



East Winds Acupuncture

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Male Factor Nutritional protocol

Vitamin C 2,000 milligrams per day (ester C is good) in divided doses

Vitamin E 800 IU/day

Beta Carotene 100,000 IU per day

Selenium 200 micrograms per day

Zinc 60 milligrams per day divide the dose to avoid tummy disturbances (necessary for sperm production and testosterone metabolism)

Zinc has the potential to upset stomachs, try dividing the dose throughout the day.

B 12 1,000 milligrams per day (involved in replication of cells)

Essential Fatty Acids Omega 6, 9, and 3's (1-2 tablespoons per day)

Or deep sea fish oil (2 tsp per day)

L-arginine 2 - 4 g / day (an amino acid involved in cellular replication)

L-carnatine 1,000 to 1,200 milligrams per day (assists in sperm motility)

Magnesium Aspartate - 200mg per day (Magnesium is intimately involved in cellular energy metabolism in the mitochondria, Bran and unrefined grains are also excellent sources of magnesium, as are legumes and nuts)

Because of sperm's susceptibility to oxidative damage, it is wise to use free-radical scavengers. Some are extracts of pine bark, red wine extract, grape seed extract, and bilberry

extract. Pycnogenol enhances the effects of other antioxidants. See note below on morphology issues. Recommended dose is 125 milligrams per day from various sources.

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It takes about 3 months to change the sperm parameters. The usual rules apply, no smoking, or tobacco use, avoid alcohol, increase consumption of organically grown fruits and vegetables especially broccoli, cauliflower and brussel sprouts. Essential fatty acids are a must, (avoid farm raised fish i.e.: salmon), mackerel, sardines nuts, avocados and olives. There are some wonderful organic Essential Fatty Acid oils if you are having a hard time getting them in your diet. Dairy products should be used *in moderation* as well as sodas and drink only *filtered* or *bottled* water. **Avoid hot tubs, tight underwear and long bike rides.**

Acupuncture and herbal formulas prescribed by a Licensed Acupuncturist- Chinese Herbalist are extremely helpful. For specific sperm issues custom protocols will be prescribed.

Chinese medicine recommends a healthy lifestyle for infertility issues (Male)

Traditional Chinese medicine recognizes food as the main source of energy. In China, most Chinese herbs are considered food. A meal isn't just a meal but an opportunity to supply our Organs with the balanced energies needed for health.

1. Eliminate all **refined sugar**, and everything that contains refined sugar. Use natural (raw, unprocessed) honey and stevia.
2. Do not eat **refined carbohydrates** like white bread or pasta. Avoid any food made with white flour. Simple starches are converted to glucose immediately after ingestion and become sugar.
3. Eliminate **caffeine, nicotine, alcohol, chocolate, and soda pop**. Use lemon or lime in filtered water, bottled water or club soda to help keep you more alkaline.
4. Eat **organic or hormone-free, free range grass fed meats**, and eggs whenever possible. More fish than steak.
5. **Eat fresh fruit** only no processed fruit juice. The processing of food eliminates much of the natural nutrition present in the original food. Fresh vegetable juice is great.
6. Eat **alkaline** rather than acidic foods. Contemporary sources advocate eating alkaline foods like non-citrus fruits, vegetables, and sprouts. See the "pH of Foods" list for more specifics.
7. Get plenty of **essential fatty acids**, preferably from unprocessed plant sources such as flaxseed oil, and raw nuts. Deep-sea fish is okay.

8. Consume a lot of organic **vegetables**, such as dark-green vegetables, broccoli, cauliflower, beets, carrots, kale, collards, cabbage and Brussels sprouts, sautéed, lightly **cooked**, or raw. Eat lots of fresh vegetable juices or soups and whole foods, etc.
9. Avoid **dairy products** such as milk, cheese and ice cream. Goat milk and goat cheese are okay. Also, soy, nut and grain milks are okay.