

JOY. A CHUKWUMAH

BECOME A DAD

DISCOVER NATURE'S SECRET TO
BOOSTING SPERM COUNT,
ELIMINATE INFECTION & TOXINS,
RESTORE MOTILITY, AND BECOME &
HAPPY DAD!

THE
SPERM
BOOSTER
PROGRAM

Become A Dad

The Sperm Booster Program

**Nature's Secret to Boosting Sperm Count,
Eliminating Infection & Toxins, Restore Motility,
and Become & happy Dad!**

Welcome Note

Welcome to the Sperm Booster Program for men's fertility. This is going to be a straightforward guide. The aim is to show you the exact treatments available that you can easily purchase right now to end your male-factor infertility woes.

The truth is, ignorance is the major factor hindering most men from becoming fathers.

The fact that you have been consulting a specialist who doesn't know the available alternative solutions to your problem doesn't mean there is no solution.

I am glad you found this guide.

So, welcome to your fertility solution as a man. By the time you read through this material and take the necessary action, you would become a father in a short time. That, I can promise.

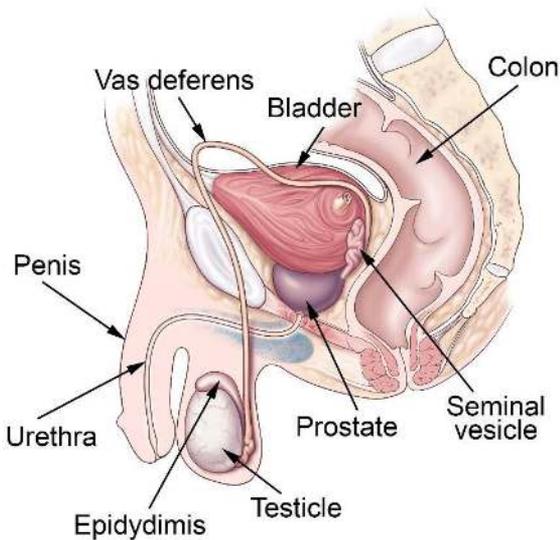
Infertility Vs. Reproductive Dysfunction

Male sexual dysfunction or infertility are not the same. Male sexual dysfunction or impotence is one of the major male reproductive problems.

In society, it's believed that infertility and erectile dysfunction are the same, but it's not correct, Infertility is one's inability to reproduce whereas erectile dysfunction or impotence is one's inability to have an erection and make relation with one partner.

The Male Reproductive System

The male reproductive system is made up of internal (inside your body) and external (outside your body) parts. Together, these organs help you urinate (rid your body of liquid waste materials), have sexual intercourse and make children.



The Male Reproductive Organs & Functions.

The male reproductive system is made up of organs.

These organs are both internal and external.

They produce, maintain and transport sperm (the male reproductive cells) and semen (the protective fluid around sperm).

They discharge sperm into the female reproductive tract.

They produce and secrete male sex hormones.

The external organs include;

The penis, the scrotum and testicles.

While the internal organs include;

Epididymis, Vas deferens, Ejaculatory ducts, Urethra.

The organs do the following jobs within your body:

Penis:

This is the erected part during sexual intercourse to deliver semen into the vagina.

When the penis is erect, the flow of urine is blocked from the urethra, allowing only semen to be ejaculated at orgasm.

Scrotum:

This is the loose pouch-like sac of skin that hangs behind and below the penis. It contains the testicles.

It may interest you to note that the temperature of the scrotum is at least one degree Celsius lower than the body temperature.

For normal sperm development, the testes must be at a temperature slightly cooler than the body temperature.

Special muscles in the wall of the scrotum allow it to contract (tighten) and relax, moving the testicles closer to the body for warmth and protection or farther away from the body to cool the temperature.

Testicles (testes)

The testes are responsible for making testosterone (sex hormone) and for generating sperm.

Within the testes are coiled masses of tubes called seminiferous tubules. These tubules are responsible for producing the sperm cells through a process called spermatogenesis.

The Internal Organs

Epididymis:

While the testicles make the sperm, the epididymis, carries and stores it till maturity.

