. I had also brought his partner in for treatment and herbs, as, invariably, although one of the couple has a labelled complaint, both are sub-standard when looked at from a natural health perspective. So, she was in top shape when they conceived their much-wanted baby boy.

Sometimes it is just male ego and laziness – and this couple have me to thank for constant nagging:

She had come in asking: Where is baby number 2? Having children within two years of each other seems to be in fashion. This is usually without too much thought being given to what to do with the first one if there are twins, a premature delivery necessitating hospitalisation or other problem. It has to be a two-year interval.

His reason for not getting a test was that he already had a baby. Well, so had she. He was right – she did need work done. She was working again, had been really stressed, and was too thin. Little girl bodies do not have enough fat on them to make hormones – and nature knows this. She put on 3 kg. She could do with more 'condition' still, but reckons she will then not fit into her clothes. I wonder at the logic of this - with next pregnancy, she will need bigger ones anyway.

She was too scatter-brained and neurotic. This is a sign of poor blood quality, also reflected in her temperatures, which had to be normalised. She had also been experiencing very scant periods –which after treatment and herbs went back to starting red, rather than brown, and lasting five rather than two days - hence a much better 'nest'/endometrium for implantation.

So I also wanted to know where was baby number 2? Eventually Mr Perfect went off for a test and was 'gutted' to discover, he told his wife, his count was only 12 million. He started immediately on the enhanced regime I gave them. For sperm quality and volume issues, then, along with taking much more protein and fat, I issued the edict - STOP THE BEER. A week later he confessed there had actually been only 4 million in that sample, which explains why she was fine and he was not.

A few weeks later his sample showed 65 million.

It is not difficult – you just need to stop messing up your potential to be in perfect condition and give more quality ingredients to make the best baby you can. You only get one chance to give the child half of who you are – why not make it as perfect as possible?

**GARY** arrived with a woman, who although 41, appeared older than her years. She had never used contraception yet had never conceived. She also had a very long cycle with poor bleeding. I was not positive about getting a result.

His issues were worse: he had had acute kidney failure and acute mercury poisoning and had NO sperm at all. He also drank a lot (home brew) and was very agitated, and hyperactive. Hmmm. Yet, within three months they were pregnant. What did they do? Everything to the letter they were told to – and baby happened naturally from a starting point of no sperm and a very poor menstrual cycle.

### **Actually, there are also sexual issues.**

When making babies I suggest sexual union every second day – regardless of time of the month. Those very fertile women trying to avoid becoming pregnant get surprised constantly with conceptions outside when it is 'supposed' to be possible. Others may fail to conceive as they are too focused on when an egg SHOULD appear, rather than just enjoying each other. This can be an issue for some men whose sexual appetite is not that vigorous.

Chinese medicine offers many different herbs and techniques here. Chinese medicine was developed mainly by men who wanted to be immortal and most definitely intended their male members to be erect and busy all of this time. Thus there are many techniques, herbal potions and practices that create far more vigour than most are aware they can harness.

This is a tricky subject, as most seem to think the issue is not tied into factors that go hand in hand with fertility. From an acupuncture model, the state of the penis and what it is able to do is a fair indication of the energy that also determines sperm vitality and motility and quantity. The erect penis should feel hot to the touch. Most don't know this – so check it out; it should be HOT to the touch, not just warm. Some are actually cool, indicating a stunning lack of Yang Qi, which may also show up as an immune system in need of help - typically an allergic nose.



Yang qi is characterised by everything considered male – hot, hard, active, lean and aggressive. Taking your temperature first thing in the morning may reveal a surprise - it is quite likely NOT to be 36.6/8 C, where it should be. A lot of men – including all but 3 of the men who are partnering the women in my clinic to get pregnant – have a BBT much less than this. One was only 34.8C. Although he has a count of 100 million sperm, they are not making embryos, through IVF. He also has a tendency to be overweight and is depressed – both symptoms of a low thyroid function. This lower metabolism connection to sperm quality seems not to be recognised in the reproductive medical framework. Yet it comes up over and over again in clinic. The reflux he has is also a dead giveaway.

**LAURIE** had few sperm in the biopsy and needed to do something about his overall general health. He looked feminised, with an unusual softness. His erect penis was not hot to touch. He was depressed and took being told he was infertile very badly. Little did he know that the medical reality is based on assuming his condition is permanent and, even with different parameters, cannot heal itself. This, of course, is not necessarily true.

