



Quiescence

CHINESE MEDICINE MELBOURNE

Men's Health

Chinese Medicine is well suited to treat many ailments that men suffer in modern times.

Some of the more common complaints we deal with are general aches and pains, weight loss, quitting smoking, stress relief, fatigue, IBS, hay fever, migraines and insomnia. As it takes two to conceive we also treat male reproductive conditions such as low sperm count, low libido and impotence. The following is some basic information about male reproductive health.

Sperm cells have a long maturation time – 64 days. The state of your health (and what you did today) will still be affecting sperm quality in two or three months. To increase the chances of conceiving a strong embryo, it's important to get your body into optimum condition before attempting to conceive.

“...but my sperm analysis is normal”

Current World Health Organisation (WHO) standards for “normal sperm” are:

More than 1ml produced (volume), more than 20 million sperm per ml (count), of which 50% are vigorously moving (motility) and over 14% are normally formed (morphology).

A few generations ago, in the 1940s, the average sperm count was 113 million per ml, with a higher percentage of motility and morphology. By 1990, the average sperm count had dropped to 66 million. This indicates that if a sperm analysis fits into the lower (or even upper) percentiles of the bell curve for ‘normal sperm’, there is plenty of room for improvement.

It's not unusual for a semen analysis to come back with low or borderline levels in sperm count, motility or morphology. Thankfully there are many things you can do to rectify this. Often all it takes is a little change in diet and lifestyle to improve your overall wellbeing and consequently your sperm quality.

Acupuncture and Chinese herbs have also been shown to significantly improve sperm quality and chances of conception.

A Few Things You Can Do For Yourself

There are several things that you can do on a daily basis that will help to improve your sperm quality. These include:

Supplements - Zinc is an important mineral in the development of healthy sperm and is found in most protein rich foods. Other antioxidants such as vitamins A C and E, supplements such as CoQ10 and Selenium and some Chinese herbs are all able to reverse damage to sperm and improve sperm count.

Diet - it is helpful to look at your diet as “free medicine” what you eat has a direct impact on the health and well being of your body. There are many food that aid or harm sperm development, feel free to talk to us for guidelines.

No Smoking - Studies have shown that sperm counts in smokers are 20% lower than non-smokers, Other studies suggest that this may be reversible, with an 80-500% increase in sperm count after smoking cessations for at least three months.

Coffee - Risk of miscarriage doubles in women who drink 2-3 cups of coffee per day. Coffee generates heat in the body and has shown to cause damage to sperm DNA

Body Temperature - A cool testicular temperature is vital for healthy sperm development. Wearing boxers and sleeping cool at night can help avoid damage to sperm.

Exercise - Moderate exercise is important for general well-being and fitness. Weight loss may be necessary to increase sperm counts (and to prepare for toddlers). However doing exhaust yourself with excessive amounts of exercise (especially cycling).

Acupuncture - Regular acupuncture treatment is an effective relaxing way to improve general health and enhance sperm quality. Several studies show a significant increase in sperm count and quality after a course of acupuncture treatment. Interestingly the more commonly used acupoints for this purposes are located near the wrists, ankles and on the abdomen, so it is completely non-invasive.