

Male Fertility Program

The initial consultation will consist of a thorough evaluation. Your individual needs will be addressed so that your health concerns get properly treated. Every visit will include an acupuncture treatment.

The next appointment (one week later) will consist of reviewing the 5 day dietary journal you will have been asked to complete. With this information we make slight adjustments that optimize fertility according to the health patterns you display. Exercise will be discussed and proper supplementation recommendations will be made. Again, every visit includes an acupuncture treatment.

Follow-up appointments focus primarily on refinement of the Traditional Chinese medical diagnosis, observation of changes taking place, and acupuncture-moxibustion treatments.

Call today to set up your appointment.



Classic Touch Acupuncture



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Male Infertility & Subfertility

Acupuncture & Infertility

Infertility is defined as the inability to naturally conceive a child after 12 months of unprotected intercourse. According to statistics from the National Infertility Association, between 35 and 40% of infertility problems among couples are actually caused by male problems.

Factors that may cause male infertility:

- Low sperm count (less than 10 million per milliliter)
- Low volume (1-5 ml per ejaculate)
- Abnormal sperm size & shape (50-60% should be normal shape)
- Reduced motility (over 60% should be motile and show forward movement)
- Lifestyle, genetics, and physiological changes

Emotional Consequences of Infertility

The emotional consequences of sterility cannot be denied, states a 2002 World Health Organization report on gender, infertility, and advanced reproduction technologies. The studies reported that men who experience infertility are often more distressed than the general population. One study found that men experienced extreme worry significantly more often than women did—19% of men versus 3% of women. The most common coping strategy reported was the active pursuit of treatment.

Why Choose Acupuncture for Infertility?

Traditional Chinese Medicine looks at the body as a whole. By using this system of diagnosis acupuncture, herbs, nutrition and supplementation is a viable choice for treatment of infertility as well as a great complimentary modality to western medicine treatment for infertility. Acupuncture has been shown in controlled scientific studies to be effective in helping both male and female infertility problems. A recent trial in *Fertility and Sterility* has shown that acupuncture is more effective than western medicine in the treatment of male fertility problems, leading to significant increases in the number of normal sperm and equally significant reductions in structural defects.

Lifestyle Recommendations

Negative lifestyles may be contributing to infertility. Therefore, improving your lifestyle may help to improve reproductive function.

- Avoid excessive heat (waterbeds, saunas, hot tubs)
- Limit coffee to one or two cups per day
- Exercise regularly and moderately



- Do not smoke
- Do not use marijuana, cocaine, or other recreational drugs. Marijuana stays in the testes for over two weeks; so even using it once every two weeks will have a negative effect.
- Drink no more than two ounces of alcohol twice per week. Alcohol is a male reproductive tract toxin, which associates with a decrease in the percentages of normal sperm.
- Maintain good nutritional habits, especially a diet rich in fresh fruits and leafy vegetables (organically grown).
- Reduce your exposure to plastics.
- Seek emotional and/or psychological support; consider meditation to reduce stress
- Take prescribed supplements & herbs
- Receive regular acupuncture treatments

It takes 100 days for sperm to develop (74 days to form and 20-30 to mature) therefore addressing sperm health concerns 100 days before conception is important.

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