It transports and stores sperm cells until maturity. This is because, the sperm that emerge from the testes are immature and incapable of fertilization. During sexual arousal, contractions force the sperm into the vas deferens.

The Vas Deferens:

The vas deferens is a long, muscular tube that travels from the epididymis into the pelvic cavity. The vas deferens transports mature sperm to the urethra in preparation for ejaculation.

Ejaculatory ducts:

These are formed by the fusion of the vas deferens and the seminal vesicles.

The ejaculatory ducts empty into the urethra.

Urethra:

This is a tubular structure that transports semen and urine.

It carries urine from the bladder to outside of your body. In males, it has the additional function of expelling (ejaculating) semen when you reach orgasm.

When the penis is erect during sex, the flow of urine is blocked from the urethra, allowing only semen to be ejaculated at orgasm.

The male reproductive system is also equipped with reproductive glands which produce secretions that become part of semen. These glands include:

Seminal Vesicles:

It is located posteriorly to the urinary bladder and produces some of the liquid portion of semen that contribute more than 70% of the total ejaculate which is slightly alkaline.

The seminal vesicles make a sugar-rich fluid (fructose) that provides sperm with a source of energy and helps with the sperms' ability to move (motility). The fluid of the seminal vesicles makes up most of the volume of your ejaculatory fluid, or ejaculate.

Prostate gland:

The prostate gland contributes additional fluid to the ejaculate. Prostate fluids also help to nourish the sperm. The urethra, which carries the ejaculate to be expelled during orgasm, runs through the center of the prostate gland.

Bulbourethral glands:

Located on the sides of the urethra, just below the prostate gland. These glands produce a clear, slippery fluid that empties directly into the urethra. This fluid serves to lubricate the urethra and to neutralize any acidity that may be present due to residual drops of urine in the urethra.

Sperm Pathway during Ejaculation

Spermatogenesis (in seminiferous tubule) - Epididymis - Vas deferens - Ejaculatory duct - Urethra - Sperm is pushed out of the male body during ejaculation

How The Male Reproductive System Function

Hormones control the entire activities or functionality of the male reproductive system. Hormones are chemicals that kick-start or regulate the activity of your cells or organs.

The primary hormones involved in the functioning of the male reproductive system are:

Follicle-stimulating hormone (FSH):

Its primary role is to interact with the Sertoli cells (part of a seminiferous tubule in the testes) to stimulate sperm production.

Testosterone and inhibin regulate the production of FSH and are crucial in controlling the hormonal cycle involved in making sperm.

Too much FSH is a sign of testicular failure and can indicate that your testosterone levels are low. This prevents the healthy production and maturation of sperm and is a sign of infertility.

Likewise, having low levels of the follicle-stimulating hormone can cause limited sperm production and make fathering a child more difficult.

There are tests available to detect FSH deficiencies that your doctor may recommend if they suspect a problem.

Luteinizing hormone (LH) and

Luteinizing Hormone is a gonadotropic hormone that is released from the pituitary gland and stimulates testosterone production in the testicles, allowing it to perform its necessary functions.

Too much or too little Luteinizing Hormone can cause infertility, so it's important to have a balance.

Testosterone.

Its main function is controlling sexual and reproductive health.

A steady supply of testosterone is released by the Leydig cells in the testicles and stimulates sperm production.

Too little testosterone could lead to a condition called hypogonadism, which can be treated.

Too much testosterone can convert to the female hormone estrogen, which can lead to mood swings, shrunken testicles, and breast enlargement.

Gonadotropin-releasing hormone (GnRH):

Before FSH or LH are released, the hypothalamus creates gonadotropin-releasing hormone (GnRH).

This prompts the pituitary gland to create FSH and LH, respectively. It's relatively rare for the hypothalamus to produce less GnRH than necessary.

It can happen, though. In men, low levels of GnRH can cause loss of sperm production and lowered hormonal production from the testes.

Summary of the male Hormones:

FSH and LH are produced by the pituitary gland.

The Pituitary gland is located at the base of your brain and it's responsible for many functions in your body.

FSH is necessary for sperm production (spermatogenesis). LH stimulates the production of testosterone, which is necessary to continue the process of spermatogenesis.

