

BY JACOB TEITELBAUM, MD

# Fertility Strategies for Men & Women

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April 2015

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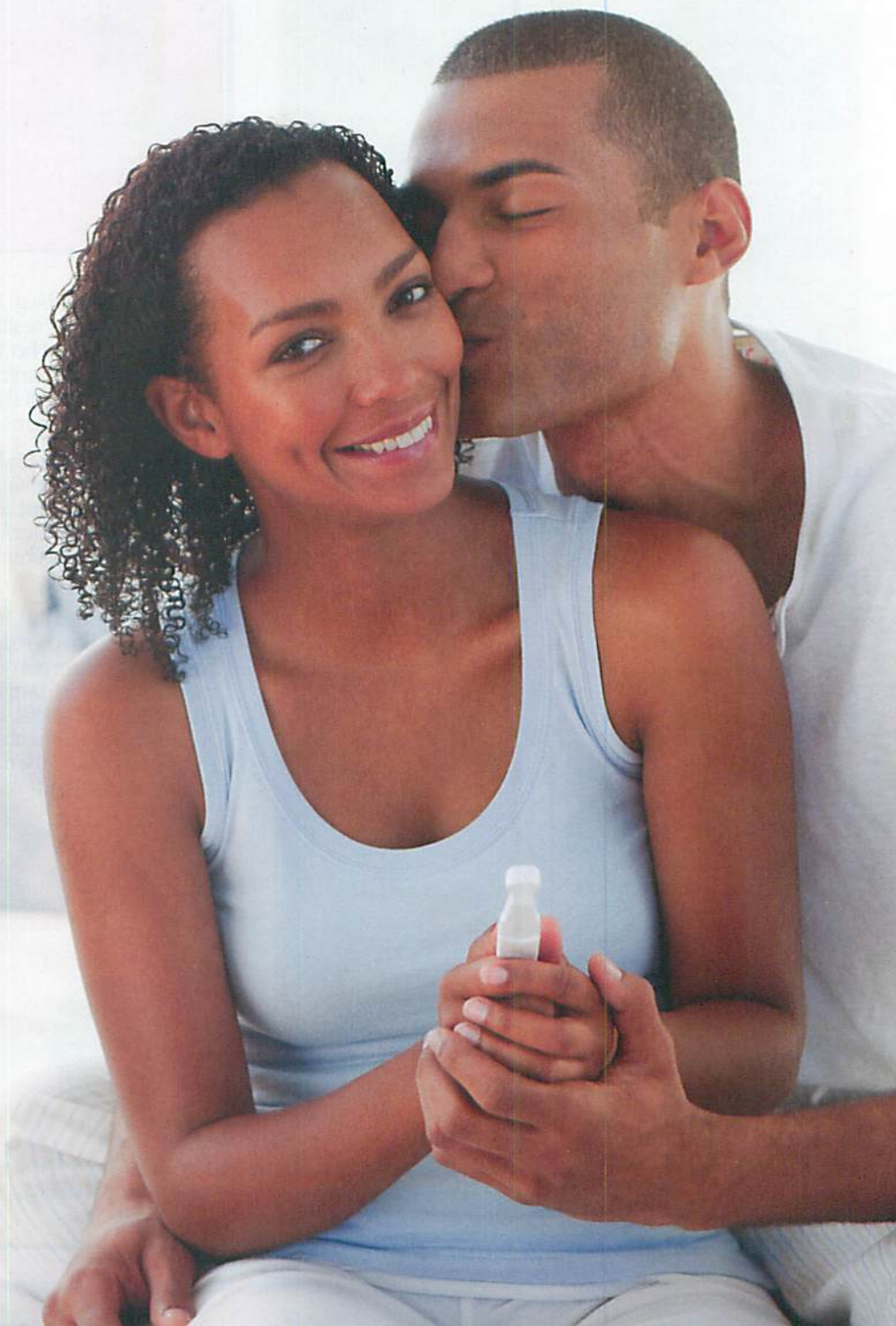
# Fertility Strategies for Men & Women

NUTRITION AND LIFESTYLE TIPS

*Infertility affects many couples; about six percent of married women of childbearing age are infertile. Infertility means a woman has been unable to become pregnant after a year of unprotected sex.*

According to the US Department of Health and Human Services' Office on Women's Health, a third of infertility issues are due to female causes, a third are due to male problems, and another third stem from a mixture of male and female causes or from unknown issues.

