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# DIET & LIFESTYLE FOR EGG AND SPERM HEALTH.

## EGG QUALITY

It takes at least three months for healthy diet and lifestyle to improve egg quality. Eggs can undergo an epigenetic change which is acknowledged as an important factor in the health of offspring. Although difficult to detect these changes can be linked to diet, lifestyle and environmental factors.



## THINGS TO AVOID:

- 1.** Stop smoking: this is an egg toxin and is linked to miscarriages
- 2.** Avoid soft drinks high in sugar
- 3.** Excessive amounts of alcohol
- 4.** Less consumption of saturated fat as it interferes with insulin release
- 5.** Avoid eating food wrapped in plastic or heat food up in a plastic container to avoid BPA exposure



## SEMEN QUALITY

It takes at least three months to improve semen quality with a healthy diet and lifestyle. Semen production takes just under three months, when a male undergoes a sperm test this will reflect his recent diet and lifestyle. A cold or flu can also affect the quality of sperm reflected in the test.



## THINGS TO AVOID:

1. Smoking: cigarettes can seriously harm the quality of your semen
2. Excess amount of alcohol
3. Recreational drugs like cocaine and marijuana have definite adverse consequences for male fertility
4. Exposure to gym vitamins may contain testosterone which reduces the body's ability to make sperm.



## WHAT CAN YOU DO TO IMPROVE YOUR EGG AND SPERM HEALTH?

1.

Maintain a healthy weight: regular exercise

2.

Consume high antioxidant foods: berries, citrus

3.

CoQ10 and Zinc supplements

4.

Follow a Mediterranean diet: wholegrains, fruit, vegetables, eggs, seafood, nuts and olive oil

5.

Daily folic acid for women: to prevent serious brain and spinal cord defects in child