Testosterone is also important in the development of male characteristics, including muscle mass and strength, fat distribution, bone mass and sex drive.

If a males reproductive hormones must be balanced to enable the full functionality of the reproductive process. If any of these hormones are out of place, infertility in male kick in.

But what could affect the hormones or cause infertility?

First let's look at the factors that can affect the male fertility system or reproduction

Male factor Infertility Causes:

Cysts:

Men with cystic fibrosis often have a missing or obstructed vas deferens.

General health and lifestyle.

General health and lifestyle. A man's general health and lifestyle can affect fertility. Some common causes of infertility related to health and lifestyle issues include:

Emotional stress:

Stress may interfere with certain hormones needed to produce sperm. Sperm count can be affected by excessive or prolonged emotional stress. Infertility, itself, can produce additional stress.

Note: Stress might affect the sex drive or sexual dysfunction not the quality and quantity of semen. If the couple's sexual relations are ok and the female partner doesn't conceive, the intervention of a fertility specialist is needed. Stress doesn't lead to infertility as such.

Malnutrition:

Deficiencies in nutrients such as vitamin C, selenium, zinc and folic acid can contribute to infertility.

Various supplements such as Vit E, Vit C, Zinc, Selenium helps a lot in increasing the quality of sperm in men.

Obesity:

It is important to note that fat tissue is rich in hormone converting enzymes and thus increased body mass may be associated with fertility problems in men by converting male hormones into inactive or estrogenic compounds.

Men have better sperm production who have a BMI less than 25, whereas men who are obese and overweight have issues related with male infertility.

Cancer and its treatment:

Both radiation and chemotherapy treatment for cancer can impair sperm production, sometimes severely. Removal of one or both testicles due to cancer also will affect male fertility. Banking of frozen sperm is always a recommendation prior to initiating chemotherapy.

Does consumption of alcohol or smoking cause infertility in men?

Stopping smoking and consumption of alcohol in moderate quantities is good as they make sperm toxic.

The use of cocaine or marijuana can temporarily reduce the number and quality of sperm. Tobacco use can lower sperm count. Anabolic steroids can cause the testicles to shrink and sperm production to decrease. The use of certain prescription drugs can also contribute to infertility.

Environmental exposure

Overexposure to certain environmental elements such as heat (saunas, hot tubs) toxins and chemicals (pesticides) can reduce sperm count.

Note: Long drives and wearing tight undergarments affects infertility and hampers sperm quality in men. The temperature in the scrotum increases and affects the overall quality of sperm. Hot showers, sauna bath too affects the sperm quality and count

Age is Critical:

Quality of sperms decline with growing age which increases premature birthing and miscarriage.

As per studies, fertility is more rapid in females as compared to males and men can't have kids anytime they want. Fertility in males is more at a younger age.

Infection:

Infection may temporarily affect sperm motility.

When you have repeated bouts of sexually transmitted diseases (STDs), such as Chlamydia and gonorrhoea, it can lead to infertility.

These infections can cause scarring and blockage of sperm passage.

If mumps, a viral infection, usually affecting young children, occurs after puberty, inflammation of the testicles can impair sperm production.

Inflammation of the prostate (prostatitis), urethra or epididymis also can alter sperm motility and the fertilizing capacity of sperms.

Retrograde ejaculation:

This occurs when semen enters the bladder during orgasm rather than being ejaculated. Various conditions can cause retrograde ejaculation, including diabetes, bladder,

prostate or urethral infections or surgery, and the use of certain medications.

Blockage of epididymis or ejaculatory ducts:

Some men are born with a blockage of the epididymis or ejaculatory ducts. Some men congenitally lack the tube that carries sperm (vas deferens) from the testes to the urethra. Both conditions can be caused by infection.

Anti-sperm antibodies

Antibodies that target sperm and weaken or disable them can occur after vasectomy, a surgical ligation of the vas deferens for male sterilization. Even after a successful reversal, these antibodies can compromise a man's fertility. Anti-sperm antibodies can form after any type of genital tract infection.

Toxins (Endocrine Disruptors Affecting Male Hormones).

