



# MALE FERTILITY CHECKLIST

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Preparing for conception is one of the most important steps for a healthy pregnancy and child. The health of your sperm can have an impact on your chances of fertilization and the future health of your child.

This guide is a quick reference for you to use as you prepare. It is for those who want to prepare, as well as those who may need to increase their fertility health in order for conception to occur.

If you are experiencing low sperm count or sperm health, there are many natural therapies that are effective to use. We have had much success with our clients using 100% natural therapies to support male fertility health. Here is a summary of steps you can take to support your fertility in preparation for conception:

## 1. Get a sperm analysis done.

If you and your partner have been trying to get pregnant for 6 months or more with no luck, go ahead and get a sperm test. In the case of fertility issues, it is just as frequently due to the male partner as much as it is with the female, so don't let a simple test get in the way. Test results of sperm count of 20 million or more with healthy motility and morphology would determine healthy sperm count.

If you do find the count is low, there are morphology or motility issues, follow the steps below for 3 months then get retested (if you guys are not pregnant yet).



## 2. Reduce and/or eliminate exposure to the things that can negatively affect sperm.

Studies have shown that EMFs (electromagnetic frequencies) and RF-EMWs (radio frequency electromagnetic waves) from [cell phones and laptop computers can damage sperm](#) with regular exposure.

### Here are some steps to reducing exposure to EMF's and other sperm killers:

- Do not keep your cell phone in your pocket or a laptop on your lap.
- Stay away from cigarette smoking, pesticides, and hormones in food (eat organic), soy foods, [alcohol](#), and plastics, specifically heating food in plastics.

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- Avoid overheating the testicles. Sperm needs to be kept at a healthy temperature so avoid overheating (hyperthermia) and activities that may elevate the temperature of the testicles such as saunas and hot tubs. Also, avoid tight underwear like briefs - try boxers as an alternative.

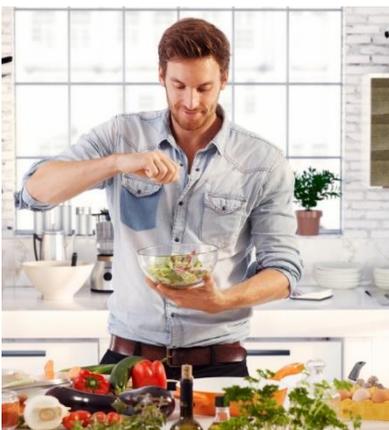


Hormones play a large role in semen production and a man's fertility. Men's hormones can become imbalanced, just as a woman can. One of the main imbalances we see are estrogen dominance. Some of the causes are soy foods, [pesticides on food](#), chemical exposures, stress, reduced circulation and sedentary lifestyle, as well as hormones found in dairy and meat, and plastics.

## Five ways to reduce exposure to additional hormones are to:

1. Reduce your exposure to xenohormones.
2. Eat only organic meats and dairy.
3. Do not eat soy foods.
4. Cleanse the body of excess hormones and toxins. This can be done with a [Male Fertility Cleanse](#).
5. Eat lots of fiber and cruciferous vegetables. These vegetables contain a special element that helps the body to rid itself of excess estrogens. You can also take the supplement called DIM to have the same effects.

## 3. Eat a diet and take supplements rich in nutrients specific for sperm and male reproductive health.



Diet can have a huge impact on your fertility health. It is one of the areas you have the most control over and can have the biggest positive effect on fertility. What you eat today impacts the sperm you will be using 3 months from now. The cycle of sperm production is a little less than 3 months, so everything you are exposing yourself to today (good or bad) can have an impact on the health of your sperm.

Eat in a way that promotes male fertility, protects DNA, and promotes sperm health and a healthy libido. The male fertility diet

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should include specific foods rich in nutrients specifically needed for a healthy sperm production and hormonal balance.

[Learn how to eat for male fertility health...](#)

## Nutrients important for male fertility are:

- Zinc
- Selenium
- CoQ10
- Vitamin E
- Folic Acid
- Vitamin C
- Vitamin B12
- L-Carnitine
- Range of Antioxidants.

