

Module 9, Lesson 4 Handout: **Male Fertility Cheat Sheet**

You can support male clients in improving their fertility through diet and lifestyle recommendations. Having these conversations and sharing knowledge about fertility with your male clients will empower them to improve their overall wellness and help them reach their ultimate goal.

Ways to Help Promote Male Fertility

- Emphasize organic food. In a study, eating produce classified as having a high level of pesticide residue resulted in a 49 percent lower sperm count and fewer normal sperm than those who ate produce with lower levels of pesticides. Use the Environmental Working Group's dirty dozen to teach clients about the most important fruits and vegetables to eat organic as much as possible
- Help clients achieve or maintain a healthy body weight through lifestyle modifications. Obesity is linked to changes in sperm that cause infertility or miscarriage. This can be a motivating factor for change. Tune into that with clients
- Find ways to reduce stress. Stress is a major player in fertility, and oxidative stress from toxins, environment, smoking and poor diet can cause sperm to malfunction. This may be the time for your male client to download Insight Timer or Headspace
- Promote antioxidant-rich foods and omega-3 fatty acid foods. Antioxidants like vitamin C, vitamin E, beta carotene, zinc, selenium, folic acid, lycopene, and coenzyme Q-10 are found in seminal fluid and help prevent damage to sperm cells. Fatty acids are important because they make up some of the sperm membranes. Encourage fatty fish and other omega-3 rich foods like chia and walnuts
- Limit alcohol, sugar, and caffeine. Men don't need to go cold turkey here, but minimizing alcohol and caffeine appropriately for each client and avoiding as much added sugar as possible is recommended
- Incorporate exercise. A healthy exercise plan is also incredibly helpful in male fertility. Too intense exercise can backfire and decrease sperm count, so the goal is not a "more is better" approach. Moderate exercise is sufficient for most guys
- Avoid constrictive pants and underwear, extreme heat from hot tubs, or other lifestyle choices known to impact fertility. These recommendations might fall outside of your normal wheelhouse, so at the least, encourage men to speak with their medical provider about these considerations