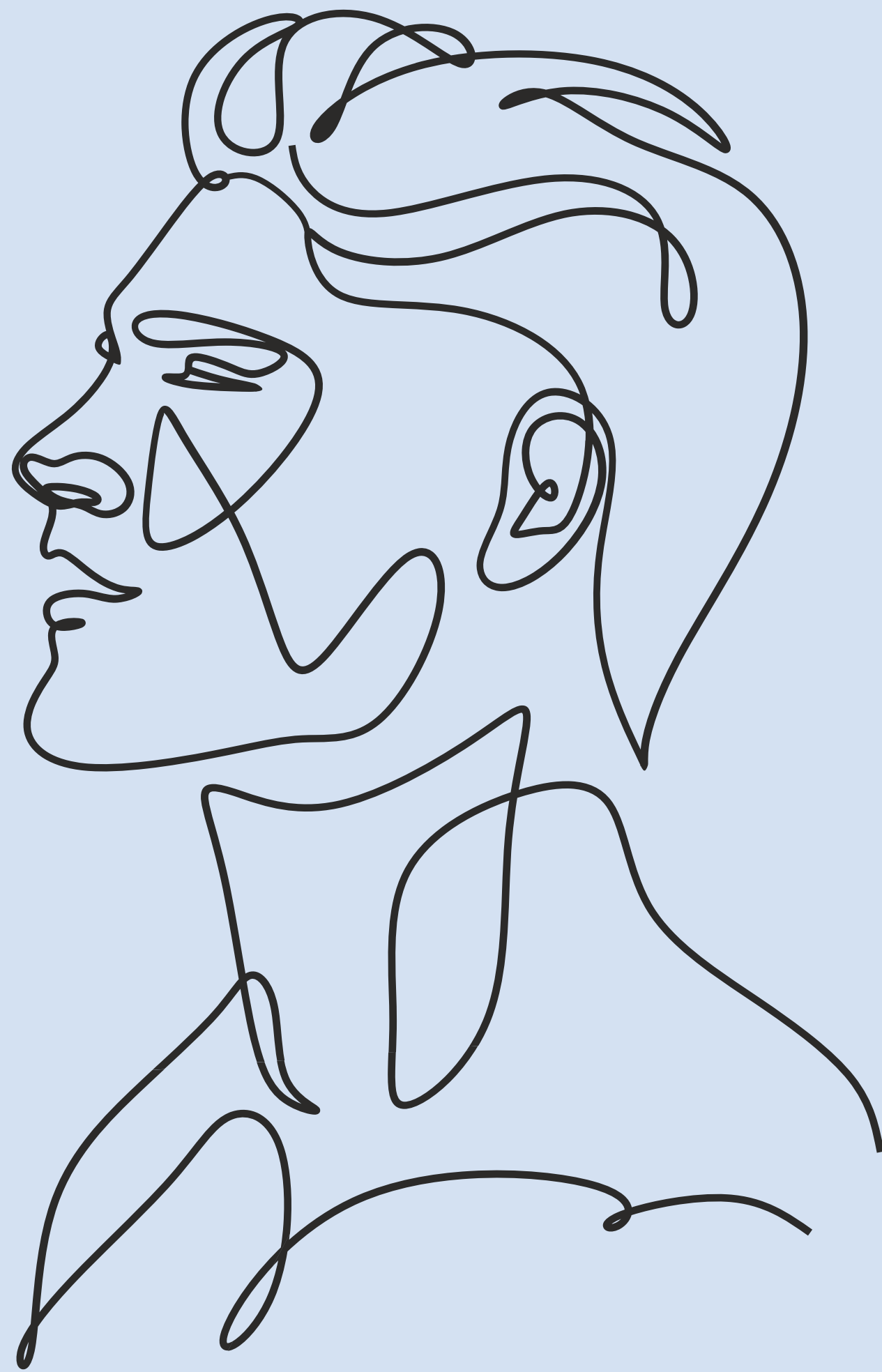


# Womb to World

## Strength & Fertility: A Men's Health Guide

written by Angela Marshall  
Holistic Acupuncturist



WOMB TO WORLD  
family wellness sanctuary brisbane

Fertility is often thought of as a women's health concern, but male reproductive health plays an equally vital role in conception. Sperm health, lifestyle choices, and overall well-being all contribute to fertility outcomes, making it essential for men to take an active role in their reproductive health.

