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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Men and Sperm Health

By Dr. Mike Berkley

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by: **Dr. Mike Berkley**

Men – What You Do On A Daily Basis Affects Your Sperm Maturation Process

While a woman is born with all the eggs she'll ever have, men produce sperm on a continual basis. Therefore, what a man does on a daily basis can affect the sperm maturation process.

Smoking, drinking, drugs, stress, poor nutrition and lack of exercise all can contribute to poor sperm quality. And, it was recently discovered, a man's sperm quality begins to decline around the age of 25.

There are five main factors that contribute to overall sperm quality. They include sperm motility, speed, count, concentration and morphology (shape and size).

A weakness in any of these areas can affect the chances of conception.

Motility

Sperm motility is a term that describes sperm's ability to move in an active fashion: in other words, are the sperm "strong swimmers?" In healthy sperm, typically more than 50% are active with over 25% moving forcefully in one direction. Motility enables the sperm to travel through the cervical canal, into the uterus and the fallopian tubes and, finally, to penetrate the egg.

Speed

The forward movement of sperm called progressive motility, forward progression or rapid linear progression. There are also several different ways to classify forward movement.

According to the World Health Organization (1999), in a healthy male, greater than 25% of sperm will exhibit progressive motility. It is thought that these are the sperm with the best chance of successfully

Men and Sperm Health

fertilizing an egg.

Rapid linear progression showed a greater than 60 % improvement after four months of treatment with acupuncture, herbal medicine and supplements.

Sperm Count

Sperm count refers to the number of sperm in the fluid that is ejaculated (semen). There are over 40 million sperm in a normal ejaculate. A total count below 40 million may indicate decreased fertility.

With the Berkley Center's unique protocol of acupuncture, herbal medicine and supplements, count increased more than 14 % after four months of treatment.

Concentration

Concentration is a measure of the number of sperm cells in a milliliter of semen. Normal concentration is at least 20 million sperm cells per milliliter of semen.

With the Berkley Center's unique protocol combining acupuncture, herbal medicine and the appropriate supplements, concentration improved after four months of treatment.

Morphology (shape and size)

A healthy sperm cell will have a shape similar to a tadpole. The sperm's oval head contains the genetic material, the center provides energy and the tail propels the sperm forward.

Using the strict criteria put forth by the World Health Organization (1999), studies of Assisted Reproductive Technology programs show lower pregnancy rates with less than 15% normal forms. Furthermore, experts believe that abnormally shaped sperm cannot fertilize an egg.

Subfertility

The term, subfertility, refers to couples that are unable to achieve conception after a year of unprotected intercourse (or 6 months if the woman is over age 35). It is different from infertility. A subfertile couple merely has lower odds of conceiving during any given month than fertile couples.

Statistics at a glance

Human reproduction is surprisingly inefficient and quite complex — the likelihood of pregnancy within any given month is believed to be only 25 percent among fertile couples.

1 out of 12 couples have subfertility.

Male-related factors account for 40 percent of subfertility. Female-related factors account for another 40 percent and a combination of male- and female-related factors account for about 20 percent.

Men and Sperm Health

About 90% of all subfertility can be traced to specific causes that can be treated.

Typical causes of male subfertility
Sperm production problems
Blockages in the sperm's delivery system
Injuries to the testicles
Low or high hormone production
Anatomical problems
Varicocele (varicose veins around the testicle)
Past illnesses/infections/various diseases
Certain medications

Sperm quality

Sperm quality is a contributing factor for 40 percent of couples experiencing infertility. There are five main factors that contribute to sperm quality:

Motility: The ability to move in an active fashion. In healthy sperm, typically more than 50% are active with over 25% moving forcefully in one direction. Motility is what enables a sperm to travel up the cervical canal, into the uterus and the fallopian tubes and, finally, penetrate the egg.

Speed: Progressive motility. In a healthy male, greater than 25% of sperm will exhibit progressive motility. It is thought that these are the sperm with the best chance of successfully fertilizing an egg.

Count: The number of sperm in the fluid that is ejaculated (semen). There are over 40 million sperm in a normal ejaculate. A total count below 40 million may indicate decreased fertility.

Concentration: A measure of the number of sperm cells in a milliliter of semen. Normal concentration is at least 20 million sperm cells per milliliter of semen.

Morphology: The shape and size of the sperm. A healthy sperm cell will have a shape similar to a tadpole. The sperm's oval head contains the genetic material, the center provides energy and the tail propels the sperm forward.

