

Brazilian researchers in 2011 said “Eating more wholegrains is associated with **improved sperm concentration and mobility**, and eating more fruit is linked to a **speed and agility boost in sperm**”

Tina Jensen, in the American Journal of Clinical Nutrition, 2012, said “Young men eating the most saturated fats have a **38% lower concentration of sperm**”

Harvard University researcher presented to the American Society for Reproductive Medicine, in October 2013, said “In men with fertility problems, those eating the most meat, had **significantly lower amounts of normal sperm**”



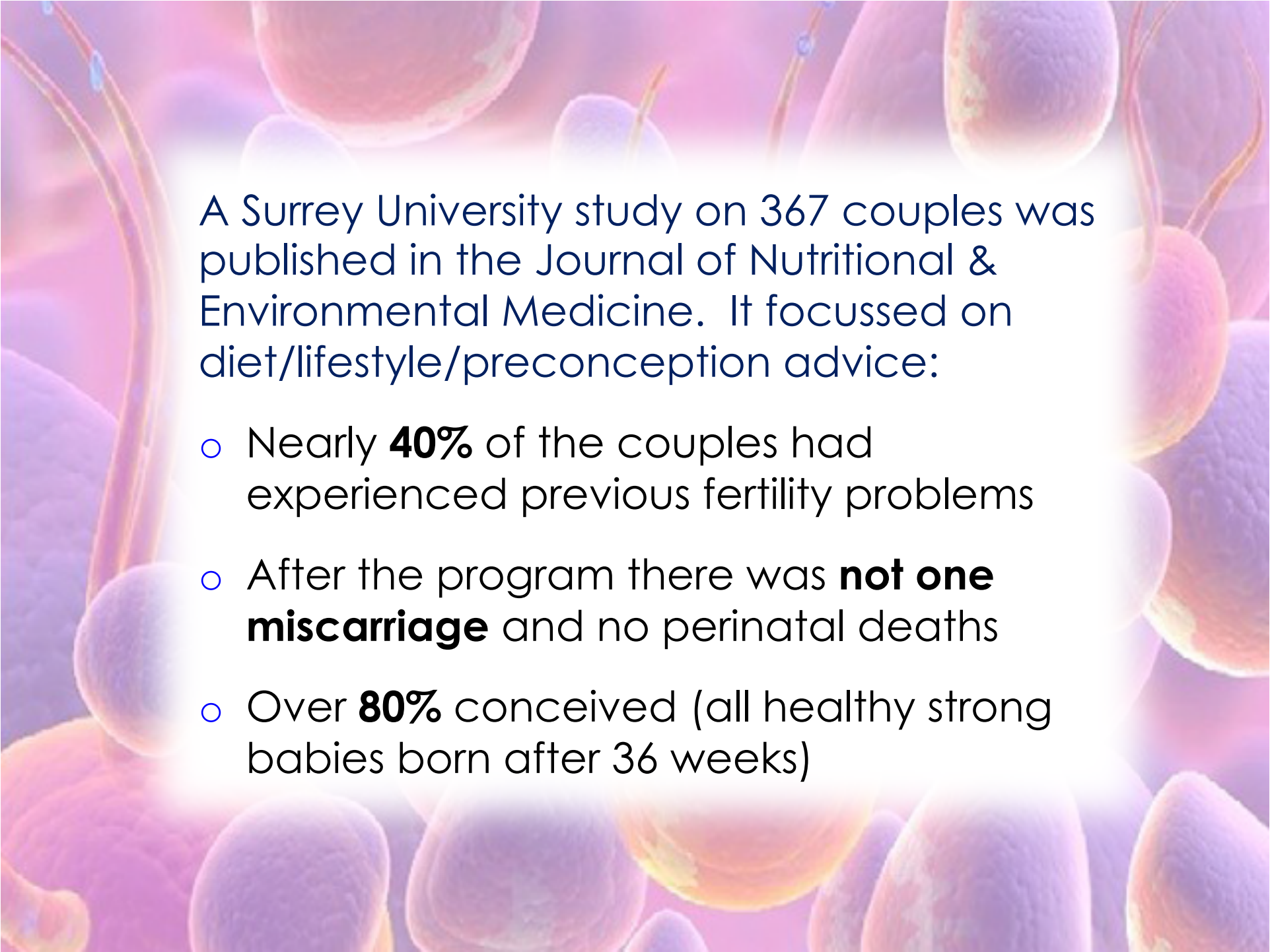
A microscopic view of several eggs and sperm cells. The eggs are large, round, and have a textured surface, while the sperm are smaller, oval-shaped, and have long tails. The background is a soft, out-of-focus purple and pink.

