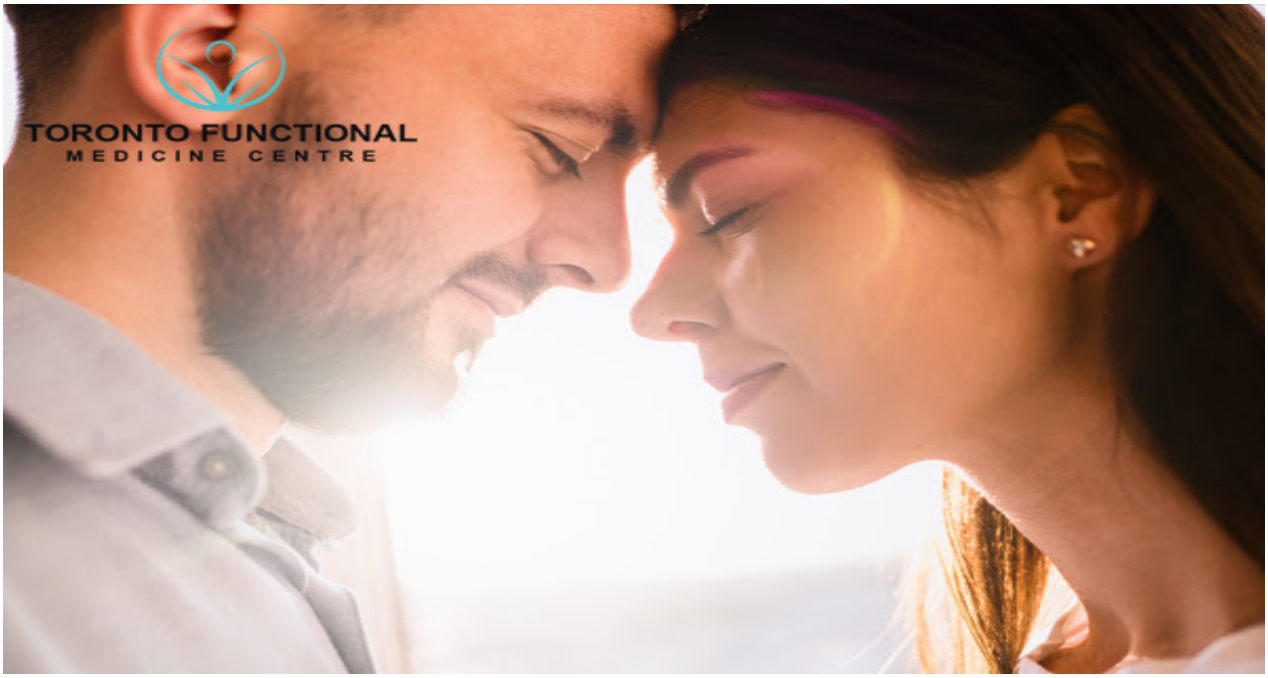


Toronto Functional Medicine Centre Shares Tips On Preventing Male Infertility

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TORONTO, ON - April 13, 2023 -
The Ontario based Toronto Functional Medicine Centre has published new materials that aim to help the community learn how lifestyle choices, diets and so on can have an impact on male fertility. A couple that is experiencing trouble conceiving for this reason, therefore, may wish to check out these resources to see which aspects of their lives can be adjusted to improve fertility, and how functional medicine may be able to improve the odds of conception.

The Centre?s recent article on the topic says, ?Infertility is a rising health challenge among couples. According to the International Journal of General Medicine, the World Health Organization reveals that, ?? approximately 50?80 million people worldwide suffer from infertility, and male factors are responsible for approximately 20?30% of all infertility cases.? Alleviating this concern does not include a one-size-fits-all method. In fact, for 40% of affected males, the reasons behind infertility may be ambiguous.?

However, others may find that there are distinct reasons for their infertility, including hormone imbalances,

genetics, environmental and lifestyle issues, sexual health issues or sexually transmitted infections and so on. There may even be a purely physical issue, such as blocked ejaculatory pathways or enlarged veins that hold the testicles (varicocele).

According to the clinic, everyone should recognise that their daily lives can be defined in relation to exposure to various types of toxins. These toxins are so prevalent, in fact, that it can be difficult to distinguish them from the background of everyday objects ? often because they are everyday objects. Plastics, for example, are everywhere, and new research is coming out everyday regarding their negative impact, especially considering how much plastic makes its way inside the human body over the course of a person?s life. Pollution is another factor to consider, especially in cities where air quality is notoriously poor. Finally, those who are not careful about what they consume may find that their fertility can be affected by junk food.

Having uncovered all this, functional medicine practitioners realized it was necessary for people to change their lifestyle choices altogether in order to minimize their negative effects (especially considering that some factors cannot be avoided at all). Fortunately, there are some remedial actions that can be taken that show promise.

The clinic?s first piece of advice when it comes to using the help of functional medicine for preventing male infertility is to cut down on unnecessary habits. This can include smoking, frequent alcohol consumption and so on. Notably, some habits can be safely engaged in moderation, but people should be wary of those that have an impact no matter what. Next, the clinic suggests that people tackle a part of their diet that is present in most foods: sugar. While it may be required for body function, sugar should not be consumed excessively. Studies have shown that consuming food and drink high in sugar (such as fizzy drinks) has a negative effect on sperm motility and so on, to say nothing of the wider impact on the body as a whole.

Similarly, a person can improve their body?s overall function by managing their weight. Excess weight is associated with a number of issues, such as diabetes, heart disease, cancer and more, and fertility is no exception. Cutting out junk food and exercising regularly is an excellent way to remain at a good weight, but the Centre says this should be supported by the intake of essential nutrients as well. Those with certain deficiencies, for instance, may benefit from taking supplements. They could also, according to the article, consume, ?foods rich in antioxidants and essential nutrients that may support male fertility, such as cruciferous vegetables and pyrroloquinoline quinone (PQQ). PQQ is known for supporting energy metabolism and your nerves. As per research, PQQ may contribute to fostering sperm motility due to antioxidant functions.?

Finally, even though it is nearly impossible to avoid toxins altogether, this does not mean that people should make no effort at all. The amount of harm caused by toxins can be reduced by minimizing exposure wherever possible, such as by avoiding the use of certain pesticides in the garden or leaving out certain types of

plastics altogether.

Anyone who has found it difficult to address their infertility on their own can contact the Toronto Functional Medicine Centre for more advice on supporting male fertility. Those interested may visit the Toronto Functional Medicine Centre website or contact them through the phone at (416) 968-6961 or by email at info@tfm.care. They are open from 9:00 am to 6:00 pm on Mondays, Wednesdays, and Fridays; from 10:00 am to 5:00 pm on Tuesday and Thursdays; and from 9:00 am to 4:00 pm on alternating Saturdays.

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Toronto Functional Medicine Centre

Our team of dedicated health and wellness practitioners have a passion for integrative functional and naturopathic medicine healing. We strive to help each patient shift towards balanced, wholesome wellness.

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