

# At Source



ACUPUNCTURE

- Keep your testicles cool, avoid hot tubs and saunas.
- Stay hydrated: most people need to drink half of their weight (in pounds) in ounces of water. For example a 200 pound adult needs around 100 ounces of water daily, you may need to increase this when you exercise.
- Wear loose fitting cotton boxer shorts
- Only take prescription medications where absolutely necessary
- Limit alcohol and have spirits rather than larger.
- stop smoking
- Manage stress levels with meditation and relaxation techniques
- Exercise regularly but avoid cycling unless you have a fertility friendly seat.
- Limit caffeine
- Drink filtered water stored in glass not plastic
- Eliminate all plastics including water bottles and food storage containers, never heat plastics in the microwave.
- Avoid non- stick kitchen wear
- Eat a Mediterranean diet with plenty of tomatoes, and leafy green vegetables: a portion of greens should fill your hands when cupped together.
- Buy organic in season produce where possible, and organic grass/corn fed meat.
- Go through all your personal care products such as deodorants and body washes and switch to a natural chemical free version
- Maintain a healthy weight: especially around the middle
- Ejaculate frequently, with an abstinence of 2-3 days.