

The naturopathic advisor



Natural Lifestyle has teamed up with experts at CNM (College of Naturopathic Medicine) to answer some of your burning health questions. This issue, you asked:



Q I'm a healthy 40-year-old male. I don't smoke or drink, I do regular exercise to relax and I eat a nutrient-dense diet. I've heard that environmental toxins can also impact my fertility. What are they and how can I avoid them?

Continuous low dose exposure to multiple toxins can be damaging, including to fertility.

Pesticide exposure leads to poor semen quality and reduced male fertility. To reduce exposure, choose organic food wherever possible, and avoid using pesticides and other chemicals in your home and garden. There are natural alternatives.

A decrease in sperm count, motility, viability, and normal morphology is related to the duration of exposure to cell phones. Laptops and iPads may have a similar effect. Consider using anti-radiation/EMF phone and laptop cases. Avoid keeping devices by your body or your bed. Switch off when possible and minimise use one to two hours before bed as they disrupt sleep and increase stress levels.

Plastic, and the industrial chemicals that go to make it, such

as BPA (bisphenol A), are now everywhere, from our food wrapping, storage containers and water bottles to our personal care products. There is growing evidence that many plasticizers, such as BPA and phthalates, mimic the structures of natural hormones, impacting fertility status by disrupting our endocrine system (our glands that produce and secrete hormones). Ways of helping avoid plastics include buying veg from an organic veg box scheme. Remove food from any plastic promptly, and use glass bottles where possible.

Metals such as aluminium, cadmium and lead can enter our body through drinking, eating, inhaling, skin or eye contact and can lead to male infertility by affecting sperm quality and

motility. I suggest using stainless steel, glass or enamelled cast iron cookware. Avoid aluminium foil and non-stick cookware. Investigate natural personal care products and avoid aluminium containing antacids, nasal spray and antiperspirants. If needed, buy a high-quality water filter for your drinking and bathing water.

Putting these additional steps in place alongside your other measures is a good start to minimising the impact of the environment on your fertility. See a naturopathic nutritional therapist for personalised guidance.



Your question has been answered by Nutritional Therapist, Sandra James, who lectures at CNM. For information on CNM training in a range of natural health therapies, visit www.naturopathy-uk.com

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