

CHAPTER TWO

TAKE A SPERM TEST

You actually need to know about the volume and quality of sperm you are working with. A surprising number of men seem to think that because they are sexually active, there is nothing 'wrong' with them. Another large percentage possibly feel they just know that the root of any problem or issue is 'not them'. Is it a slight on their manhood? Do they believe, as an adult, that they are still 'perfect' and not at the mercy of all the factors that have created the epidemic of male sub-fertility – unheard of 50 years ago?

Perhaps they do not know that male fertility in all species is collapsing throughout the world. Your dad is probably still more fertile than you are. He was not exposed to all the petrochemicals and their derivatives in his infancy that you were. Although we all accumulate toxins as we age, the most important time is when we are forming and our hormonal systems are being laid down. (A clue as to why no fetal scanning should be happening AT LEAST until after differentiation after 13-14 weeks along). This is covered in other works, and may be Googled – try **'fetal scanning safety'** and see what **Dr Sarah J Buckley** discovered.

If you Google **'hormonal disruption', 'our stolen future', 'estrogenisation of the planet', 'male fertility impediments'** and anything else around this subject, you will be enlightened as to why modern life and all the consequences of chemical substances is wrecking your hormonal health and hence fertility. You might have been exposed to something when you were developing inside your mother. Or whilst she was feeding you, there may well have been some external influence on her. At any other time this may have been OK but, whilst you were developing, it was highly problematic.

There may have been too much mercury in her teeth as fillings that leached into your embryonic body as it developed within her. This may have been compounded in life by all the vaccinations she made sure you had to assist you.

It may be that all the alcohol you binged on in teenage years has blocked your tubes and is obstructing you from becoming a dad. Or maybe the STDs that were apparently cleared through taking antibiotics (or the ones that were 'sub clinical' – you didn't ever know you had) are stopping you fathering children. One way or another, there may be hardly any sperm appearing where and when you need them to do the business.

Whatever the reason, hormonal disruption is happening throughout the planet. This is easy enough to confirm online. Reading this eBook will help you look for what you can do to turn the tables around. What is considered the 'bar' or acceptable proportion of sperm that is classified as normal has been lowered dramatically in recent years. It is about half what it used to be. 'Normal' sperm can be only 15% of the sample; this means most – 85% - can have two tails, funny shaped heads, and all indications that SOMETHING is seriously wrong.

Do you really want to take pot luck with your future only-child or few children? We try for quality in all other endeavours, so why do we make such a lottery of whether we make the most of our baby or not?

Then there are the more hidden problems – heavy metal poisoning, not enough 'oomph' ...

COUPLES NOT CONCEIVING

As a natural healer, I occasionally see the husbands and am sometimes horrified that they see as 'fine' the possible legacy they intend to pass on from their own past lives. Their indulgences - often past or present usage of recreational drugs, smoking and alcohol, and caffeine habits - meant that regardless of what was done for her, the end result was most likely miscarriage. If women smoke when pregnant their adult sons are more likely to have testicular cancer – what is in store for your children with your habits still unchecked?

Just Google now **'male factors in miscarriage'** or matters relating to **prescription /recreational drugs** that you use - often from the doctor - and **male fertility**. You will be astounded. Even antihistamines are likely to upset your ability to have sperm that do their job effectively.

Over 25 years ago, LINDA sought my help to conceive. Although endometriosis had just been discovered and scans had shown she was full of it, I took her on as a patient to break through to the cause. Acupuncture is very useful, as is thorough investigation of why adverse health conditions stay lodged within us. This requires that we actually change ourselves and our attitudes. At that time, I was not using Chinese herbs, and did a broad-brush look at the nutritional and the supplemental elements and the life changes required to move what in Chinese medicine is called Stuck Blood.

I saw her husband and realised that he, looking about 20 years older than his real chronological age, was a massive factor in her infertility.

She eventually left him, and had a great time, getting drunk, jumping out of planes and scuba diving. She let herself go. She also took very powerful medications that were given at the beginning of endometriosis treatment to stop all female hormonal activity.

Over the next few months, she kept complaining about nausea, lethargy, breast swelling and general fatigue. The gynaecologist assured her this was totally normal when overriding the hormonal system, as this medication was.

One day she was in the bath and noticed a mound under her belly button. She raced to the gynaecologist's office. He disputed any suggestion she might be pregnant, on the basis that:

- 1) She had such really bad endometriosis and couldn't conceive.
- 2) She was on heavy male hormones and it was impossible to have any ovulation occur under this treatment.

Then they listened for the heartbeat that shouldn't have been there.

Her daughter was born just fine, after starting life as a one night stand with a very fertile man – the issue of him needing to be string to 'cover' her – is alive and well in all farming circles.