



**Natural Stress Therapy**  
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## IS YOUR WEIGHT AFFECTING YOUR FERTILITY?

Being either significantly overweight or underweight can be a cause of infertility in both female and male. Being too thin or too heavy can interfere with ovulation, menstrual cycle and male hormonal balance and sperm quality. Therefore, achieving and maintaining a healthy weight is an important goal for male and female trying to conceive a healthy child.

### FEMALE WEIGHT ISSUES

Being too thin or too heavy can interfere with ovulation. Like the ovaries, fat cells also produce oestrogen which plays a crucial role in ovulation. If body fat levels are too low, your body's oestrogen level will decrease. If body fat levels are too high, you produce more oestrogen. If this happens it will throw your cycle out of balance and interfere with regular ovulation and affect your menstrual cycle as well. For hormonal balance is vital to maintain a healthy body composition.

### MALE WEIGHT ISSUES

Excess of body fat mass in males also affects their fertility. Overweight male is at risk of having low sperm counting and low motility. The extra layers of body fat that surrounds the testicles will raise their temperature causing sperm to die, or may result in diminished sperm production. Low libido and erection dysfunction are also linked with male obesity.

Men who are underweight due poor nutritional status, may also have lower sperm counts, poor morphology and motility, and hormonal imbalances.

### Maintaining a Healthy Weight

If you are concerned that your weight (overweight or underweight) is playing a role in your fertility issues, give us a call and make an appointment with Lia Mills, our Naturopath to assess your body composition. She will design a program that will maximise fat burn and at the same time will maintain your muscle mass which plays an important factor to keep your hormones balanced. If you need to put on weight we also have a program that will maximise the intake of phytonutrients which will help you to achieve a healthy weight and hormonal balance.

A few tips to maintain healthy weight:

- Exercise regularly. Try to exercise 20 to 30 minutes a day, three times a week. Do not do strenuous exercise, as this can contribute to further fertility issues.
- Be aware of what you are eating. Cut down high density carbohydrates such as pasta, bread, potato, biscuits, cakes, pastries. Eat more fruits and vegetables. Increase your intake of EFFA's such as nuts, seed, and fish. Eat small meals. Do not skip breakfast.
- Drink plenty of water. Water will help you to stay hydrated.
- Have counselling if you are suffering from an eating disorder.
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**BOOST YOUR FERTILITY WITH  
ANTONIA'S AMAZON FERTILITY PROGRAM!!**