

# Male Fertility

## What Is Male Fertility Health, and What Causes Infertility?

It is 99% certain that diet and lack of critical nutrients are to blame for the devastating drop in fertility and sperm count in men. Men struggling with infertility may suffer from weak or low sperm count, as well as poor ejaculation.

Low sperm count, called oligospermia, occurs when a man ejaculates semen with fewer sperm than normal; semen with the absence of sperm is known as azoospermia. Fewer than 15 million sperm per milliliter of semen is considered a low sperm count.

Sperm issues are the most common cause of male infertility, though male infertility can also stem from problems with ejaculation. If tubes within the male reproductive organs are blocked, a man may not be able to ejaculate, or ejaculate may be pushed from the prostate back into the bladder instead of being released by the body. Ejaculatory disorders may include premature ejaculation, retrograde ejaculation, and failure to ejaculate.

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**“Your recommendations have helped me greatly. I am taking the SerraPlus+ on a regular basis, along with the Curcumin. I am already beginning to see an improvement to my overall health, and after four unsuccessful attempts, I can now report that me and my wife are expecting a baby. We are made up and want to thank you for suggesting Serrapeptase to us.”**

**- Jon B., Wales**

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## What Is the Treatment?

Treat yourselves as you would if you were a breeder of rare pedigree animals—you would feed your animals the most perfect food available, and you should do the same with yourself.

## Male Fertility FAQ

**Q: How can I improve my sperm count, and what do you recommend for me?**

A: You need to follow the healthy lifestyle plan as outlined in the Fertility Health Plan.

Follow the Health Plan as recommended for the best results:



## MALE FERTILITY HEALTH PLAN

The health plan below is designed to improve sperm count and male fertility. By following the supplement regimen and choosing a naturally healthy lifestyle in the long-term, it's possible to boost your fertility and overall health. For female fertility help, please see the Female Fertility Health Plan on **page 263**.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern  
Supplements to support men's health - in order of priority:*

- **UB8Q10 Ubiquinol** - Essential for stronger sperm. 8x more effective at restoring cell energy than CoQ10. Take 2 capsules x 2 times a day with food.
- **Prostate Plus+™** - Essential for a strong and healthy ejaculation. Take 2-4 capsules per day.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **Astaxanthin** - A powerful antioxidant that boosts and enhances the reproductive system. Take 2 x 2 times per day.
- **MacaPro** - Balances the hormonal system. Take 1-2 teaspoons daily.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.
- **B4 Health Spray** - Contributes to hormonal balance. Take 4 sprays, 1-2 times per day.