

Quips and Tips for Couples Coping With Infertility

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Dr Jacob Teitelbaum's Tips on Improving Male Fertility

Nov 6, 2008 | Getting Pregnant, Health, Male Infertility

American physician and author Dr Jacob Teitelbaum specializes in Chronic Fatigue Syndrome and [Fibromyalgia](#). Here, he shares his advice on getting pregnant for women.

First, a quip about [pregnancy](#) from actress Debra Messing:

"I'd get out of the bath, and my husband and I would stand in front of the bathroom mirror and look at my reflection like I was a science experiment — like, Wow, look at that! Look what's happening over here!" said Messing.

Okay, before you can see what your body looks like with a baby inside, you have to get [pregnant](#) first! Check out Dr Teitelbaum's advice on improving male fertility, or click on the book cover for more info about his books.



Dr Jacob Teitelbaum's Tips on Improving Male Fertility

"These are important things to avoid from now until after your wife gets pregnant, as they can cause infertility," says Dr Teitelbaum. "Just do the best you can with these guidelines - it's okay to not be perfect with them."

1. When convenient, avoid meat with estrogen (i.e., get your meat from a natural foods store).

2. Avoid soy-based foods (e.g., tofu, tempeh, soy cheese and milk, etc). Even modest intakes drop sperm counts by 40%.

3. Avoid Melatonin, Testosterone, Verapamil and Nifedipine (the latter two are heart/blood pressure [medications](#)) which can cause reversible infertility.

4. Avoid alcohol when convenient and tobacco.

5. Sperm do poorly at temperatures over 96 degrees (which is why the testes hang below the rest of the body to stay cooler). Avoid elevated scrotal temperatures by wearing boxer shorts. Do NOT wear briefs, tight fitting underwear or jeans. Avoid hot tubs. Avoid rowing/ski machines, treadmills or jogging unless the testes can hang free.

6. Avoid aspirin, Motrin or similar medications, which block the hormone prostaglandin (Prostaglandins in the seminal fluid may assist sperm). Tylenol is OK in moderation (if you need high doses regularly, let's discuss).

7. Increase liquid vegetable oils and avoid cottonseed oil (may contain gossypol which inhibit sperm function), palm or coconut oils, or trans, hydrogenated or saturated fats as comfortably able.

What do you think? Have you found any research or tried-and-true ways to increase male [fertility](#)? I welcome your comments below...

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