

What to Do When You're Told the Sperm is "Poor Quality?"

by Iva Keene MRMed. ND. - Qualified Naturopathic Physician - Wednesday, March 11, 2020

<https://natural-fertility-prescription.com/youre-told-sperm-poor-quality/>

Watch this video to find out what modifiable factors can impact the quality of sperm.

For more information on improving sperm health, [click here to download the **How to Improve Your Sperm Health: 23 Simple Evidence-Based Tips** report.](#)