

# EGG & SPERM HEALTH

## Checklist

Everything you do, the chemicals you are exposed to, the nutrients you get from your food, the lifestyle choices that you make can all impact on the health of the developing sperm and the maturing egg. Have a look at the check list below to help identify factors that may be impacting on your fertility.

- Are you a healthy weight? Do you participate in moderate exercise (eg. walking, cycling, swimming, dancing, pilates, gym)?
- Do you sleep well? Do you wake refreshed? Do you snore or suffer from sleep apnoea?
- Do you eat a healthy diet, free from processed food and sugars? Do you eat an abundance of colourful fruit and vegetables?
- Do you eat enough protein (meat, eggs, fish, poultry, nuts, seeds, wholegrains, legumes)?
- Do you try and eat organic food where possible?
- Do you drink filtered water?
- Do you try and use low-tox personal care products such as cosmetics, fragrance, and body creams and washes?
- Do you use low-tox cleaning products in your home? (eg. Microfibre cloths, EcoStore, Organic Choice, Method)
- Do you know how to stabilise your blood sugars?

Being fit and healthy, consuming a diet rich in wholefoods and using low-tox products in your home and on your body reduces oxidative stress, which in turn ensures the health of eggs and sperm.

Everything we eat, drink, breathe in and put on our skin can impact on egg and sperm health. Take time to stop and reflect on whether the following might be impacting your fertility.

- Do you smoke, vape, or take recreational drugs?
- Do you drink alcohol or caffeine?
- Do you consider yourself stressed or anxious?
- Do you spend most of your time indoors and get minimal sun exposure?
- Are you exposed to any harmful chemicals in your home or workplace (Are you renovating? Do you work on a mine site?)
- Do you have any other illness or autoimmune conditions which you are concerned may impact on your fertility?
- Do you need to take medications that have not been checked for their impact on fertility?
- Have you had recurrent miscarriages or unsuccessful embryo transfers?

There is so much you can do to work on egg and sperm quality that will help shorten your time to conception. Come and see one of our naturopaths and learn everything you can to enhance your fertility.

# Contact

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