As usual, she also had major problems. They thought it was just a 'him' problem, but even had he been a super-stud, she would have had trouble conceiving. This underlines the importance of ensuring both are in great health. It is unusual to have one of the couple actually in blooming health.

Over a short period of treatment, his penis became actually hot to touch, his sexual response improved radically and he was on the way to better and more sperm.

This process takes time, however, and few today seem to realise that results can often appear gradually. There is usually nothing rapid about natural healing. It had taken him years to develop a metabolism and general demeanour this bad. But they stopped coming for treatment, electing to use donor sperm. Had he stayed with the process, given the other changes that were happening through his taking herbs and having acupuncture, I would expect that, as has happened with others, he would have with a lot more virility and been able to continually produce what nature requires of all men.

Looking at the usual representations of what the different forms of qi (energy) do in the body, it is possible to be a little of everything imbalanced. This can be confusing to a layperson. Suffice to say that the lack of good gut action, the actual food content taken and the metabolic strength have repercussions everywhere.

Accelerated ageing may indirectly show up in men as hot feet at night, being hot all over and sleeping out of the covers, and being a bit dehydrated purposefully (hence no good lubrication within, and a tendency for sperm quality to be very poor, if they are being made at all). I suspect this is also a measure of how little water and how much toxicity may be within. Over time, the raw ingredients needed to make a strong healthy person are just not there.

If this is the case, the gut really needs assistance before trying to improve the quality of the sperm. The state of the gut dictates our quality of life. If there is also hay fever /sniffing; the state of the tubes in the nasal area will be reflected in the male generative area, which may be being awry. Visiting a good natural health practitioner may improve your total state of being. Whether or not you get pregnant, you will have something to show for your efforts.

Once natural medicine has been used, it is quite likely the results, when going back to IVF, will be very different. It is all about QUALITY – of sperm, of the body producing the sperm, and hence the best possible contribution you can make towards your children – you only get the one chance to do this. Orthodox medicine is way behind on this issue. Its illness-based model and the use of drugs to force things are not all that the body needs.

If the feet are out of bed at night, and/or if you are stressed, and/or if the body is frail and/or the gut is not supporting things, it is very likely that the quality of the sperm, however many, will not be optimal. You really have to change a few life habits if you are really serious about being a dad. The warm feet at night not only signal accelerated ageing but also indicate that the quality of sperm and eggs is just not there. A lot may be forced into existence, but their ability to fertilise will be much diminished. This is one of the easiest conditions to spot. At least a third of all people trying to get pregnant have this. It is not a good sign, and needs correction before IVF is attempted. Otherwise, it is just a recipe for failure.

**DARREN** knew he needed help. He had sexual dysfunction issues along with very poor sperm results. The IVF team did not have enough to perform ICSI. He worked in a very stressful situation and was fraught with tension and worry. HE didn't say – but his sexual life was dismal. He had great problems with erections and performance. Unfortunately taking the little blue pills that are apparently renewing men word wide – do not help fertility and he was struggling for a few times a month – forget about every two days ....

After herbs, supplements and treatment, his sexual performance was better than it had ever been and they had enough sperm to make many embryos. One child later they still had plenty left over.

All men report an increase in their sexual interest and abilities with this approach. It is always unexpected by them and, of course, welcome. After being on the-sex-on-demand and reproduction first treadmill, it is often wonderful to have a ready and happy partner – for both of you. Such delights await when you are less stressed and pumped up with supplements and going to bed earlier ....

It is often simply a matter finding that what is blocking fertilisation is the same as what has dampened down sensuality and pleasure. Not enough 'oomph' in either of your tanks ... and the increased urges and reproductive rushes mean increased fertility and also increased opportunities for conception.

Treating this, the return of morning sexual arousal, and the ability to last and feel far more than before, always confirms that there WAS a problem. As this is addressed, so too are the other manifestations of Yang Qi – sperm motility and quality.

