

# Genital jogging for would-be daddies

Men worried about their fertility are being urged to try genital jogging to improve their chances of becoming a father.

Medical herbalist Natalia Kerkham recommends men engage in genital jogging when they are waiting at traffic lights, standing in a lift or tucked up in bed.

Natalia, part of the Natural Fertility Clinic team at Warrington, advises would-be daddies to:

- Firstly, clench your muscles gently as if trying to stop the flow of urine. Hold for a slow count of three then relax.
- Secondly, clench and relax them quickly.
- Last – but not least, push out, as if trying to speed the flow of urine.

Start with five repetitions of each manoeuvre, work up until you can do 15. Try to exercise twice a day.

Natalia also advises men to stop smoking, or at least cut down. Smokers are much more prone to erectile problems. She also recommends men see a qualified herbalist, who can supply you with herbal tonics to meet your needs. Who could resist trying horny goat weed?

To be in with the hope of receiving a Father's Day card, men should make changes to their diet and improve their chances of producing strong, healthy sperm. Our bodies are made up from the nutrients we eat and this is also true for sperm.

Top nutritionist Angela Bailey says: "Just thinking about fathering a child is the start of parental responsibility. It takes at least three months for sperm cells to develop and mature so it's vital to think about the nutrient content of what you are eating early on.

Angela points out that some sugary foods, caffeine containing drinks and alcohol deliver very little in the way of nutrients to support balanced hormone health and may even deplete the body of its vital nutrients.

She says the presence of certain metals, such as mercury, lead or cadmium, can also hinder healthy sperm production. A simple hair mineral analysis test can help establish general mineral status and assess toxic metal load. A bespoke dietary and supplement programme can then be worked out. The Natural Fertility Clinic uses natural therapies, ranging from Medical Herbalism and Nutritional Therapy to Reflexology and Acupuncture to help couples conceive.

An increasing number of couples struggling to conceive are turning to acupuncture. This traditional Chinese practice is based on the principle that Qi, the body's life force, should flow unhampered around the body. The stresses of daily life, illness or infection can block this energy. A skilled acupuncturist can work on these blockages and in many cases, help a couple to conceive.

Acupuncturist Andreas Feyler says: "Acupuncture and Chinese Herbal Medicine offers the experience of 3000 years of medical practice that is based on holistic principles of balance and harmony which are particularly relevant to infertility. I offer very specific treatments as well as a general nourishment approach.

Stress can also be a major factor in both female and male infertility, says Clinical Reflexologist, Tracey Turton. "The stress of trying for a baby, coupled with family pressures and a hectic lifestyle can all contribute to problems conceiving a baby. A commitment to a more relaxing lifestyle can make all the difference."

For more details please phone the Natural Fertility Clinic on 01925 730123

or visit [www.naturalfertilityclinic.co.uk](http://www.naturalfertilityclinic.co.uk)

[www.cheshirenaturalhealth.co.uk](http://www.cheshirenaturalhealth.co.uk)

**ENDS**

**Media enquiries: Denise Wales**

Dewcom Media Services

Email: [denise@dewcom.co.uk](mailto:denise@dewcom.co.uk)

[www.dewcom.co.uk](http://www.dewcom.co.uk)

Tel: 01663 732878

Mobile: 07729 895418