

# Lifestyle and dietary advice for the reversal patient

**There can be no doubt that improving lifestyle can have a very beneficial effect on sperm count and quality. We recommend the following**

Avoid excessive heat (saunas, hot tubs, etc.).

Limit coffee to 1 or 2 cups per day.

Do not smoke.

Do not use marijuana, cocaine, or other recreational drugs.

Exercise regularly and moderately.

Drink no more than 10 units of alcohol twice per week.

Improve your diet. Aim for a diet rich in fresh fruits, leafy vegetables and fish. Avoid excess of animal fat (red meat, fried food, cheese and whole milk). Diets high in animal fat are associated with a high risk of prostate cancer and heart disease.

Be aware of sexual problems and do not hesitate to ask for medical help.

Seek emotional and/or psychological support; consider meditation to reduce stress.

## **Vitamins and minerals:**

**It is believed that taking certain vitamins may help improve your fertility. The mechanism of action is believed to be as follows:**

The breakdown of oxygen as it passes through the cells in our body results in substances known as free radicals. Infertile men have a higher concentration of free radicals in their semen as compared to fertile men. Free radicals attack and destroy the membrane that surrounds sperm. Anti-oxidants fight against these bad effects. VITAMINS ARE NATURAL ANTI-OXIDANTS!

We suggest :

Vitamin C: 500 mg/day

Vitamin E: 200 IUs/day

Selenium: 200 mcgs/day

Multivitamin that contains no less than 20 mg of zinc and no more than 200 IUs of Vitamin E.

Folic Acid 800mcg

Co-enzyme Q10 200mg/day

There is a product currently available that contains all the suggested supplements except CO Q10 200 mg/day. This product, Conception XR for Men, is available at [www.conceptionxr.com](http://www.conceptionxr.com). It can be used with CO Q10 200 mg/day to fulfill the recommended vitamin regime.

All the above are available in major supermarkets and Holland and Barrett.

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