



How To Increase Sperm Count

<http://www.spermsecrets.com>



Lose Some Bodyfat & Eat Healthier

- Ensure you lose pounds as this is one of the commonest reasons for a low count. For those that are excessively overweight, there are frequently imbalances in the testosterone levels. This is a sure fire way to extend sperm count. Your diet is where it all starts. You have to avoid fast or fast food that isn't just bad for your general health but can also have a damaging effect on your sexual health. These include oysters, bananas, almonds, celery, avocados etc, you must make it a point to incorporate them in your diet.

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Quit Smoking

- Smoking not only proscribes blood flow to the knob and lead to erection dysfunction but also has effects on your sperm count and lead to barrenness in men. You need to avoid smoking for the sake of your sexual health.

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Cut Down on Alcohol

- Consuming alcohol has a detrimental effect on your liver working which in turn adversely has effects on your testosterone levels.

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Exercise more

- The more that you get your heart rate up and include cardio output, the more that you will raise your sperm count.

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Stress Less

- Drop your level of stress as much as humanly possible. This is a superb way of living in any form but it's got a significant impact your number more than anything.

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Wear Loose Boxer Shorts

- You need to avoid tight underpants, hot baths and sauna baths etc, that increase this temperature and affect sperm count adversely.

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Don't Ejaculate Too Often

- If you ejaculate too often, this can negatively impact the quality of your sperm. However, it doesn't mean you desist yourself for weeks, The ideal period is nearly three days between 2 successive ejaculations.

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