**TESTING LETS YOU KNOW HOW YOU ARE GOING  
A REPORT CARD OF EFFORT AND RESULTS. THERE  
ARE EASY AND SUCCESSFUL WAYS OF MAKING A  
HUGE DIFFERENCE IN YOUR VIRILITY – JUST NOT  
MEDICAL AND HENCE NOT WELL KNOWN.**

# CHAPTER THREE

## MAKE BETTER SPERM

### WHAT MAKES GOOD SPERM

Good quality eggs and sperm all need the ingredients below:

**FAT** – To make hormones we need the raw ingredients; fat is one of the crucial ones. Fat is part of all hormones and our brain – so eating things that have plenty of fat can only help. Fat is beneficial to all aspects of your body. Avoid fat free and go for what makes hormones – fat. Sugar is what you need to avoid – it is never helpful. This is opposite to what all the marketing messages would have us believe. If you worry about your weight, this is covered in-depth in the eBook [Helping Yourself to Health and Vitality](#).

Basically, eating eggs daily will fit the bill – along with avocados, fish many times weekly and olive oil in/on everything. Cholesterol? You need it as hormones raw ingredient – what you don't need is the stress of modern life – that is where the cholesterol debate is losing the war – what is your liver doing? Organic and happy chooks make great eggs and hence please eat at least two daily – they are also easy forms of protein and goodness.

**PROTEIN** – This is the building block of life. We need to eat some every day to repair ourselves. When babies and small children are growing, or when women are pregnant or breastfeeding, they should eat a lot more needs as it is what the baby is made from. Where does protein come from? Anything that breathed or that comes from something that breathed is the easiest to remember. It is also found in many nuts and grains and to some extent vegetables. Easiest is to incorporate something from an animal several times daily - not a lot, just a modest amount. Then any other less complete/more vegetable origin protein sources will be utilised more effectively by your body.

**WATER** – Drink at least two litres daily. If this sounds excessive, remember I am trying to flush out a lifetime's accumulation of things that the body has had no chance to remove. It is also important for the fluids that travel with the sperm. These have to be the right pH (acid/alkali balance) for the sperm to survive in, and there needs to be enough lubrication to allow the transportation of the sperm through to the egg. This means BOTH of you need to be drinking a lot of water.

**VEGGIES** – Eat two and a half cups daily. Every day. Why? They have a store of valuable minerals and vitamins. How to incorporate coloured ones? Lose the breads and wraps and start eating veggies instead of other foodstuffs. For example, try raw capsicum filled with soft cheeses and canned fish/slices of smoked salmon/avocado/soft boiled egg mixes.

Use a lettuce leaf as a wrap to hold all the ingredients you would normally put in a salad – again – perhaps put in the soft cheeses/eggs to bulk up the protein and fat component.

Buy a **wok**, or dust off the one that has been sitting at the back of the cupboard. This way, you get to cook more volume when you are in a cooking frame of mind at night and can reheat the leftovers in the morning, throwing some eggs into the warmed up mix. This is fast food – and instant nutrition – and more veggies going in all day.

The **juicer** that someone may have gifted you is also a great way to add more value to the day, first thing in the morning. Leave the veggies you are going to juice on the bench overnight so they are not as cold – greens, carrots, celery, red capsicum, apples, lemon (the rind as well) more greens, fresh herbs and some ginger. Juice before your morning shower. Walk or take other exercise and then come back for a cooked breakfast.

**EXERCISE** – This is part of living, not something you squeeze in when you can. The body was designed not to carry a brain around, but as the main event. Most people today are sitting and typing and thinking rather than working the whole unit. This creates all manner of stressors that are then ignored. Get out and cycle to work. Walk very briskly every evening. This should be done immediately after eating, well before the dishes are done – straight up from the table and out of the door. Waking earlier will happen (as you are going to bed so much earlier) and means that there is more time in the morning to incorporate a gym or at least some exercise prior to work. The more you do the better. 10,000 steps a day is a minimum, and is the foundation for all the exercise on top of this.

**REST** – This is the missing ingredient in a lot of health recipes. We need to sleep very well to regenerate. Ideally, this starts before 9 in the evening. The time before midnight is crucial to rebuilding ourselves. The sun's hours plus another couple are optimal. So, in deepest winter, that means going to bed as early as 8 and then getting up a lot later than in summer. Winter is the time for renewal in the body.

Regeneration happens in sleep. Why fill your gut to overflowing just as the whole body is to repair and remake itself? Evening meal should be light and early to enhance self healing over night.

**GOOD SEX** – Going to bed early hopefully means doing so together so that you have the inclination to rekindle passion and desire. This also demands that electronic entertainment is turned off and that you engage in couple bonding activities. Get a massage DVD and learn how to play with each other. There is always something new to try and the baby-making drive may have created rifts in the sensual aspects of being a couple. Now is the time to play – as once baby comes, you will then have at least memories of wild passion.