Hormone disruptors are substances that can be absorbed into the body and cause your endocrine system to become imbalanced, affecting everything from your metabolism to your fertility. These harmful pollutants and chemicals aren't just found in obvious things like cigarettes — many different products contain them.

Some common endocrine disruptors that affect fertility (and where you can find them) include:

-Biphenyl A (BPA) is found in plastic water bottles and food containers, tin cans, receipts.

-Dichlorodiphenyltrichloroethane (DDT) is an insecticide found in meat, fish, and dairy products.

-Dioxins are one of the most prevalent chemicals known to disrupt male reproductive health. It is found in everything from bleached coffee filters, animal protein, and household cleaners, personal care products (specifically those containing triclosan, disposable napkins, and paper towels.

-Polychlorinated biphenyls (PCBs) is a chemical found in contaminated meat, dairy products, and fish (especially Catfish, buffalo fish, and carp).

-Phthalates are a group of chemicals that can cause testosterone production to become inhibited, as well as the function of Leydig cells, which plays a role in the creation of sperm and the quality of the sperm. It's commonly found in non-organic food, personal care products like lotion, cologne, and shaving cream, paint, and household cleaners.

-Phytoestrogens are a type of estrogen known to reduce sperm count and are found in soybeans, flax seeds, sesame seeds, oats, pesticides, industrial chemicals.

-Atrazine is an herbicide found in corn, sugarcane, pineapples, and sorghum.

-Mercury is found in seafood, specifically mackerel, swordfish, and shark.

-biphenyl S (BPS) is a replacement for BPA that is just as hazardous and is found in plastic water bottles and food containers.

These issues are the leading factors that now cause infertility in males resulting to:

Common Types of Male Infertility

While there are many different factors that can affect male fertility, there is a handful that are considered to be the most common. These range from low (or no) sperm to medical conditions that affect sperm production.

Azoospermia:

10 to 15 % of infertile men have azoospermia — the complete absence of sperm in the semen

Varicocele:

An enlarged vein in the testicle, accounts for 40% - 50% of male infertility

Low Sperm Count:

50 % of men dealing with infertility have low sperm counts
1 in 5 men between the ages of 18 and 25 produce low sperm counts. Between 5 and 15% of their sperm is considered “normal” by the World Health Organization.

Testosterone Deficiency:

30% of men aged 40 to 79 have a testosterone deficiency

Male sexual dysfunction or infertility are not the same.

Male sexual dysfunction or impotence is one of the major male reproductive problems.

In society, it's believed that infertility and erectile dysfunction are the same, but it's not correct.

Infertility is one's inability to reproduce whereas erectile dysfunction or impotence is one's inability to have an erection and make relations with one partner.

Male infertility causes can be classified into:

1. Sperm disorders
2. Structural problems
3. Sexual Health Issues

1. Sperm disorders:

For a man to impregnate a woman the following must be in good condition.

Sperm: The man must be able to make healthy sperm that can fertilize the egg.

Sperm must be produced in the right quantity and must be healthy.

Immature Sperm Cells: Sperm may be immature

Morphology: abnormally shaped-or unable to swim.

Low Sperm Count Oligospermia: In some cases, you may not have enough sperm.

Azoospermia: Or you may not make any sperm.

This problem may be caused by many different conditions, including:

-Infections or inflammatory conditions. One example is infection with the mumps virus after puberty.

-Hormone imbalance or pituitary gland problems

-Immune problems in which you make antibodies against your own sperm

-Environmental and lifestyle factors. These include tobacco use, heavy alcohol use, use of marijuana or steroids, or exposure to toxins.

-Genetic diseases, such as cystic fibrosis or hemochromatosis.

2. Structural problems

The man must have an erection and ejaculate so the sperm reaches the egg.

Anything that blocks the genital tract can stop the flow of semen. This could be a genetic or birth defect. Infection or inflammation from a sexually transmitted disease can also block semen. Other causes include scar tissue from surgery or twisted, swollen veins in the scrotum.

3. Sexual Health factors

Other factors may include erectile dysfunction or premature ejaculation.

While not considered primarily a “fertility issue,” sexual health problems, such as erectile dysfunction (the inability to get or maintain an erection) or the inability to ejaculate can be impediments to male fertility.

