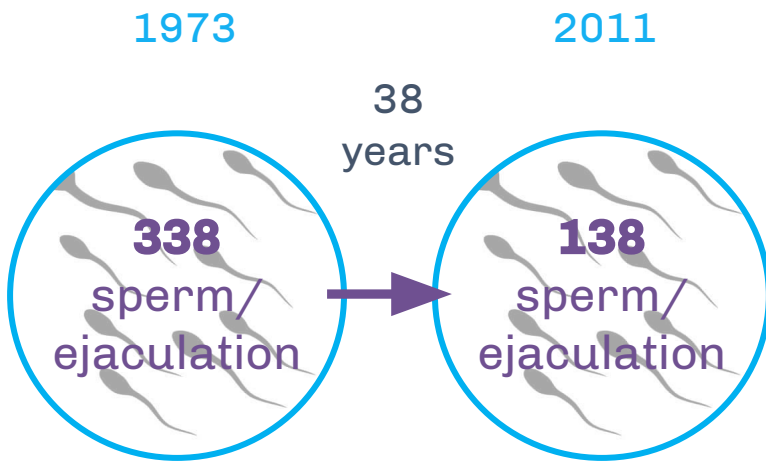


Sperm count: what does it mean for fertility?

Over the last 40 years, male sperm counts have gone down, and fast! This is a worldwide phenomenon.

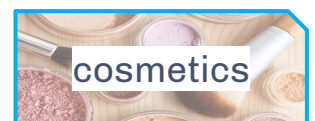


Low Count = Low Fertility
Fewer sperm are available to find and fertilize the egg.

The cause? Toxic chemicals

Along with poor lifestyle habits including stress and lack of sleep and exercise, toxic chemical exposure may be a preventable cause of poor male fertility.

Toxic chemicals such as BPA and phthalates affect natural hormones. They act similar to estrogen and they block testosterone activity. Toxic chemicals are found in everyday items like:



Who struggles from low fertility?

- Fertility problems in men are more common than you might think.
- 20 to 30% of men can be classified as having “low fertility.”
- 10% to 15% of men might require fertility treatments.

Simple ways to optimize fertility

- Test your toxic chemical exposure with the Million Marker kit.
- Avoid the following:
- Processed foods
 - Plastics numbered 3, 7
 - Paper receipts (contain BPA)
 - Items that list ingredient “fragrance”
 - Capsule vitamins
- 