**NO EXTRAS** – This means no self-medicating. Eliminate all the extras you now take that you didn't do when you were young - the recreational drugs, cigarettes, coffee, caffeinated drinks and alcohol that may now be an integral part of your life. Using these is often why you are not a dad and why IVF is not creating babies, and why stunning embryos are not happening.

# BECOME WELL

This is not the same as not being ill. It is about vibrancy. Often, there are supposed genetic or hereditary issues - like migraines and the medications that are supposed to dull their presence, asthma and the so-called preventative medication, anti-depressants or anti-reflux pills. Whatever you take and have been doing so for so long becomes just part of your day.

In fact, though, these may well be interfering with your sperm health. The underlying reasons behind needing to take medication also impact on health and on what is left over to make the 'optional extras' – your sperm. Thus, improving the health of all aspects of your life will also significantly affect what you have for baby-making.

Usually we are not well because we are not running the body in the way it needs. A lot of this becomes a cycle that is very hard to shift. It is a vicious circle in which everything you have been doing makes you feel so bad that you keep doing all the things believing they will help you feel better.

**BEN** apparently already had 'sperm good enough to bottle' according to the IVF specialist. His wife came to see me during a break from fertility treatment, thinking both could get more well before embarking on the next phase. I sent both home with vitamins and herbs and lifestyle changes. He needed to lose weight and it was obvious that, with his temperature being too low (36.2C), his thyroid could be coaxed to work more as normal. This always translates as better, faster and more fertile sperm.

After three months he had sperm the specialist had never encountered before - 130 million and 95% normal. This was now definitely 'super sperm'. The formula was quite simple – in addition to the supplements and lifestyle changes, he was asleep by 9 pm and exercising hard every day. He felt better than he could remember ever feeling, with a very clear head and stunning levels of energy. Obviously the sperm improvement reflected this, and they were soon pregnant.

# STOP WRECKING YOUR SPERM

This may well be all you need - to sort out the issues you are medicating yourself for. In all cases it can only mean better babies when you do conceive. It is not difficult. Just start respecting your body and giving it what it needs to grow you and your children better.

## 1 – GIVE UP CAFFEINE.

This means **all coffee** – not just the real stuff, but also the 'decaffeinated' stuff. I encouraged one guy to quit his 10 daily cups of decaff. Since he suffered the most brutal headache as an instant withdrawal, you have to ask what else was really in it. The chemicals that are used to clear the caffeine are highly toxic solvents that get collected and stored or processed by your liver. Maybe 'decaffeinated' just meant low caffeine. Once he was off all of this and they were both taking vitamins (see later) they stopped having miscarriages and are now very happily pregnant.

If you wonder why to bother changing habits, perhaps Google something like **'effects of caffeine on male fertility' or 'male factors in miscarriage'**. This may help convince you.

It was reported recently that if a man was drinking three or more cups of caffeinated drinks a day, his partner was three times more likely to miscarry. So what would be the purpose all that IVF expense? Even if she doesn't miscarry, you have to wonder: What sort of baby are we making if we put all this caffeine into it? Will it ever sleep well, be a calm and peaceful one? Similarly, you wonder where all the hyperactivity comes from that a lot of babies seem to have these days.

## COLA DRINKS

Cola contains caffeine. If you drink it, there is also the issue of the displacement of water. You are drinking something that actually needs a lot more water to flush out what should not be there. These beverages are not baby friendly. 'Diet' versions of anything usually means aspartame. This is rat poison and is highly tumour-forming, not something you want to be gracing your baby with. If you **MUST** drink cola, take the normal stuff, dreadful though it is. The 'diet' label should be avoided at all costs.

A couple came in a few years ago to get pregnant – and when I asked them how much water they drank, they admitted they didn't. It was either cola ("But it's OK; it's the diet version," they said) or short, very potent Greek coffees. No water at all. Neither of them liked the taste. No wonder babies were missing.

Don't think I am trying to make your life miserable in trying to stop you doing all the things you like to do. It's just that these habits are counterproductive if you want the best baby you can have and to have your child growing into a healthy and strong person. A lot of what we drink and eat is actually very bad for growing babies. It is also bad for us, but at least we are more immune to the toxic side effects than are our babies.