These issues have myriad causes—including heart disease, diabetes, obesity, nerve damage, hormone imbalances, and psychological associations—that can be addressed with the help of a doctor.

We shall touch on this later. I will share exactly how to resolve these issues if you have them.

4. Other Factors

Liver or kidney disease, or treatment for seizure disorders are examples of problems that can cause infertility.

Major Male Infertility Problems and Treatment

Azoospermia

This is when there's no sperm in a man's ejaculate.

What Causes It?

Its causes include a blockage along the reproductive tract, hormonal problems, ejaculation problems or issues with testicular structure or function.

There are two types of Azoospermia, Obstructive and Non Obstructive Azoospermia.

The former is caused by a blockage in the reproductive system while the latter occurs due to a lack of sperm production.

Causes of Obstructive Azoospermia

- The congenital bilateral absence of the vas deferens
- Trauma
- Ejaculatory duct obstruction
- Infections

Causes of Non Obstructive Azoospermia

- Ejaculation issues
- Hormone imbalances
- Varicocele
- Medications
- Genetic conditions
- Chemotherapy and exposure to radiation

Symptoms of Azoospermia

Inability to conceive

Varicocele

Very small and soft testicle

Low Sperm count/concentration

Sperm count is the measure of how many sperm are present in the semen.

Sperm count refers to the total number of sperm, while sperm concentration refers to the number of sperm per milliliter of seminal fluid.

A healthy sperm concentration is 15 million per milliliter or more.

A low sperm count, also called oligozoospermia, is where a man has fewer than 15 million sperm per milliliter of semen. Problems with sperm, including a low sperm count and problems with sperm quality, are quite common.

Causes of a low sperm count

In many cases, it's not obvious what causes a low sperm count.

Sometimes problems with sperm count and quality are associated with:

-A hormone imbalance, such as hypogonadism (reduced hormone production)

- A genetic problem such as Klinefelter syndrome
- Having had undescended testicles as a baby
- A structural problem – for example, the tubes that carry sperm being damaged and blocked by illness or injury, or being absent from birth.
- A genital infection such as chlamydia, gonorrhea or prostatitis (infection of the prostate gland)
- Varicoceles (enlarged veins in the testicles).
- Previous surgery to the testicles or hernia repairs.
- The testicles becoming overheated.
- Excessive alcohol consumption, smoking and using drugs such as marijuana or cocaine.
- Certain medications, including testosterone replacement therapy, long-term anabolic steroid use, cancer medications (chemotherapy), some antibiotics and some antidepressants.

-Being overweight or obese

Sperm Motility

Sperm must be able to travel within the female reproductive system in order to reach and fertilize the egg.

This term refers to how many sperm are moving; it's expressed as a percentage of total sperm.

A healthy semen sample has at least 40% motile sperm, and has at least 32% progressive motility—meaning that the sperm are not just moving, but moving in a helpful way (straight lines and large circles).

Sperm Morphology

This measurement tells us what percentage of sperm have the proper shape, size, and structure (a smooth oval head with a cap, a midpiece or “neck,” and a long tail). All sperm-producing people will have some abnormal sperm; in fact, morphology measurements as low as 4% are still considered normal.

Male fertility Test/Examination

Please I encourage the men to go for fertility test with your wife. When you have tried getting pregnant for some months without success, do not assume only the woman could be having the issues.

You would have to go for fertility checkup to ensure you as the man, is okay and fertile.

The following procedures are usually taken to examine your fertility conditions.

Semen Collection & Analysis.

The semen sample is collected and examined. This is usually done to check your sperm health.

Physical Examination

The doctor takes a close examination of the testicular size & volume, the vas deference, the epididymis and the presence of a varicocele.

Hormone Test

It's important to check the levels of key hormones like Testosterone, Follicle Stimulating Hormone and Luteinizing Hormone that play an important role in sperm production.

Genetic Testing

This test is performed to check if the patient with suspected blockage or absence of vas is a carrier of mutated cystic fibrosis gene or not.

Also, this test can be carried out to analyze the Y chromosomes on a patient with suspected Non Obstructive Azoospermia.

