

MALE Fertility

*In the past 30 years,
the human male
fertility rate has
fallen by 50 percent ...*

*Here's how you can
reverse this*

naturally

In my experience the woman seeks help in a subfertile couple as the sperm test is *normal*. The *normal* result is not *normal* for 50 years ago, but the present time. The male fertility rate is declining at a rate that does not bode well for couples in the next 30 years.

IS A MAN really a virile man in today's polluted climate?

Much is written about woman's health, especially in relation to pregnancy, as though the prospective father is an optional extra.

While it is true that the woman's body is the incubator, and, if breast-feeding after birth, the source of initial nourishment, the contribution given by the father at the point of conception shapes the future direction of the child's life immensely.

Little seems to be written of how a man can ensure that he allows himself the maximum chance of healthy offspring, and a healthy trouble-free sex life, into his twilight years.

Possibly the response to the lack of information as few seem to be concerned about the facts is that in the past 30 years the male fertility rate (as measured by sperm production) has fallen by 50 percent.

Prostate enlargement, often leading to urinary disruptions, and obstructions necessitating surgery and possible cancer treatment, are an almost guaranteed result of ageing past 20 years.

FERTILITY DOWN 50 PERCENT

The question must be asked — why is this occurring? If we look back to the early 1960s, Dr Rachel Carson was seen as a reactionary when she wrote *The Silent Spring*. In this book she gave the results of her studies in birds. The weak eggshells, and plummeting fertility rates in the bird populations she saw as the consequence of DDT and other chemicals in the food chain.

Our human food chain is the end result of every contaminant that has been poured onto the Earth in the attempt to make bigger and better consumables. These contaminants (remembering that homeopathics are a powerful therapeutic tool), sit in the fat and reproductive cells and often act as hormonal signals.

To overlook the most basic building blocks of our lifetime of ingestibles, when considering fertility, is to become as the medical profession seems on the issue — sperm meets egg equals baby.

A great deal happens in the intervening nine months and the quality of offspring often gets lost in the clamour for a positive pregnancy test.

LOOKING AFTER THE MALES

So how can we help our little boys, so that we may become grandparents? Equally, how can we ensure that the men we love can become dads, and that our lovers and life partners stay virile and hence happy in our lives?

The first obvious answer is to eat as organically as possible. Maybe this could be made easier by having a soil analysis done to see if at least salad vegetables and herbs can be home grown.

Additives, flavour enhancers and colourings do wonders for the market value of products but in the race to gain the shopping dollar, the point of eating — self nourishment, health maintenance, and in the case of couples attempting to conceive, the foundation of another life, seem to be irrelevant. In the normal diet of anyone 30-40 years ago, these substances would have been mostly absent.

What about the effects of caffeine,

especially in cola drinks, particularly in children's formative years? Has anyone thought of the total contribution just "the real thing" is having on the behaviour and future fertility of the human race?

I suspect anyone attempting to conceive should give all substances containing caffeine, in addition to all alcohol and non 'food' ingredients away. They do not enhance a new born's ability to function well, and as such, seeing ourselves as the extensions of our future children, why would we poison them, and their future homes (our bodies)?

FUTURE HAPPY, PRESENT HAPPY

Most people seem to be on a treadmill of rush and/or commitment to a happy life sometime in the nebulous future. The lack of total enjoyment of the present means for most that at some point they feel that their needs are not getting met and they "crack up".

Usually the spouse, or the family of the person who has "blown a fuse" suffer the angst.

Do we really want to live as though the present is not important?

The biggest dis-ease factor that I have spoken of in previous articles is that of liver energy not flowing. The liver energy lines wrap around and nourish the genital area. This means practically that when an emotional factor becomes important enough to us we usually end up with some flow on into the functional sexual areas.

Symptoms of sexually transmitted diseases, recurrent herpes, prostatic problems, warts, discharges and infections are all cries for help from a part of us that is aware that we are not being who we really are.

Those who find that they are unable to sexually function under stress, especially emotional overload, are simply responding as we are made. Overload is overload.

In acupuncture terms, the whole issue of sexuality and fertility is bound into the constitutional strength imparted by our kidney complex.

For a healthier sex life ...

- eat organically
- drop caffeine
- respect your liver
- reduce stress
- enhance kidney energy

As a therapist, the issue of sperm meets egg is one of enhancing the quality of the kidney energy, to normalise the process of conception.

The issue that is usually missed is that of the quality of the garden as home for the fertilised seed, to mature and eventually blossom into a well and happy baby.

A PRESENT FOR BABY

By strengthening the kidney, or base, energy in both parents prior to conception, the future child is given the best present it can ever receive — a strong constitution.

The second most important gift is that of happy parents. Parents who love each other and who care enough about their relationship to know that the addition of a small person who neither know, will alter forever how they perceive themselves, each other and the world, is something that seems also to get lost in the rush to produce.

A large component of the rate that the kidney energy is expended for men is the rate at which sperm is expended. This becomes an awkward thing for most to speak of, as we as a culture are particularly unaware of the relationship between real sexual intimacy and the amazing health benefits that are awaiting all of us, if we see past the physical, and into the energies of sexual fusion.

A book that says it all is *The Multiorgasmic Man* by Mantek Chia. A companion volume for women is also by Mantek and his wife Maneewan Chia — *Cultivating Female Sexual Energy*. By following the breathing, visualisation and practical exercises in these books, by regaining the sense of connection that a couple hope or aim for in coming together, and bringing forth small editions of themselves, we all can benefit in our lives — private and public.

Most stress and body changes occur because we do not stop and listen to what we really want, who we really are, and the fact that the answers to both of these questions change at all points of our lives.

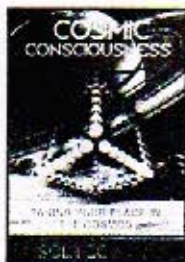
If we allow ourselves the rest, exercise, fresh air, fun and quality interactions with the special people we have amassed around us, rather than attempt to see the race of material collection, including the perfect nest of two children, two years apart, as the point to existence, then the issues of fertility, and joyful sexuality, are liable to take care of themselves. ■



by Heather Bruce



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