
Subject: 7 Things That Affect Sperm

Hello, Dr. Jill again.

There's a lot of conflicting advice out there...

Take the topic of sperm health as an example:

Yesterday, I mentioned both myself and Scott (my husband) are doctors.

Well...

Scott is a fertility specialist.

And one question that always comes up with his patients is...

"What kind of stuff affects the production and health of sperm? What kills it?"

In fact, even WE couldn't help but do some double checking when we were trying to conceive...

Because we tried all the natural remedies...

The hormone drugs, expensive tests - even a round of IVF...

And even after we were both poked and prodded, there were ZERO signs of anything that would keep us from getting pregnant...

So, what did we find in the research we had access to?

Here are 7 things that can affect sperm:

#1 Research has shown that morning sex may help with conception. Men typically have higher sperm counts in the morning.

#2 You don't always have to be afraid of "too much sex". This is a BIG myth that comes up a lot.

Less sex may improve sperm count. But doing the deed too little can damage the DNA of your OH's sperm.

To put it another way:

Australian researchers have found daily intercourse actually HELPS the quality.

Why?

The reason behind this is that regular ejaculation gets rid of the old and makes way for the new/healthier.

#3 Women often take folic acid to prevent some birth defects, but men should take it also.

A study at UC Berkley revealed men who had low levels of folic acid (folate) in their diets had more chromosomal defects in their sperm.

#4 Weight matters, whether he's overweight or underweight.

Scientists in one Finnish study discovered a 20 LB weight gain might increase chances of infertility by a whopping 10 percent!

#5 A diet high in soy products can cause lower sperm count, according to a study published by Oxford University Press.

#6 Lose the lubricant. You might know this one already, but most commercial lubricants are HARMFUL to sperm.

Even Saliva has proven to damage sperm.

#7 Be mindful of heat, laptops, and

cellphones. Kind of common sense, but it's important enough to repeat.

Heat damages sperm, so watch out for things like hot tubs and laptops (if actually on his lap).

And according to a small study by a clinic over in Cleveland, try to avoid keeping a cell phone in close range of the scrotum.

All of these things are easy to follow.

But if you want a proven way to also increase sperm production...

Or Increase the quality and ability for sperm to swim ("motility")...

Scott and I have included a Men's Formula in the product I briefly mentioned yesterday...

It's called UConceive and you can see everything included in the kit right here:

[link]

If you read my message yesterday, you may remember it took us 4.5 YEARS to conceive.

And it only happened after we went back to basics.

Applied the stuff we know as Doctors...

We had access to a treasure trove of medical information.

So we dug in. Read all the medical journals, studies, and experiment results we could.

And as we combed through it all, a list slowly came together...

A list of natural ingredients, vitamins, amino acids, and minerals.

All stuff that we knew would prime our bodies to have children.

Before we knew it, we were pregnant with our daughter just 3 months later!

A few friends were also struggling to start their families. So we shared the secret to our success.

And we were giddy to find out it worked for them, too.

We were on to something big.

But it took us another 7 years to perfect each supplement.

There are 3 total:

>> The Men's Formula to increase his sperm production, quality, and motility...

>> One for your Follicular phase to heighten your fertility, production of cervical mucus, regulate ovulation, and develop a fertile egg...

>> One for your luteal phase with all the essentials of a prenatal. This supplement is to help signal your uterus to accept the fertilized egg.

And also enhances the function of your uterine lining...

Click this link to check out the entire kit for yourself:

[link]

To Your Health And Fertility,
Dr. Jill

By the way - ALL of these were created in an

FDA approved facility

And they're completely safe to take, even if you're using any other medication.

Or if you have high blood pressure, PCOS, diabetes, cysts, etc.

Plus, you get some extra things in the kit that will help you get the best results.

Click here to see everything:

[link]