Ultrasound

Scrotal ultrasound and Doppler will help for size & volume of testicles, presence of varicocele and for absence of vas deference. Tran's rectal ultrasound is needed for proper diagnosis of ejaculatory duct obstruction.

Comprehensive Treatment Guide to Restore Your Sperm Quality & Quantity.

So, we have discussed the three major infertility challenges men face when it comes to fertility.

They have been classified under three categories;

- Sperm disorders.
- Structural issues
- Sexual dysfunction and other health related causes.

If you took a close look at our content, you would have noticed that Infection, Toxins, Nutritional deficiencies, hormone imbalance, and lifestyle issues such as smoking, drug use or wearing of tight underwear or overheating of your male reproductive organs are the major causes of problems listed above.

So, to comprehensively tackle any infertility conditions you may be having right now, we will apply these three step processes.

The three step process involves:

1. Cleanse your system of toxins and infections
2. Balance your hormones
3. Build up your nutritional levels.

This process will work for you if you have azoospermia, low sperm count, poor morphology or motility or even varicocele.

Let's now dive into what you should do right now to restore your sperm health and become a father.

Step 1: Fertility Test (Semen Analysis) and Infection Test.

By now I want to assume you already know the infertility issue you are having.

Maybe you have gone for a fertility check as a man and you have been told you have low sperm count, Azoospermia or other issues.

But if you haven't gone for any test, I encourage you to do so first.

Once you have gone for semen check, the laboratory consultants will conduct further tests to check for infections and other health related conditions.

90% of the time, there is always an infection.

The most popular ones include:

Chlamydia trachomatis, Mycoplasma genitalium, hepatitis B virus, tuberculosis, Streptococcus faecalis, and mumps are found to be associated with male infertility.

So, the first step is to detect any infections that may be interfering with your reproductive health.

Step 2: Treatment of the infection & Detoxification

Antibiotics compatible with your culture will be recommended for your use.

I would suggest you cleanse your system first before starting your antibiotic therapy.

But you can as well finish the antibiotic therapy before detoxification.

The essence of detoxification is to avoid drug resistance.

So, I advise you to get pure cleanse or toxi- flush as shown below.



Please do not use both. Just purchase either of them. Also ensure to finish your detoxification before taking any other drugs or antibiotics.

You can purchase pure products from your local mall, pharmacy, on amazon or from your local online store.

Step 3: Infection Treatment to Avoid Reoccurrence.

Please go purchase feloclear, probiotics and D-mannose



Then Get D-mannose. (You can get any of these brands from amazon or your local store. Just check for D-mannose.)



Step4: Balance Your Hormones & Build up Your Nutrients

Next is Fertisan M by amitamin. By all means get this product.

Varicocele, azoospermia, low sperm count, poor morphology and motility



The reviews and feedback for this product is massive.

Please purchase it. You need 2 packs.

Ingredients:

Vitamin E Vitamin C
 Vitamin D B vitamins (B 6 & B 12) Zinc Folic acid
 Selenium Beta-Carotene Mixed carotenoids Omega-3 fatty acids N-acetyl-L-cysteine L-arginine L-carnitine Pine Bark Extract Coenzyme Q10

You can order it directly from their website anywhere you are in the world

Website

link:

<https://www.amitamin.com/uk/shop/fertilsan-m.html>

If you have followed step 1-4 above then you are great to go!

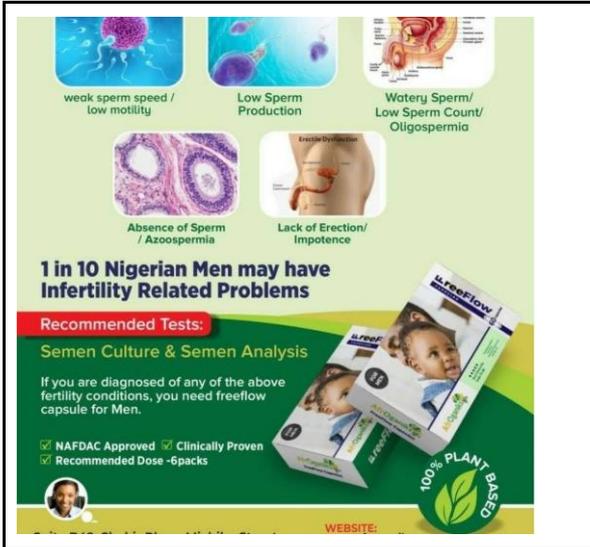
The Fertilsan Product in step 4 is one of the best fertility product from my research.