The encouraging news is that there are many natural ways to strengthen fertility. It's strongly advised that both the man and woman in a couple apply the following recommendations, even if just one person is found to "have a problem."





## Lifestyle Tips for Women

Do the best you can with these guidelines; they don't need to be followed "perfectly."

- Avoid caffeinated coffee and sodas; too much caffeine inhibits fertility.
- Don't take more than 7,000 units of supplemental vitamin A per day. This amount can cause birth defects.
- Avoid a high-protein diet. An Atkins-like diet in an animal study showed that only one third of mouse mothers consuming a diet of 25 percent protein were able to become pregnant, compared to 70 percent in the group eating normal amounts of protein—about 14 percent of the diet.
- If you smoke, stop. The American Society for Reproductive Medicine reports that up to 13 percent of female infertility diagnoses are caused by smoking.
- Enjoy whole-milk products instead of low-fat or fat-free varieties. In a Harvard study, high intake of low-fat dairy foods was associated with an increased risk of infertility, while an increased intake of high-fat dairy foods was associated with a lower risk of infertility. Women consuming at least two servings of low-fat dairy foods per day showed an 85 percent increased risk of infertility. Women consuming at least one serving of high-fat dairy foods per day showed a 27 percent reduced risk of infertility caused by a failure to ovulate.

## Treatments

- Supply nutritional support with a well-balanced diet and a multivitamin/mineral that includes folic acid, amino acids, and antioxidants.
- Optimize iron levels. If your ferritin blood test is under 40 or your iron percent saturation is under 22, treat with one iron tablet a day. Continue the iron throughout your pregnancy.
- Taking omega 3s can help boost fertility and reduce the risk of postpartum depression.

## Lifestyle Tips for Men

Do the best you can with these guidelines. It's okay not to be "perfect" with them.

- Try to avoid eating meat containing estrogen; the best way to do so is to buy it from your natural foods store.
- Avoid soy-based foods such as tofu, tempeh, and soy cheese and milk. Even modest intakes drop sperm counts.
- Avoid tobacco and alcohol.
- Wear boxer shorts instead of briefs.
- Don't use hot tubs.

## Treatments

All of these can be taken together in the morning or split up or taken any time of day.

- Take a multivitamin/mineral that includes folic acid, vitamin E, and zinc. Research links a low intake of these nutrients with poor sperm concentration and motility (swimming strength).
- Take 200 milligrams (mg) of coenzyme Q10 per day. This supplement has been found to increase both sperm count *and* motility.
- Take 4 grams of L-arginine daily to improve sperm vitality.
- Take 1,000 mg of carnitine a day to improve sperm motility. 📖📖📖

SELECTED SOURCES "11 Myths Fertility Doctors Hear" by Angeline Beltsos, [www.CNN.com](http://www.CNN.com), 4/22/14 ■ "The Association Between Dietary Antioxidant Intake and Semen Quality . . ." by A. Nadjarzadeh et al., *Med J Islam Repub Iran*, 11/13 ■ "Hot Tubs Hurt Fertility, UCSF Study Shows" by Kristen Bole, University of California San Francisco, [www.ucsf.edu](http://www.ucsf.edu) ■ "Whole-Milk Products May Increase Fertility in Women," [www.NYTimes.com](http://www.NYTimes.com), 3/14/07



**Jacob Teitelbaum, MD**, is author of the free smart phone app "Cures A-Z" and the books *From Fatigued to Fantastic!*; *Pain Free 1-2-3*; *Beat Sugar Addiction Now!*; *Real Cause, Real Cure*; and the ebook *Three Steps to Happiness*. He has appeared on Good Morning America, CNN, Fox News Channel, Oprah & Friends, and the Dr. Oz Show. Learn more at [www.EndFatigue.com](http://www.EndFatigue.com).