This guide provides a comprehensive, holistic approach to optimising male fertility. You'll discover key factors that influence sperm quality, practical steps to enhance reproductive health, and strategies to detoxify and nourish your body for optimal fertility. From lifestyle adjustments to targeted nutrition and stress management, this guide is designed to empower you with the knowledge and tools to support conception and overall well-being.

By making informed choices and adopting supportive habits, you can improve fertility, boost overall health, and set the foundation for a thriving future. Take control of your reproductive health and embrace this journey with confidence.

**With Warmth and Encouragement,**

*Angela* x

# Causes of Male Infertility

Male infertility is often unexplained, with 40-50% of cases having no clear cause. However, factors such as hormone imbalances, lifestyle choices, environmental toxins, and overall health can significantly impact sperm quality and reproductive function. By understanding these influences, men can take proactive steps to improve fertility.

Here are some of the common causes of male infertility:

**Sperm quality or absence:** Low sperm count, poor motility, or no sperm (azoospermia) can result from blockages, hormone imbalances, or genetic factors.

**Ageing:** Sperm quality declines with age, leading to lower motility and increased DNA fragmentation.

**Obesity:** Excess weight raises oestrogen and disrupts hormones, lowering sperm quality.

**Radiation Exposure:** Radiation can damage sperm production and reduce fertility.

**Infections:** Infections like prostatitis can block or damage sperm, affecting fertility.

**Excessive Heat:** Heat from hot tubs or tight clothing can lower sperm count and motility.

# Causes of Male Infertility

**Heavy Metal Toxicity:** Exposure to lead, mercury, and other metals disrupt hormones and sperm DNA.

**Poor Nutrition:** Lack of nutrients like zinc and folic acid can lower sperm production.

**Smoking:** Smoking damages sperm and reduces motility and count

**Pesticide Exposure:** Chemicals in pesticides disrupt hormones and reduce sperm quality.

**Environmental Oestrogen:** Chemicals in plastic mimic oestrogen and interfere with sperm production.

**Aluminium:** Long-term aluminium exposure can impair sperm function.

**Tap water:** Studies suggest mountain/spring water increases sperm production while tap water may harm fertility.





# Lifestyle

## THE IMPACT OF LIFESTYLE CHOICES ON MEN'S FERTILITY

Lifestyle choices, particularly alcohol consumption and smoking, can have a profound impact on male fertility. Both substances disrupt hormone balance, impair sperm production, and increase oxidative stress, leading to reduced sperm quality and a higher risk of DNA damage.

Even moderate alcohol intake can negatively affect fertility, while smoking has been linked to lower sperm count, poor motility, and increased miscarriage risk due to DNA fragmentation.

Here's how alcohol and cigarettes affect fertility.

### Alcohol:

**Impairment of Spermatogenesis:** Alcohol can impair sperm production and quality

**Moderate Intake Risks:** Even moderate alcohol consumption (10 units per week) can worsen fertility in men with pre-existing sperm dysfunction.

**For Men with Oligospermia:** Men with low sperm count (Oligospermia) should be advised to reduce or eliminate alcohol intake. However, any improvements may not be visible for up to 3 months, and changes will be gradual.

# Lifestyle

## THE IMPACT OF LIFESTYLE CHOICES ON MEN'S FERTILITY

### Cigarettes

**Testicular Exposure to Heat:** According to Traditional Chinese Medicine, smoking can expose the testes to the 'body heat', negatively affecting future fertility, with a 20.1% reduction in sperm density.

**Lower IVF Success Rates:** Smoking reduces the likelihood of live birth rates in IVF treatments.

**Zinc Levels & Sperm Health:** Smoking has been linked to lower seminal zinc levels, which are essential for healthy sperm function.