I strongly suggest you get it.

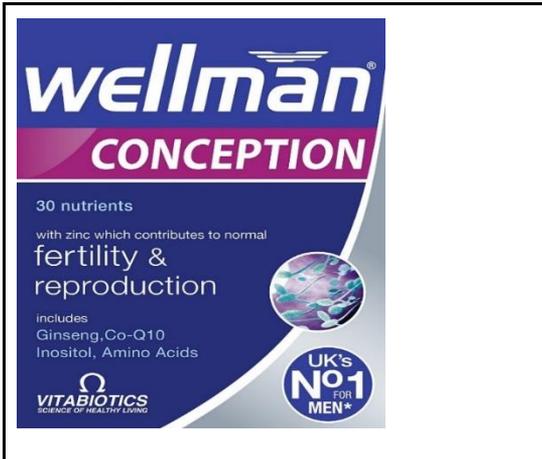
However, if you are finding it difficult to get, then, I will suggest you get any of the below products.

The next step we need to take is to get your body the nutrition it needs and balance your hormones.

Please get free flow capsule and maca.

 <p>weak sperm speed / low motility</p> <p>Low Sperm Production</p> <p>Watery Sperm/ Low Sperm Count/ Oligospermia</p> <p>Absence of Sperm / Azospermia</p> <p>Lack of Erection/ Impotence</p> <p>1 in 10 Nigerian Men may have Infertility Related Problems</p> <p>Recommended Tests: Semen Culture & Semen Analysis</p> <p>If you are diagnosed of any of the above fertility conditions, you need freeflow capsule for Men.</p> <ul style="list-style-type: none"> ✓ NAFDAC Approved ✓ Clinically Proven ✓ Recommended Dose -6packs <p>100% PLANT BASED</p> <p>WEBSITE:</p>	 <p>FARHAVEN HEALTH</p> <p>Maca for men and women</p> <p>Supports reproductive health, fertility and vitality in men and women.*</p> <p>DIETARY SUPPLEMENT 60 Capsules Two Month Supply</p>
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Also any of these below.

 <p>wellman CONCEPTION</p> <p>30 nutrients with zinc which contributes to normal fertility & reproduction</p> <p>includes Ginseng, Co-Q10 Inositol, Amino Acids</p> <p>VITABIOTICS SCIENCE OF HEALTHY LIVING</p> <p>UK's No1 FOR MEN*</p>	 <p>EU NATURAL</p> <p>CONCEPTION MEN</p> <p>ZINC & FOLATE MALE FERTILITY DRIVE & STRENGTH</p> <p>60 VEGETARIAN CAPSULES DIETARY SUPPLEMENT</p>
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Great So Far?

So, I believe I have given you all you need to improve your fertility and become a father you ought to be!

But I will be adding a bonus product for men who are having sexual health issues like erectile dysfunction.

If you already followed the 4 steps above, you should get your sexual health back.

But I also suggest you get M Forte By amitamin.



It is specially formulated for men with any conditions like diabetes and erectile dysfunction.

Order at: www.amitamin.com

My Final Note: There is no substitute for a healthy lifestyle.

A healthy lifestyle is the starting point for a healthy, fully-functioning sperm production process.

So,

-Avoid nicotine and alcohol as much as you can.

-Check your medication. Only take medication, which is essential to your wellbeing and has been prescribed by your doctor or recommended by your pharmacist.

-Try to avoid all toxins and hormones in your diet and your environment.

-Reduce stress as much as you can. Stress is thought to affect fertility negatively in both men and women. Enjoy a few more breaks and find new ways to relax.

-Avoid all kinds of heat. The growth of sperm cells is a highly temperature-sensitive process.

Tight trousers, jeans or notebooks lead to a higher temperature as much as extensive sauna visits or hot baths. Car seat heating should also be kept to a minimum.

Wishing You Success!