Increase Male Fertility Naturally

by Iva Keene MRMed. ND. - Wednesday, December 19, 2012

https://natural-fertility-prescription.com/increase-male-fertility-naturally/

If you're struggling with Sperm Quality or Quantity issues such as low sperm motility, low sperm count or poor morphology I'd like to introduce you to a new male infertility treatment approach I've developed to increase male fertility naturally.

You may have found out you have sperm issues which are preventing you from conceiving a child. If this is the case you've probably been advised to go down the IVF, ICSI or sperm donation pathway.

You have in all likelihood been told there's not much else you can do except for some basic dietary improvements or perhaps you've been recommended a supplement to take to support the IVF/ICSI process.

I want you to know that sperm health issues are in most cases (not all, but most) very treatable - without resorting to IVF/ICSI or any other ART procedure.

While assisted reproductive technology is powerful and effective for many people it should always be reserved as a last step AFTER couples have done all they can to conceive naturally.

And research suggests that approximately 80% of infertile couples can conceive naturally if they are willing to follow an approach like I teach and are prepared to make some very specific but straightforward dietary and lifestyle modifications for a few weeks prior to conception.

And this message is vitally important for men because Sperm health issues account for 50% of all infertility globally and sperm counts are declining globally. The truth is no one knows for certain why this is happening however my empirical view is that it's connected to environmental toxins in our high tech world from food, pharmaceuticals, EMF radiation and lifestyle changes.

When I consult with couples from all over the world via my phone consultation and fertility analysis service it's clear that so many people are leading highly toxic lives on a range of levels. And usually the source of these toxins are things they were not even aware were harming their fertility.

Once they identify the things they need to change the results are often dramatic and if you look at the success stories and case studies pages of my website: Natural-Fertility-Prescription.com you'll see dozens of individual stories there (including videos)

But just a glance at some of the key facts surrounding sperm plus a look at the mainstream media make it clear something is wrong and the solution may not be all the technology in the first instance but be something much simpler, something right before our eyes.

The world health organization estimates that sperm counts globally have halved since the 50's. So much
so that the WHO had to modify the normal range of sperm otherwise most men would be considered infertile.

**How to Increase Male Fertility Naturally**

So what can we do about it without resorting to ART? Let's take a quick look at the core elements of my approach to treating sperm abnormalities. In my sperm health program I cover 71 strategies for improving all major sperm parameters.

These 71 strategies include things like: number 52: consume Wheat germ oil because the octacosanol found in wheat germ oil increases sperm count.

Number 61: consume the herbs Licorice, Ashwagandha and Schisandra to increase sperm count. or Number 20: avoid the list of allergenic foods I discuss in the diet section.

The cornerstone of the treatment is the six focus areas which include: how to increase sperm count through stress control and adequate nutrient supply for 91 days (the time it takes for a new batch of sperm to form)

Key things to do to increase sperm motility, morphology and viscosity. Plus strategies to treat sperm antibodies and erectile dysfunction.

And the good thing is, this is something you can apply on your own at home (as most do) by just using the information laid out in clear steps.

Or, if you want my personal help you can also receive that via my email support or phone consultation services (check the Online Clinic page of the website Natural Fertility Prescription for more information.

So, if you'd like to know more about the sperm program and my approach to boosting male fertility [click here](#) to learn more.

And if you have any questions don't hesitate to email me at iva@natural-fertility-prescription.com.