

# Infertility

Contributed by Dr. Paul G. Jensen  
Last Updated Tuesday, 26 June 2007

Infertility is a growing problem in America. Presently, one in every six couples struggle with infertility issues. Forty percent of infertility problems are male related, and 60 percent are female related. In the past 50 years, the average sperm count of the American male has dropped from 100 million/ml of semen to 20 million/ml. Men with a reduced sperm density (below 40 million/ml) have a reduced chance of conceiving a pregnancy. Scientists conclude that the number one reason for this dramatic drop in sperm levels is due to the amount of toxic chemicals found in food. These chemicals also greatly effect the female cycle, causing irregular periods and hormonal imbalance, making it difficult for a woman to conceive a child.

Pesticides, herbicides, petrochemicals as well as various plastic compounds regularly find their way into our food supply. Not only do these compounds disrupt endocrine function but they function like hormones themselves. As a result, young girls are developing breasts and menstruating at an earlier age and are suffering from PMS, endometriosis etc., as they get older. Many other substances that are added to foods such as preservatives, dyes, sweeteners and synthetic vitamins can also be toxic. For example: Synthetic vitamin B1 which is added to all fortified grain products such as white breads, cereals and pasta was fed to pigs in a study done by Dr. Barnett Sure. By the second generation, all of the offspring of these pigs were sterile. This experiment is just one of many which link diet to infertility. Most young couples who have fertility problems seek medical help, which is expensive, has side effects and in many cases does not work. Perhaps a less costly and safer option would be to eat nutritious, chemical-free and non-synthetic food (most ideally couples should begin eating this way years before trying to conceive a child). This approach will also greatly benefit the health of the baby and help to prevent birth defects. Parents who remain fertile despite their own poor eating habits do put their own children at an increased risk for health issues (one of those issues is infertility for the next generation).

## References;

Functional Nutrition Therapeutics Family Wellness Series, Part I, Lectures by Donna Wild N.D.

Unfitting the Unborn, by Dr. Royal Lee