

# Get set for baby love

Male fertility isn't often discussed in the pub as most men hate to even consider they are firing blanks. Yet men are the cause of a third of all infertility problems.

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, a therapist at the Natural Fertility Clinic in Warrington, 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.

Medical herbalist Natalia Kerkham gives her top tips to combat male infertility:

1. Try genital jogging! You can do this lying in bed, at a red light, in the lift...  
First, clench your muscles gently as if trying to stop the flow of urine. Hold for a slow count of three then relax.  
Second, clench and relax them quickly.  
Third, 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.
2. Stop smoking, or at least cut down. Smokers are much more prone to erectile problems.
3. See a qualified herbalist, who can supply you with herbal tonics to meet your needs. Who could resist trying horny goat weed?

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 contact Tracey Turton on 01925 730 123 or 07740 421984 or visit [www.naturalfertilityclinic.co.uk](http://www.naturalfertilityclinic.co.uk)  
[www.cheshirenaturalhealth.co.uk](http://www.cheshirenaturalhealth.co.uk)

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