

The #1 Common and Costly Misconception About Sperm Health

by Iva Keene MRMed. ND. - Natural Fertility Specialist - Sunday, December 20, 2020

<https://natural-fertility-prescription.com/1-common-costly-misconception-sperm-health/>

There are so many myths about sperm health that most of the couples trying to conceive believe they're true. Here we share the #1 common and costly misconception about sperm health.

If you found this video helpful, we take a much deeper dive into this topic in our '**How to Improve Your Sperm Health: 23 Simple Evidence-Based Tips**' report (click the button below to download).

Related Articles

- [How Does the 'DNA Integrity of Sperm' Impact a Man's Fertility?](#)
- [\[Story\] Abby, 30 Pregnant Despite Subclinical Hypothyroidism & Poor Sperm](#)
- [What to Do When You're Told the Sperm is "Poor Quality?"](#)
- [Aging Men and Sperm Health: Can Older Men be Fathers?](#)