

Some info on Men's Fertility...

While it used to be thought that it was mostly a woman's health that mattered for having babies, new research is confirming what Chinese Medicine has known for thousands of years... It takes two to make a healthy baby

CAUSES OF INFERTILITY

- 39% = male and female subfertility
- 33% = female subfertility
- 20% = male factor subfertility
- 8% = unexplained infertility

WORLD HEALTH ORGANISATION SPERM LEVELS

The World Health Organisation's guidelines for men that fathered a child in 12 months were:

- Semen volume: 2.2–4.2ml
 - Sperm concentration: 36–100 million per ml
 - Total sperm number: 101–336 million per ejaculate
 - Progressive motility: above 49% (ones that swim forward)
 - Normal morphology: above 10% (% of normally shaped sperm. Housing the DNA to make babies)
- See an easy to read explainer of these guideline [here](#) and the actual paper is [here](#).

SOME EXTRA STUDIES

- Here's how [morphology](#), and [poor sperm health](#) correlates with early miscarriage/ spontaneous pregnancy loss
- Here's info on how [inflammation](#) (poor diet, dehydration, lack of sleep) and oxidative stress and the role it can play in recurrent pregnancy loss
- Here's why [mobile phones](#) should never be in pants front pockets
- Here's some info on [cycling](#) affecting [fertility](#).
- Here's some info on how [drinking](#) can affect fetal development

CAN INTEGRATIVE CHINESE MEDICINE HELP?

Acupuncture helps reduce [stress](#). This helps the body make fertility hormones like Testosterone and improves pelvic blood flow (no Acu points near the groin area!)

By helping improve [sleep](#) and [digestion](#), your body has enough resources to do extra things like make great sperm!

Questions? please get in touch!