

# Men's Patient Help Sheet

Here are some tips that you can use to help balance and support your health during this time. Please feel free to call me if you have further questions or concerns.

## Acupressure Points

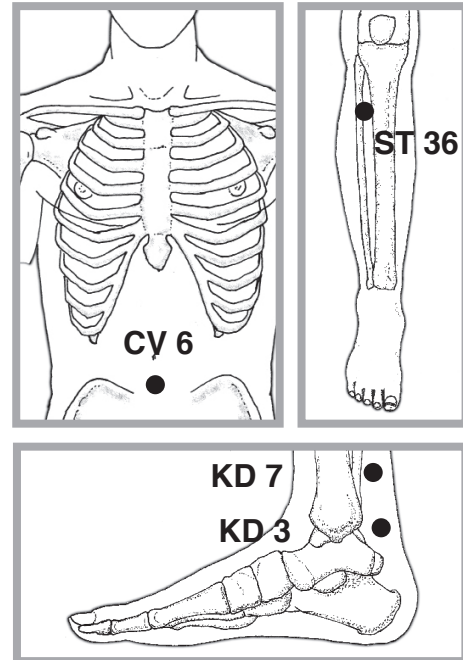
Rubbing acupressure points with your finger for 30 - 60 seconds can stimulate and promote the circulation of Qi within your own body, restoring health and well-being.

**Stomach 36 (ST 36):** On the outside of the leg, approximately one hand width below the kneecap, just off the bone. Functions: Increases stamina and energy, provides stability and grounding, heals effects on the body of too much worrying and thinking.

**Conception Vessel 6 (CV 6):** On the center line of the body, roughly 3-4 inches below the navel. Functions: Impotence, seminal emission, nighttime urination, hernia. It can also be used for abdominal distention, bloating, edema, poor digestion, loose stools, diarrhea, fatigue, lower abdominal and/or genital pain / swelling, and weakness of the muscles.

**Kidney 3 (KD 3):** Level with the tip of the inner ankle bone, halfway between Achilles tendon and ankle bone. Functions: Reinforces the Kidneys, impotence, spermatorrhea, frequent need to urinate, deafness, tinnitus, irregular menstruation, lumbar pain, headache, dizziness, blurring of vision, toothache, swelling of pharynx, cough, asthma, diabetes, and insomnia.

**Kidney 7 (KD 7):** Roughly 2 inches above KD 3, on the border of the Achilles tendon. Functions: Reinforces the Kidneys, strengthens the low back and knees.



## Healthy Living Tips

If you are trying to improve your fertility, you can use the acupressure points above, along with some of the suggestions below.

If you have any questions, please consult a qualified healthcare practitioner.

**Black Sesame seeds** - These seeds are helpful to build muscles, sharpen vision, enhance semen and bone marrow production, and consumed on a regular basis, they can be an excellent tonic to retain health and longevity.

**Pumpkin seeds** - These seeds contain a big dose of zinc, which can boost testosterone and sperm count. They are also loaded with omega-3 fatty acids, which stimulate blood flow to sexual organs and improve sexual function. Other ways to get omega-3s? Try flaxseed, almonds, fatty fish like salmon and sardines or a liquid omega-3 supplement.

**Oysters** - This shellfish is high in Zinc, which is a mineral that can support a healthy reproductive system, and help increase the production of sperm and testosterone.

They also have a well-earned reputation of being used as an aphrodisiac. Caution: Some people have been shown to be highly allergic to Oysters.

**Fruits and Vegetables** - Antioxidants are mainly found in fruits and vegetables, and have been proved to protect sperm from cellular damage and improve sperm motility. Consume foods rich in Vitamin A to help speed up sperm - such as leafy greens, carrots, red peppers, and apricots, to name a few.

Fruits and veggies such as leafy greens, beans, and most fruits contain folic acid, which is a B vitamin that has antioxidant properties - crucial for keeping sperm free of chromosomal abnormalities.

**Vitamin C** - Vitamin C is critical to sperm motility and viability. You can find it in orange juice, tomatoes, grapefruit, and broccoli, among other foods.

**Vitamin E** - Vitamin E helps keep sperm vital, you can get it from vegetable oils.

**Pomegranate juice** - Another powerful antioxidant that can boost sperm count and quality.

### Affordable Acupuncture

Suite 7, 324 Marrickville Road, Marrickville 2204  
0403 945 325

[www.affordable-acupuncture.com.au](http://www.affordable-acupuncture.com.au)