**MARK** was a police officer, working in a small town. He did not feel comfortable drinking water because he would have to use the public facilities. So he drank large amounts of coffee instead, both to stay awake on shifts and because he liked the taste. He found water so bland. He had already had kidney stones, and had been warned to drink much less coffee and much more water.

Soon after his wife consulted me to help with baby number two, **Mark** ended up in hospital on morphine, to cope with the excruciating agony again with more stones to be passed. This forced the issue. He had to drink copious amounts of pure water to flush out the stones. I also could give him the awful tasting herbal mixes to help dissolve them and flush them through – and at the same time, these very herbs were actually cleansing his whole system. Soon after this, they became pregnant finally.

As she had significant health issues, it would have been easy to think the earlier lack of pregnancy was due just to an older egg issue (she was 40) or a low thyroid problem. And whilst these were the case, his lack of water and his increased caffeine consumption were very likely to increase the risk of miscarriage and also drastically upset sperm quality.

This is yet another case where the woman initially seeks help, but it turns out there is equally a problem on his side. This means **BOTH** have to make changes for a strong baby to emerge.



Explore this issue online for yourselves. I am just hoping to get you started.

**General detoxification and pre-conception care is available from any naturopath. My detox eBook is available when you purchase "Helping Yourself to Health and Vitality" Sometimes, this will make the difference between a sickly child, and great offspring. Not getting pregnant is nature's way of stopping you doing silly things. Why take risks, hoping for the best, when you can produce them backed by foresight, effort and planning?**

## 2 - ALCOHOL

Now I may start to push the real buttons. You want to know why you should stop drinking. Because alcohol also is a **fetal poison**. Don't just take my word for it – go and Google it. If you really want to become parents, both of you need to stop ingesting these substances and start thinking of the quality of the product you will be living with for the rest of your life. You can only make that baby once. Think zero tolerance of all that is potentially damaging. Maybe other people have done and still do all these things and they are parents – is this the best excuse for not following advice? 'Why should I?'

Beyond the actual affect alcohol has on sperm and the baby, the **loss of water** that you would normally drink instead - as you are choosing to hydrate with what is not helpful - is also a factor. Beer and other alcoholic beverages may assuage your thirst, but this does nothing for the need for the liver to flush out all wastes. In fact, alcohol creates a lot more of these.

**The liver** has to be working really well for the gut also to function properly. This is important because you need to be making really good quality, raw ingredients that then go into making stunning sperm. Most people these days live with upset digestion and just pop indigestion pills or something similar to calm the reflux. Whatever you take weakens the stomach acid, which, in turn, means there is little goodness getting through to nourish you. Then the leftovers are what you make sperm from.

If there is any resonance here with you thinking about how your gut has been treating you recently – please pay attention to what you are eating. This is done in the previously mentioned eBook "Helping Yourself to Health and Vitality".

**Conception is often as easy as going 'cold turkey' on all these habits and seeing pregnancy magically happen soon after. Miscarriage really wrecks more than her state of mind. Often heavy bleeding occurs and it takes ages to get back to an even keel. Your drinking probably caused it. Wonky sperm may almost make a baby, but, in all honesty, you have to hope not.**

**Once she is in advanced pregnancy, you can resume drinking - if you really must. With many of my women patients, I often do not see the prospective dad - who may be binge drinking every weekend. What is going on? Especially if he has a child /children from another relationship, the drinking now may be destroying their potential babies before they are implanted.**

### 3 – MARIJUANA

Google this - there is plenty to find. THC (tetrahydrocannabinol – the key component) stays in the body for a very long time. If you or your partner has been overusing – anything past the occasional puff – then baby-making may be out of your reach. I know a lot who overuse are parents, but a lot also are not. For you to be reading this, means you are probably trying to get pregnant. In that case, please stop and think QUALITY. Do you really want sozzled sperm?

### 4 – CIGARETTES

Google 'sperm agglutination'.

When you smoke, sperm often are not much use. If you need an extra incentive to help you stop, Google also **Cot Death**. Note that even if you are smoking outside, you bring in on your clothing and exhale on your breath more toxic fumes than the ones you originally inhaled. It is bad news for babies' immune systems and for their lungs and general health (The toxins were in the sperm than made them and all around them as they developed). Why mess up your babies?

