

# Baritz Wellness Center, P.C.

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## Fertility (male)

10/21/10, 10/22/10

Common causes for male infertility are impaired sperm production, impaired sperm delivery, and testosterone deficiency. Infertility can result from a condition that is present at birth (congenital) or develops later. Causes include: defect or obstruction in the reproductive system, disease, STD's, hormone dysfunction and exposure to toxins, such as chemicals or radiation.

### Address the basics

- Conception can only occur a few days each month; care must be taken to have intercourse during the fertile window
- To maximize sperm count a man should avoid ejaculation for a couple of days before the fertile window because each ejaculation can reduce the number of sperm by as much as a third.
- Eat a healthy diet high in fresh vegetables and lean meats; and low in carbs such as bread, pasta, potatoes and rice.
- A holistic fertility program should be continued for 12 months

### Grade the results

- After 4 to 6 weeks on the program look for improvements in frequency and/or rigidity of erections.
- After 3 months we suggest a new semen analysis to assess changes since the last semen analysis.

### Core Program

- **Orchex**<sup>1</sup> 2 caps 2x/day  
Nutrients from plant & animals, including bull testicle, to promote nervous system balance & testicular health
- **Wheat germ oil**<sup>1</sup> 2 pearls 2x/day  
Vitamin E has been shown to increase male & female fertility; wheat germ oil is the most biologically active form
- **Symplex M**<sup>1</sup> 3 tabs 2x/day  
Endocrine system support, with specific support for pituitary, thyroid, adrenals and testicles
- **Tribulus**<sup>2,3</sup> 1 tab 3x/day  
To improve sperm count, motility and improve libido; in one study 31 pregnancies were recorded in 100 couples with infertility within 12 month of starting Tribulus; average time to conceive was 5.2 months<sup>4</sup>.

### Optional

- **Herbal blend**<sup>5</sup> 7.5ml 2x/day  
Includes herbs with a long history of use for fertility, male health and libido; herbal liquids are faster acting and more bio-available than tablets and can make a significant contribution to fertility.
- **SP Cleanse** 7 caps 3 times a day for 7 days  
If low sperm parameters are due to toxic exposure, a Cleanse is indicated before starting the program.
- **ChelaCo** 1 tab/day  
Detox support during the program to address long term toxic exposure.

***To have a custom program created for you or for a free consult call 508 583-2565***

1. Standard Process Products for more info: [www.standardprocess.com/display/sponlinecatalog.spl](http://www.standardprocess.com/display/sponlinecatalog.spl)

2. MediHerb products for more info: [www.standardprocess.com/display/mhonlinecatalog.spl](http://www.standardprocess.com/display/mhonlinecatalog.spl)

3. Advise the doctor if Tribulus causes digestive upset.

4. Bone K, Townsend Letter for Doctors & Patients 2004; #245: 49-52

5. Discontinue during acute infection; may cause stomach upset; do not take if you are on blood thinner medication; advise the doctor if you have any of these conditions & the blend can be reformulated to accommodate your needs.

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