

How to Make Sperm Stronger

- 1. Don't carry your mobile phone in your pocket.** Get a man bag, or if this is too much for you, get one of those iPod arm sleeves for sports and carry it around your arm.
- 2. Don't sit with your laptop in your lap.** For similar reasons as carrying your mobile phone in your pocket, you should not work with your laptop in your lap. Close proximity to your testicles can damage sperm and not to mention the thermic heat emitted from the laptop which can also slow-cook your sperm batch.
- 3. Get a Q-Link.** These EM shields have been extensively studied and work by enhancing your body's own EM shield, which offers more resistance to other sources of EM radiation and in doing protects you from their negative influence.
- 4. Snack on pumpkin seeds and Brazil nuts.** Pumpkin seeds are a great source of zinc and men need lots of zinc! Men lose some of their zinc reserve with each ejaculation. If you have white spots and lines on more than one finger nail, you have a zinc deficiency. A handful of pumpkin seeds a day should ensure you are getting your zinc. Brazil nuts are a great source of selenium, another mineral important for healthy sperm. Eat 3 – 4 Brazil nuts a day.
- 5. Get those muscles working.** Strong muscles contribute to fat burn, regulate your metabolism and make you look good! Exercise is one of the best things you can do to boost your health. It boosts your immune system, improves your blood circulation (which is very important for strong and lasting erections), helps sweat out toxins, improves sleep quality, improves your mood via the surge of endorphins experienced after exercise and boosts your testosterone which you need to make sperm stronger.
- 6. Have a green smoothie a day.** A handful of baby spinach, one banana, one apple, a handful of frozen berries, one whole organic lemon with the peel and filtered water according to taste, blend until it reaches a smooth consistency and drink! One of these a day in the morning will ensure you get your fresh enzymes, minerals and vitamins for the day.

7. Keep your swimmers cool! There is a reason why testicles are located outside your body (unlike ovaries, which are tucked nicely inside). Your swimmers don't like it hot! They need to be 1 – 2 degrees cooler than your body, hence the scrotum! Too much heat can damage sperm, so make sure you wear loose, breathable underwear, and at night keep your testicles from overheating by sleeping with only light covers or a la nature (naked)!

And, remember it takes 90 days for your body to produce a new batch of sperm so whatever changes you implement you will need to stick with them for at least 90 days to see improvements. You can do a small experiment, have a sperm analysis done now. Then implement the changes and have your sperm retested after 90 days!