### CIGARETTE RECIPE

If you are addicted to nicotine, please do not start using different forms of it as this just has you addicted STILL, and tied up to another retailer. Nicotine is a drug, and not helpful, indeed very dangerous around the fertility issue. If you must still smoke, at least use this procedure:

- A) Before every cigarette, drink one glass of water (to reduce the effect of all the heat that is going in with the smoke, plus all the toxic residues that will need detoxifying by the liver);
- B) Drink a glass of water afterwards;
- C) Take a Vitamin C tablet before plus a B complex, to help deal with what the cigarette is leaving within you;
- D) Also, try a small piece of cheese or a few nuts (never peanuts) to see if it is not just a blood sugar hit you need in order to refocus and to allow you a break from whatever it was you were doing;

If you are really serious about not smoking and you are still pining for one, clean your teeth with toothpaste. Go outside and do some serious skipping with a rope. Call that your smoke break/time out. Still want a smoke? IS it really that important when the health of your children is at stake?

Vitamin C is crucial because smoking leaches the C from wherever it can to assist the liver to detoxify. Each cigarette takes it from you, the core reason for the sperm NOT swimming but clumping together – sperm agglutination. This is also the case when insufficient water is drunk:

One man who is not a father refuses to drink water throughout the day. He rides a horse to be working with his stock, and would have to dismount. He can't be bothered, so he has sperm agglutination even though he has never smoked. This is not going to make him a dad. He sees his wife as being the reason for their childlessness, but she has mostly fixed her issues. So I suspect his age and intractable position will leave them childless.

This raises the question of how much you really want to be a dad. Is it a case, as above, of thinking that if it happens that is fine, and if not, that is fine too? Women do not share this 'programme' though. This is a relationship and life issue that will continue for the rest of her, if not their lives.

**KAREN** came to see me after 22 years of marriage. Her husband always had something he considered better to do with their lives than have children. There was his career, endless moves around the country and overseas trips. So when she put her foot down in her 40s and said NOW was the time, they couldn't conceive. IVF didn't work, and here she was at 46, with him so stressed he was impotent. What was she to do? After much acupuncture and herbs and changing both their lives, a baby arrived when she was 47!!!!

What had to happen was the removal of all alcohol – eliminating wine with meals was particularly tough. Medications for IBS and stress also had to go. Then we had to build up his sexual function (and hence sperm vitality – as the two go together). Now, there they are - a one child family, much later than she ever intended but at least she has the one.

### **How fertile is a human male?**

**Not very when compared with other mammals.**

**So why make it any harder?**

We are biologically primed to make babies after puberty – and for a few decades on – but mainly in our twenties, and very early thirties. This is as long as the crazy things we do when we think we are indestructible haven't bitten too severely into the legacy that awaits our children.

**YOU CAN MAKE AN INCREDIBLE  
DIFFERENCE AS TO WHETHER  
SHE GETS PREGNANT WITH A  
HEALTHY BABY OR NOT.**

**You are responsible for half the baby.**

## ALLIED ISSUES

**BLOCKED TUBES** – sperm being produced but not coming through  
**VARICOSELE** – often requires surgical correction

Please obtain **"Helping Mother Nature - a Fertility Guide"** as it in vastly more detail covers all the reasons why BOTH of you may need to alter what you are doing and how to improve both IVF and natural conception chances. **"Helping Yourself to Health and Vitality"** covers the eating and detoxing information needed for a perfect body making perfect babies.

## OTHER RESOURCES

This list is not exhaustive and is intended just to get you started. There is a wealth of information out there. Try to find sources who are people not just reporting information, but who are actually practitioners.

Where you may start:

[www.acubalance.ca](http://www.acubalance.ca)  
[www.easybabies.com.au](http://www.easybabies.com.au)  
[www.thehealthcentre.com.au](http://www.thehealthcentre.com.au)  
[www.cotlife2000.com](http://www.cotlife2000.com)

**Jann Mehmet** has done extensive research into Chinese herbs and acupuncture in male infertility

**Better Babies series** – **Francesca Naish** and **Janette Roberts**

**Ruth Sharkey's Guide to Natural Conception** – **Ruth Sharkey**

**The Way of the Fertile Soul** - **Randine Lewis**

Google ideas (in addition to those given in the text):

**'It Takes Two'** by **Dr Judy Ford**, or anything from **Shola Oslo**