



Simple Lifestyle Changes to Improve Fertility Health

Here are some simple steps you can implement today:

- Start an acupuncture preconception program.
- Eat a well balanced diet. Increase your protein and vegetable intake. Avoid processed food. Avoid high sugar content foods.
- Stay hydrated! Drink between 75-100 oz of water per day.
- Remember black tea, green tea, and coffee are all diuretics and can actually dehydrate you. Limit your consumption.
- Begin a prenatal vitamin
- Quit smoking cigarettes or electronic cigarettes.
- Avoid caffeine – in large amounts caffeine has been shown to decrease the chances of becoming pregnant. Once pregnant it is recommended that caffeine should be limited. (Remember coke and chocolate also contains caffeine.)
- Avoid alcohol – Alcohol even in moderation has been found to reduce the chances of becoming pregnant. Once pregnant there has been no safe level of alcohol identified – so ideally avoid alcohol all together.
- Avoid medication unless recommended by a doctor (make sure that they are aware that you are trying to have a baby). This includes medication you can purchase over the counter.
- Avoid contact with chemicals – You can use alternative green cleaning products, do not treat the house for pests, avoid passive smoking and use safety precautions at work if in contact with hazards
- If you have a cat, get someone else to empty the kitty litter due to the risk of infection with toxoplasmosis
- Avoid over heating – particularly saunas and spas. If exercising make sure you wear cool, comfortable clothing and drink plenty of water.
- If you do not exercise, try to start a reasonable and regular exercise routine – the increased oxygen levels in your body support and nourish every organ and cell (including your reproductive organs). Exercise has great benefits for pregnancy as well as your general health
- Avoid stress and practice relaxation. Try a new yoga class or listen to a guided meditation online.
- Visit a health care practitioner specializing in preconception care



Simple Lifestyle Changes to Improve Quality & Quantity of Sperm

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- Start an acupuncture preconception program.
- Stay hydrated! Drink between 75-100 oz of water per day.
- Remember black tea, green tea, and coffee are all diuretics and can actually dehydrate you. Limit your consumption.
- Begin a daily multivitamin
- Quit smoking cigarettes or electronic cigarettes.
- Avoid “recreational” drugs, marijuana, and anabolic steroids.
- Avoid excessive use of alcohol.
- Avoid medication unless recommended by a doctor (make sure that they are aware that you are trying to have a baby). This includes medication you can purchase over the counter
- Avoid exposure to harmful chemicals and heavy metals.
- Protect yourself from sexually transmitted diseases.
- Avoid prolonged use of drugs with adverse effect on fertility.
- Maintain a healthy weight.
- Exercise moderately, but not excessively.
- Avoid testicular injury in sporting events.
- If you bicycle, try using a softer saddle.
- Wear looser fitting shorts and pants, Try not to carry a mobile phone in your pocket or on your belt, avoid using a laptop computer on your lap

(adapted: Naish and Roberts, 1998; Ogle, 1999)