

Countdown to C(Conception)-Day Suggestions for Pre-Conception for Men

C-Day minus three months...

- Stop all alcoholic drinks: up to 40 percent of low fertility in men can be attributed to even modest consumption of alcohol. Three months of alcohol abstinence will raise sperm counts and increase sperm motility.
- Stop smoking, as this is one of the most common causes of damaged sperm. Sperm need large amounts of vitamin C to thrive—they contain 8 times more vitamin C than blood—and smoking destroys vitamin C.
- Start taking an antioxidant vitamin supplement that contains vitamins A, C & E.
- If you are overweight, now is the time for that healthy, well-balanced, exercise-inclusive weight loss program. Obesity upsets the balance between estrogen and testosterone and can cause infertility.
- Switch to boxer shorts and loose fitting pants. This lowers the temperature of the testicles and increases sperm production. Also, avoid hot tubs, saunas, and excessively warm showers/baths.

C-Day minus two months...

- Ensure daily intake of 500 mg vitamin C to reduce the risk of sperm clumping.
- Eat four oranges or 2 kiwi fruit per day for their vitamin C and bioflavonoids.
- Eat at least 2 portions per day of beta-carotene-rich foods (carrot, broccoli, apricots, spinach, and other orange or dark green leafy veggies or fruit).
- Switch to filtered water to avoid the risk of environmental estrogen in normal, recirculated domestic water supplies.

C-Day minus one month...

- Add an additional 500 mg vitamin C per day.
- Eat plenty of shellfish and/or a generous handful of pumpkin seeds each day for the extra zinc. This increases the sperm's protection from free radicals.
- Eat at least two avocados per week, plenty of olive oil, and sunflower and sesame seeds, all for their vitamin E.
- Take 400 IU of vitamin E daily.
- Cut out all caffeine.
- Avoid all but organic, hormone-free dairy, poultry, and meat.
- Ease back on your exercise. Sensible activity is great to aid fertility but excessive or obsessive exercise will result in reduced sperm counts.
- Avoid contact with chemical solvents, insecticides, and pesticides.
- Whenever possible, eat organic foods.
- Keep up this regime until conception is achieved and beyond!