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MALE INFERTILITY

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Acupuncture & Infertility

Infertility is defined as the inability to naturally conceive a child after 12 months of unprotected intercourse. According to statistics from the National Infertility Association, between 35 and 40% of infertility problems among couples are actually caused by male problems.

Factors that may cause male infertility:

- Low sperm count (less than 10 million per milliliter)
- Low volume (1-5 ml per ejaculate)
- Abnormal sperm size & shape (50-60% should be normal shape)
- Reduced motility (over 60% should be motile and show forward movement)
- Lifestyle, genetics, and physiological changes

Why Choose Acupuncture for Infertility?

Traditional Chinese Medicine looks at the body as a whole. By using this system of diagnosis acupuncture, Chinese herbs, nutrition and supplementation is a viable choice for treatment of



infertility as well as a great complimentary modality to western medicine treatment for infertility. Acupuncture has been shown in controlled scientific studies to be effective in helping both male and female infertility problems. In China several interesting controlled scientific studies demonstrate the clinical value of acupuncture for infertility.

Nutrition, Supplementation & Detoxification



Nutrients are a wonderful way to build the body and can be very effective for infertility. Below is a list of some of the important nutrients needed for infertility.

Vitamin E (Tocopherol):

Dietary sources: wheat germ, soybeans, broccoli, brussel sprouts, leafy greens, spinach, avocados, whole wheat, whole grains, eggs, oatmeal, and peanuts. Supplementation range: 200-400 IU daily. Vit E may enhance fertility by decreasing free-radical damage to sperm cells.

Vitamin B3 (Niacin, Niacin amide):

Vitamin B3 will dilate the capillaries, which helps to increase blood flow to the penis. Good quality protein will provide sufficient B's in the diet. Dietary sources are: lean meat, whole wheat, brewer's yeast, wheat germ, fish, eggs, roasted peanuts, chicken & turkey breast, avocados, dates, figs, prunes, seafood, rice & wheat bran, rhubarb, milk products. Supplementation range: 50 to 100 mg daily.

Zinc:

Zinc is the main constituent of all male hormones. Seminal fluid contains the highest amount of concentrated zinc in the male body. Dietary sources: lean meats, garlic, wheat germ, pumpkin seeds, sunflower seeds, eggs, ground mustard, mushrooms, chicken, ginger, oysters, seafood, soybeans. Supplementation range: 15 to 75 mg daily.



Essential Fatty Acids (Omega 3,6,9):

EFA's are needed in the production of sperm. It appears that several months of supplementation can increase sperm count and quality. EFA's act as a hormone regulator. Dietary sources: Omega 6 – vegetables, fruits, nuts, grains, seeds, - oils made from: safflower, sunflower, corn, soya, evening primrose, pumpkin, wheatgerm. Omega 3 - flaxseeds, mustard seeds, pumpkin seeds, soya bean, walnut oil, green leafy vegetables, grains, spirulina – oils made from: linseed (flaxseed), rapeseed (canola), soya beans, fish oils (salmon, herring, mackerel, sardines).

BodyPure Detoxification Pads:

BodyPure pads are an easy way to help your body release toxins such as heavy metals from your cells. Keeping your system free of toxins allow for a healthier & cleaner body.

To book with **Kelli Taylor** please call **(604) 264 9921** and for more information regarding the clinic please visit our website at **www.healthtoday.ca** or Kelli's personal website at **www.rootsofnature.com**.