**DNA Fragmentation:** Smoking contributes to DNA fragmentation in sperm, increasing the risk of miscarriage.

**By reducing alcohol intake and quitting smoking, men can significantly improve their reproductive health, enhance sperm quality, and increase the chances of a successful conception.**



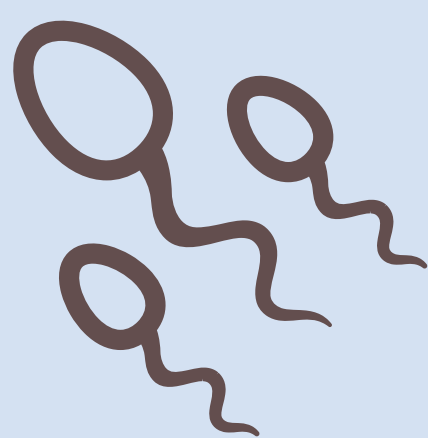
# Improving Sperm

## 10 STEPS TO ENHANCE SPERM QUALITY

Optimising sperm health is key to improving male fertility. Simple lifestyle changes, proper nutrition, and mindful habits can enhance sperm quality, motility, and overall reproductive function.

Here are ten steps to support healthy sperm production.

- 1. Keep Cool, Avoid Hot Tubs:** Heat can harm sperm production, so avoid hot tubs, saunas, and tight clothing that raises testicular temperature.
- 2. Take Key Vitamins & Minerals:** Ensure you get adequate zinc, selenium, folic acid and vitamin C to support sperm health. Always consult a healthcare provider before starting supplements.
- 3. Limit Prescription Drugs:** Only take prescription drugs when absolutely necessary, as some can reduce sperm quality.
- 4. Reduce Alcohol & Eliminate Cigarettes:** Excess alcohol and smoking harm sperm count and motility. Limit alcohol and quit smoking for optimal health.





# Improving Sperm

## 10 STEPS TO ENHANCE SPERM QUALITY

5. **Eat More Fruit & Vegetables:** Fruits and vegetables, especially organic and seasonal, are rich in antioxidants that protect sperm from oxidative damage.
6. **Reduce Stress:** Chronic stress disrupts hormones and sperm production. Practice stress-reduction techniques like meditation and deep breathing.
7. **Exercise Regularly:** Exercise boosts circulation and helps maintain a healthy weight, but avoid extreme training that can lower testosterone levels.
8. **Maintain a Healthy Weight:** Excess belly fat increases estrogen levels and reduces sperm production. Aim for a healthy weight through diet and exercise.
9. **Ejaculate Frequently, With 2-3 Days Abstinence Before Treatment:** Frequent ejaculation keeps sperm healthy, but abstain for 2-3 days before treatment to allow sperm to mature.
10. **Avoid Dehydration:** Stay hydrated to support the production of healthy sperm.





# Detoxing

**Detoxing is an essential step in optimising male fertility, as it helps eliminate toxins that can negatively impact sperm quality, hormone balance, and overall health.**

A well-functioning body supports healthier sperm production, increased energy levels, and improved reproductive function.

By reducing inflammation, boosting the immune system, and minimising exposure to harmful substances, detoxing creates a strong foundation for conception and overall well-being. Simple dietary and lifestyle changes can make a significant difference in reproductive health.

On the next page, you will find 10 steps to an express detox that can help to cleanse your system, enhance vitality, and improve your body's ability to support healthy sperm.



# 10 Steps to an Express Detox

[From the Holistic IVF Diet Guide to Making Babies by Jenny Blondel]

**Follow these steps for a quick and effective detox:**

1. Do not eat between 6PM and 7AM - allow for digestion to rest overnight.
2. Avoid refined sugar and choose natural sweeteners instead.
3. Avoid wheat/gluten and dairy - these can cause inflammation and create digestive upset.
4. Drink plenty of filtered water - hydrate to flush out toxins.
5. Avoid alcohol - alcohol burdens the liver and disrupts detoxification.
6. Eat nutrient dense foods high in protein, good fats and lots of vegetables.
7. Start your day with warm water and lemon juice to stimulate your digestion and help flush out toxins.
8. Take practitioner recommended supplements - be sure to work with a professional for optimal detox support.
9. Daily exercise - encourage further elimination through movement.
10. Sleep 8 hours per night to support your body's natural detox processes.

# Supporting Your Fertility Journey

The journey to parenthood is deeply personal and unique for every couple, and at Womb to World, we are here to support both you and your partner with gentle, holistic care every step of the way.

Our approach combines acupuncture, herbal medicine, and wellness strategies to help optimise fertility for both men and women. We recognise that both partners play an essential role in this journey, and we are here to provide compassionate care to help you both feel balanced, supported, and empowered.

At Womb to World, we believe that with the right care, you can enhance your fertility and overall well-being while nurturing a deep connection to your body and your path to parenthood. We are dedicated to helping you and your partner navigate this beautiful and transformative journey with grace and confidence.

