



### **Suggestions for Men**

- Proxeed is a nutritional supplement taken daily in four ounces of water or juice. Proxeed may enhance optimal sperm quality.
- Avoid alcohol, cigarette smoking, and marijuana. These substances may decrease testosterone levels and alter sperm motility.
- Avoid saunas, hot tubs, and nylon bikini undergarments. Elevated temperatures may impair sperm production.
- Avoid testosterone injections for low libido. These injections can lower your sperm count.
- Certain lubricants, as well as saliva, have been associated with decreased sperm motility. We recommend using Sensual or vegetable oil. Sensual is a fertile-friendly, intimate lubricant available from in Harmony.
- Prescription medications may disrupt ejaculation or emission; inhibit androgen production, or decrease sperm motility and density. The effects on sperm formation appear to be temporary and reversible after discontinuing these substances. Prior to taking any medication, please discuss with our staff.
- Decreased libido, hot flashes, poor ejaculations, rapid facial/body hair loss are symptoms to be discussed with the doctor.