These nutrients can come from food sources as well as supplements. All of these nutrients are supplied in the [Male Factor Formula Kit](#) which contains all the herbs and supplements you need to support normal sperm health, count, and motility. This kit, combined with a healthy fertility diet, is a very effective way to support male fertility and sperm health.

## 4. Use Supportive Herbs to Boost Sperm Health & Hormonal Balance

There are a handful of herbs that have been shown to offer excellent support for the male reproductive system. The five herbs I will highlight, when used in combination, may help to restore and strengthen male reproductive health once again. These herbs may be very supportive for men who are suffering from [low sperm count](#), poor sperm motility, poor sperm morphology, low libido, stress, and/or physical sexual dysfunction.



Remember, herbs are not to be used as a replacement for important diet and lifestyle changes. If diet and lifestyle changes are not in place first, the body will not be able to respond and utilize the herbs as well.

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## Herbs that are known to help men have healthier sperm and increased fertility are:

- **American Ginseng** - A traditional rejuvenative tonic for men, American Ginseng nourishes and supports the nervous system, sexual health, immune function, and proper hormonal balance.
- **Tribulus** - Traditionally used in both traditional Chinese medicine and Ayurveda, Tribulus supports normal sperm count, motility and morphology.
- **Maca Root** - A tonic for the hormonal system, Maca supports and nourishes the hypothalamus. This encourages normal sperm health and well as libido.
- **Saw Palmetto** - A nourishing herb to the entire endocrine system, Saw Palmetto supports overall reproductive function in men. Men with high stress, poor immune function, and/or poor lifestyle and dietary habits have shown to respond well to this herb.
- **Yohimbe Bark** - Found to increase circulation to the erectile tissues, aiding in physiological and psychogenic (mental) impotence.

These herbs are included in the [Male Factor Formula Kit](#) which contains all of the herbs and supplements you need to support normal sperm health, count, and motility.

[Learn more about herbs for male fertility here...](#)

## 5. Time baby making sex at the right time.

There is a right time to have sex to optimize your chances of conception. Some fertility/sex tips are to know when she is ovulating. Find out when her first day of her period is, than count out 12-14 days after the first day of her period. This is generally when she may ovulate. This is a rough estimate because women are all different in their cycles. [Fertility charting](#) or using OPK tests is a more accurate way of determining when ovulation is occurring.



Some other signs that she is ovulating is if she is way more interested in sex and has cervical mucus resembling egg whites. You will not want to have sex 2 -3 days before ovulation so that your sperm supply is built up. Use sperm-friendly lubricants (if needed) and don't have sex standing up. This makes it harder for the sperm to reach the cervix.

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## 3 Month Male Fertility Checklist

### Month 1:

- Get sperm analysis done.
- Reduce/Eliminate Exposure to harmful toxins.
- Complete the [Male Fertility Cleanse](#).
- Eat a Whole Food Fertility Diet.
- Use [Male Factor Formula Kit](#) which includes:
  - Fertilica MH5 Male Fertility Formula
  - MegaFood Men's Multivitamin (zinc, folic acid, vitamin B12, vitamin C)
  - Fertilica L-Carnitine
  - Fertilica CoQ10 Ubiquinol
  - Fertilica Choice Antioxidants

### Month 2:

- Reduce/Eliminate Exposure to harmful toxins.
- Eat a Whole Food Fertility Diet.
- Use the Male Factor Formula Kit which includes:
  - Fertilica MH5 Male Fertility Formula
  - MegaFood Men's Multivitamin (zinc, folic acid, vitamin B12, vitamin C)
  - Fertilica L-Carnitine
  - Fertilica CoQ10 Ubiquinol
  - Fertilica Choice Antioxidants

### Month 3:

- Reduce/Eliminate Exposure to harmful toxins.
- Eat a Whole Food Fertility Diet
- Use the Male Factor Formula kit which includes:
  - Fertilica MH5 Male Fertility Formula
  - MegaFood Men's Multivitamin (zinc, folic acid, vitamin B12, vitamin C)
  - Fertilica L-Carnitine
  - Fertilica CoQ10 Ubiquinol
  - Fertilica Choice Antioxidants

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