

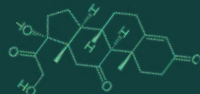
DID YOU KNOW...

MALE FERTILITY

HAS DECREASED MORE THAN 50% SINCE 1973.

50%

THE CULPRIT? ESTROGENICS



Estrogens are chemicals that mimic estrogen. This wreaks havoc all over the body but especially on the reproductive system. They are everywhere. They seep into our environment as well as our bodies.



SHOP CAREFULLY

There are many estrogenic ingredients in products we use everyday - like soap, pest repellent, plastic and even food coloring. Focus on limiting exposure to the worst compounds like:



AVOID CERTAIN PLANTS



Soy, flax, lavender and cannabis are some of the plants that contain estrogens and can be problematic if consumed in large quantities.

CONSUME FERTILITY IMPROVING FOODS

Consider consuming more walnuts and fish oil for fertility health. Vitamin C (broccoli and kiwis) and folic acid (spinach and beans) are critical for healthy sperm development.

STAY FIT + EXERCISE



Estrogens are stored in body fat and promote weight gain. Staying active, exercising and eating whole foods combat the negative effects of estrogenic exposure.

DRINK FILTERED WATER

Estrogens plague our water system because they are flushed from human bodies and re-enter the environment. Drinking properly filtered water is a good strategy.



THE BOTTOM LINE...

Estrogens enter our environment a hundred different ways. From unfiltered water to the obscure ingredients in everyday products, it's impossible to avoid them all. One of the avoidable ways estrogens enter the environment is through the use of birth control. Do your part and limit exposure to what you can and demand better for ourselves and environment.



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Sources: Estrogenation by Anthony G. Jay and Fertility, Cycles & Nutrition (5th Ed) by Marilyn Shannon

FIND OUT MORE:

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