# Reproduction requires health

Dr Stephanie M. Moleski of Thomas Jefferson University Hospital in Philadelphia looked over 1,000 different women with and without bowel disease.

The women with bowel disease:

1. Increased difficulty conceiving
2. More fertility issues
3. Had a shorter duration of fertility
4. More consultations with fertility specialists
5. Fewer children
6. Higher rates of spontaneous abortion, preterm delivery, and cesarean section

A microscopic view of sperm and egg cells. The sperm cells are small, oval-shaped with long tails, and the egg cells are larger, round, and have a textured surface. They are set against a soft, out-of-focus background of similar cells in shades of pink, purple, and blue.

A Surrey University study on 367 couples was published in the Journal of Nutritional & Environmental Medicine. It focussed on diet/lifestyle/preconception advice:

- Nearly **40%** of the couples had experienced previous fertility problems
- After the program there was **not one miscarriage** and no perinatal deaths
- Over **80%** conceived (all healthy strong babies born after 36 weeks)



## How to Get & Stay Sick

- ✓ Smoking
- ✓ Drinking alcohol
- ✓ Being overweight or obese
- ✓ Processed animal foods
- ✓ Refined sugar-rich foods
- ✓ Soft/fizzy/soda/cola/energy
- ✓ A high stress lifestyle
- ✓ A sedentary lifestyle
- ✓ A lack of sleep
- ✓ Being constipated
- ✓ Fried foods/Bad fats
- ✓ A toxic environment
- ✓ Being resentful, bitter, angry

## How to Create Life!

- ✓ Plant-based wholefoods
- ✓ Fresh raw vegetables
- ✓ Cruciferous vegetables
- ✓ Nuts, seeds & avocado
- ✓ Staying slim and fit
- ✓ A daily one-hour vigorous walk in the sunshine
- ✓ Sleep 8 hours each night
- ✓ Feeding your probiotics
- ✓ Daily relaxation
- ✓ Avoid alcohol, cigarettes, coffee and junk foods
- ✓ Relax & enjoy the sex!

# How to Grow Healthy Babies/Kids

- Eat a fresh, plant-based wholefood diet
- Avoid a meat-heavy, sugar-rich, low-fibre, highly-processed diet
- Avoid smoking/all smoky environments
- Avoid alcohol while pregnant and raising young kids... (also lowers conception rates)
- Change your lifestyle (sleep, stress, routines)
- Get consistent regular daily movement (walk, stretch, swim)

# How to Grow Healthy Babies/Kids

- Stand (or move) more than you sit
- Rebuild your microbiome (gut health)
- Build your daily habits around health
- Get your headspace/attitude in order (parenting is an absolute privilege)
- Be very clear about your goals (a healthy child? a healthy pregnancy?)
- Be accountable to somebody

# All we do at JSB is transform your health

We would LOVE to work with you.

To learn more:

- Go to [thelifeplan.com](http://thelifeplan.com)
  - Or [JasonShonBennett.com](http://JasonShonBennett.com)
  - Brochures/info available
  - Books & DVDs available
- Thanks for listening!
  - Go forth and procreate!
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Dr Mimi Irwin, GP, New Zealand

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