Using the strict criteria put forth by the World Health Organization (1999), studies show lower pregnancy rates with less than 15% normal forms. Furthermore, experts believe that abnormally shaped sperm cannot fertilize an egg.

Motility, speed and morphology appear to be the most important factors to assess the fertilizing capability of sperm. Despite a low sperm count, many men with high-quality (viable and highly mobile) sperm may still be fertile.

By combining acupuncture, herbal medicine and supplements we have been able to effectively enhance and improve the quality of sperm. Not only do the count, morphology and motility improve but sperm fragmentation is often successfully treated.

Another excellent application of the Berkley Center's protocol is varicocelectomy recovery. One of the causes of lack of improvement in sperm quality and count after a varicocelectomy is due to a lack of blood flow to the testicles. The proper application of acupuncture, herbal medicine and supplements has been shown to successfully enhance blood flow to the testicles and facilitate healing and significant improvement after varicocelectomy.

Dr. Mike Berkley has been treating male factor fertility disorders since 1996 with amazing results. He works exclusively in the area of reproductive medicine and enjoys working in conjunction with some of New York's most prestigious reproductive endocrinologists. Sign up for his free newsletter at

Men Infertility: Be Open–Minded When Seeking For Help

By Jeanette Pollock

Who said infertility is conventionally a woman thing? Isn't it that male infertility produces great impact to conception? Now who is at the risk of infertility? Who is to be blamed?

Infertility is not a sole problem that is faced by women. As most cultures practice, infertility is typically blamed on the part of the women. They are obviously wrong. There is nobody to be blamed for the matter. The inability to bear a child can be caused by several factors that are affecting both the couple. There is also the renowned male factor which means that the problem lies on the part of the male.

The concept of male infertility is no longer a new term these days. Medical findings have long started to point on the male reproductive system as a primary cause of infertility. But then because of men's too much pride, they find it hard to bring about acceptance for men infertility. There are no recognized symptoms or signs of men infertility. They can only be detected by the routinely health checkups. As couples, you need to be aware of your fertility status. Women are not always the ones at fault when it comes to the incapacity to bear a child. Men infertility should be accepted with an open mind.

In the available studies and reports that medical teams have further gathered, they see that men infertility comprises at least 1/3 of its overall total. In contrast with the female reproductive system, the male reproductive system is less complicated. Men infertility is usually associated with the problem in sperm count and other known sperm disorders. The fertility process commonly takes place during the intercourse when there are millions of sperm cells that get deposited into the vagina during the male ejaculation. Only a few of the semen can successfully get through the protective walls of the egg cell to enable pregnancy. Therefore, the more sperm cells that are able to go through the egg's protective walling, the more chances of allowing a successful fertilization. For a progressive fertilization, the sperm quality, sperm size and shape, sperm motility, and sperm count are great factors to consider.

Logically, any problem with any of these factors is likely to bring about a difficulty in male fertility. The explanation to this is that a great number of sperm count and an optimum quality of sperm cells are sure to give a hundred percent male fertility.

Men infertility is likewise confronted with an array of environmental and health issues which can affect the difficulty in conceiving. The age is a renowned factor. Obviously, as man ages, his capacity to reproduce lessens. Specialists say that from the age of 35, the sperm cell quality starts to diminish. One's lifestyle choices also pose an impact to men infertility. Men infertility is likely to be affected by the intense exposure to heat and by using overly tight underwear, the extreme exposure to pesticides, electromagnetic emissions, radioactivity and other hazardous substances. It is also to be noted that men infertility is greatly brought about by STDs, too much use of drugs, smoking, and the abuse of alcohol.

Men and Sperm Health

If you've got concerns or queries regarding men infertility, there are various infertility specialists from whom you can seek help. Furthermore, it pays off to be open-minded when accepting the truth regarding men infertility.

Jeanette Pollock is a freelance author and website owner of

. Visit

Jeanette's site to learn more about men infertility.

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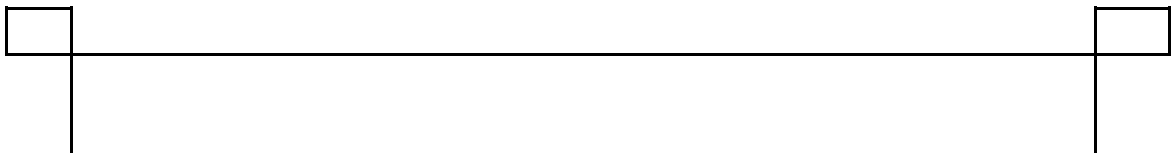
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