If you're ready to take the next step in your fertility journey, **contact Womb to World today** to schedule a consultation and discover how we can support you both with love, care, and holistic healing.

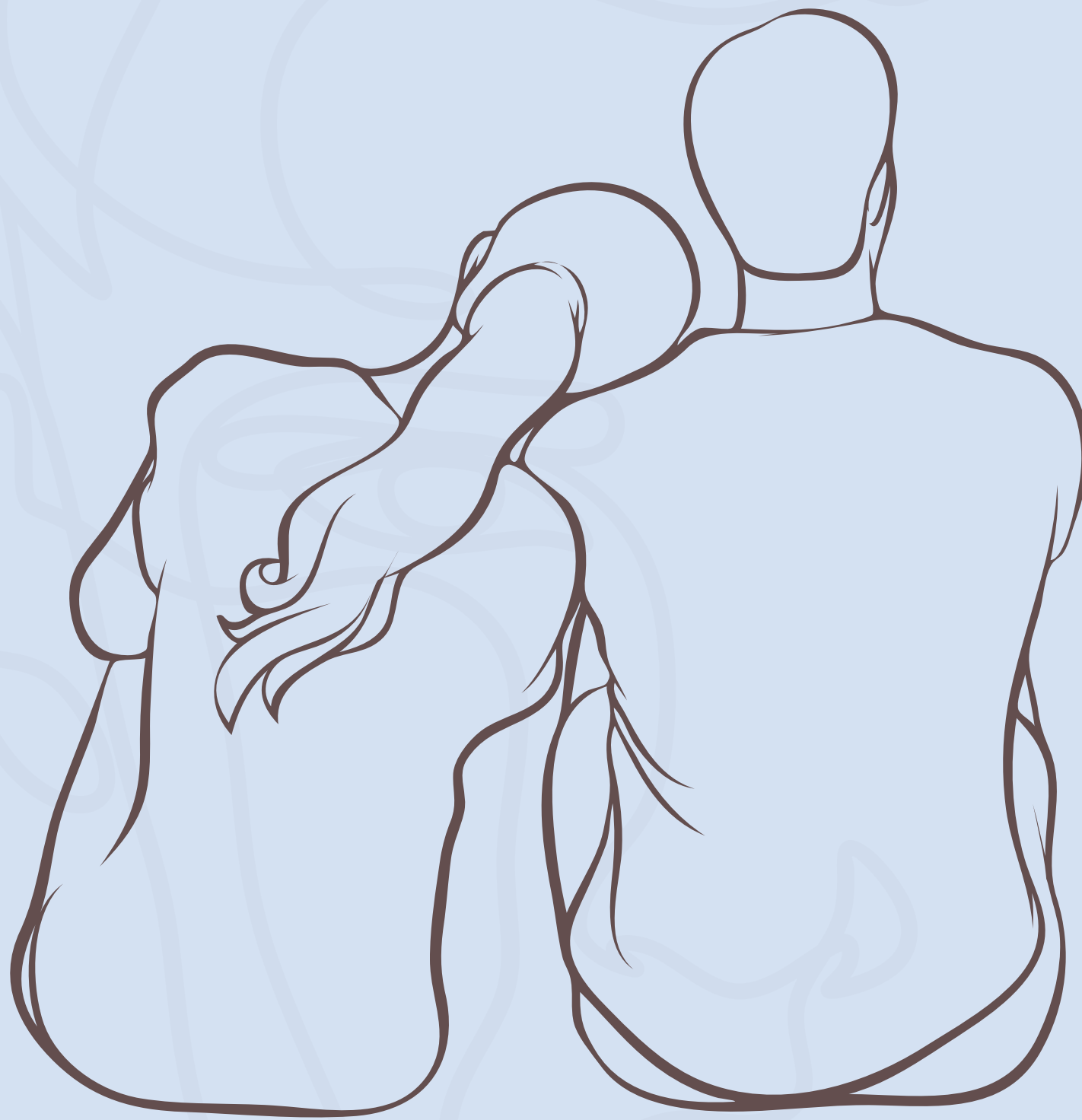






*always be gentle with  
yourself*

Written by Angela Marshall - Acupuncturist &  
Chinese Medicine Practitioner



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