

## 6 Ways to increase your fertility

### For men

There is so much written about what affects the condition of sperm and what is an old wives tale. And it doesn't take long to find evidence for and against each suspected cause. But no one I can find has done a study on what happens if numerous 'suspected causes' are brought together in today's fast paced, stressed and busy lifestyles. We do know that fertility rates are dropping and dropping fast. 1 in 5 couples need help to conceive and this is about to become 1 in 4. The rate of couples who cannot conceive at all is also rising. A good friend and physicist said recently that it is becoming accepted that in 100 years time there will be less than 1 billion people left on the planet, because we are wiping ourselves out with our dropping fertility rates.

Your body makes up to 1.5 million new sperm every day and it takes up to 3 months for these new sperm to travel through all the tubes etc to be ready for ejaculation and in condition to fertilise an egg. So to protect your sperm there are some small changes that make a big difference in your success at conception. Here are 6 ways that you can protect and increase your sperm and other fertility matters.

-Avoid hot baths, spa pools, saunas etc for long periods as this has been shown to cook your baby makers.

-If you are playing sport or in a high-risk situation wear some sort of protection. There is a reason that it hurts so much when we get a knock down there. Pain is the best indication something is not right.

-Try to avoid sitting for any period of time in a position that puts pressure on your testicals, this also includes riding a bike. It has been shown that riding a bike for long periods affects sperm production. If you do ride a bike make sure it has a new type of seat designed to take the pressure of your best friends.

-Did you know that your body absorbs chemicals and those chemicals can end up in your lymphatic system doing all sorts of damage to your ability to produce sperm and other unpleasant damage. Avoid chemical exposure as much as possible. Particular problem areas are swimming pools, solvent, cleaning products, diesel fuel etc etc.

-There is a saying 'drunken sperm' and for good reason, if you can't get it up how do you think it affects your sperm?

-Same with drug use, there is a reason they call it 'dope' it does make your sperm dopey.

-Your body's pH level affects your sperm production and the ability for your sperm to be good strong swimmers. Look for ways to improve the pH levels in your body.

-Have lots of sex, seriously, in the months leading up to when you want to conceive you should be ejaculating every 2nd day. This flushes the old sperm out and encourages your body to increase its sperm production.

Our Happy Swimmers Fertility program and supplied nutrition works to increase your sperm quantity and quality. Other benefits from our program is better health, lifestyle and relationship.

For women

You are designed to be able to conceive easily and naturally. Every month your body is designed to go through the cycle of life and death with the possibility of producing a new life at the centre of it all. But in today's environment there are so many things that affect a woman's condition and ability to conceive.

Here are 6 ways you can use to increase the possibility of conception happening naturally.

-Your weight is important, being under weight affects your chances of conception just as much as being overweight.

-It is important to be active but just as important to make sure you eat enough to fuel your body so you are not using your reserves that would enable you to conceive.

-A healthy mental lifestyle is another good way to increase your chances of conception. Learning how to meditate properly is great for bring the mind body and spirit back into balance and fertility.

-Having any unresolved issues dealt with. This is a sensitive but important one. We all have unresolved issues and unfortunately some of these do affect your ability to conceive.

-Chemicals, did you realise that nail polish affects your chances of conception? And thats only one of many chemicals you are putting on your body that can and do affect your fertility.

-A happy joyful relaxed sex life is great for getting you ready to conceive. Just like the men we encourage you to make love every second day. This prepares the body for what it is designed for.

-Your Ph level is very important. Experience has shown when your Ph level falls below 6.2 it can affect your ability to conceive.

Our The Happy Swimmers Fertility program for natural conception works to bring you into condition to conceive naturally by addressing all of these situations mentioned above. Further information on our program and how to increase your fertility please go to our website at [www.happyswimmers.com.au](http://www.happyswimmers.com.au)