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The Sperm Optimizer

Men's Quick-Start Fertility Detox Guide: Simple Daily Habits for Healthier Sperm

(Print it, save it to your phone, or stick it on the fridge)

> Why start now? Sperm takes roughly 74 days to form, plus a few more weeks to mature, so the habits you build today help support the sperm of the months ahead. This guide gets you started; it's also why our full program, The Ultimate Fertility Detox, runs 12 weeks. Most fertility programs focus on women, but healthy sperm is half the equation. Start here, one checkbox at a time.

1. Food: Your Biggest Daily Exposure

- [ ] Eat Whole30-style: plenty of vegetables and fruit, wild fish, grass-fed meat, pasture-raised eggs, nuts, seeds, avocado and olive oil
- [ ] Go organic when possible, especially animal products and the EWG Dirty Dozen (see page 3)
- [ ] Choose fresh, frozen or glass-jarred over canned foods and drinks
- [ ] Never heat or store food in plastic; use glass or stainless steel
- [ ] Include cruciferous veggies, bitter greens, beets, garlic and cilantro most days
- [ ] Get your fiber from vegetables, fruit, nuts and seeds, not grains. Work up to 30–40 g daily, increase gradually and drink extra water
- [ ] Skip grains, legumes, added sugar, ultra-processed and fried foods, processed meats and sugary drinks

2. Sperm-Supporting Nutrients (Food First)

- [ ] **Zinc:** oysters, pumpkin seeds, grass-fed beef, lamb
- [ ] **Selenium:** 1–2 Brazil nuts a day is plenty (more is not better)
- [ ] **Omega-3s:** wild salmon, sardines, mackerel, anchovies
- [ ] **Folate:** leafy greens, asparagus, broccoli, avocado
- [ ] **Antioxidants:** eat the rainbow: berries, tomatoes, peppers, greens
- [ ] **Vitamin D:** sensible sun, and ask your provider to test your level
- [ ] **CoQ10:** found in fatty fish and organ meats; often taken as a supplement
- [ ] Work with your provider on any supplements and doses

3. Keep Them Cool: Heat Matters

- [ ] Skip saunas, hot tubs and hot baths while trying to conceive. Sweat through exercise instead
- [ ] Laptop on a desk or table, never on your lap
- [ ] Wear loose, breathable underwear (cotton boxers over tight synthetics)
- [ ] Avoid heated seats for long periods; stand up and move during long sitting
- [ ] Keep your phone out of your front pants pocket

4. Lifestyle: The Big Levers

- [ ] Keep alcohol minimal, or skip it while you're preparing to conceive
- [ ] Quit smoking, vaping and nicotine; avoid cannabis
- [ ] Keep caffeine moderate (about 1–2 cups of coffee a day)
- [ ] **Anabolic steroids and testosterone replacement (TRT) suppress sperm production.** If you use testosterone, don't stop on your own. Talk with your doctor about fertility-friendly options
- [ ] Sleep 7–9 hours in a cool, dark room on a regular schedule
- [ ] Work toward a healthy body weight
- [ ] Strength train 2–3×/week and move every day (walk, hike, play)

5. Water: Pure Hydration Only

- [ ] Drink and shower through a quality filter (look for one certified to reduce chlorine, lead and PFAS)
- [ ] Carry water in glass or stainless steel
- [ ] Aim for 2.5–3 L daily (more when you sweat), with a pinch of Celtic or Himalayan salt or trace minerals. If you have high blood pressure, check with your provider first

6. Air: Breathe Clean

- [ ] Open windows 10–15 min daily and run kitchen and bathroom fans
- [ ] Run a HEPA air purifier where you spend the most time, especially the bedroom
- [ ] Vacuum with a HEPA filter and damp-dust weekly
- [ ] No synthetic fragrances, plug-ins or scented candles
- [ ] Houseplants are an optional bonus (snake plant, areca palm). Note: peace lily is toxic to cats and dogs

7. Home, Kitchen & Work

- [ ] Switch to simple, unscented cleaners, laundry and dish products (vinegar, baking soda, Castile soap or clean brands)
- [ ] Cook with cast iron, stainless steel, enameled cast iron or glass. Nonstick coatings wear down over time
- [ ] Decline paper receipts or go digital. Thermal paper often contains BPA or BPS
- [ ] Wash new clothes and sheets before use
- [ ] Work around pesticides, solvents, fuels or metals? Use gloves, ventilation and protective gear

8. Grooming & Personal Care

- [ ] Go fragrance-free: cologne, body spray, aftershave and hair products often contain phthalates
- [ ] Choose paraben-, phthalate- and fragrance-free soap, shampoo, deodorant, shaving cream and toothpaste
- [ ] Check products with EWG's Skin Deep database (ewg.org/skindeep) or the Think Dirty app
- [ ] Keep moisturizers simple: aloe, jojoba, shea butter, tallow
- [ ] Many common lubricants can slow sperm. Ask about fertility-friendly options

9. EMFs: Simple Distance Habits

- [ ] Phone out of your pocket and off your nightstand; airplane mode overnight
- [ ] Use speakerphone or wired earbuds for long calls
- [ ] Keep the router away from where you sit and sleep; Wi-Fi off overnight (a timer helps)
- [ ] Stand barefoot on the earth 10–15 min daily

10. Mind & Heart: Ease the Pressure

- [ ] Trying to conceive can bring real pressure. Name it and talk about it
- [ ] 5 minutes a day of deep breathing, meditation or prayer
- [ ] Make time with your partner that has nothing to do with "the schedule"
- [ ] Performance stress is common and nothing to be ashamed of. If it's affecting you, talk with your provider
- [ ] End the day with gratitude: name 3 things

11. Bonus Daily Mini-Rituals (Pick a Few)

- [ ] Warm lemon water first thing in the morning
- [ ] Dry brush before your shower; tongue scrape morning and night
- [ ] Aim for a daily bowel movement (fiber, water, magnesium; triphala with your provider's okay)
- [ ] Optional: castor oil pack over the liver (right upper abdomen) 1–3×/week

Fertility is a couple's journey. Share this guide with your partner, and she can grab The Egg Optimizer at sacrednaturemedia.com. Almost every item here supports her health too.

You don't have to be perfect. Every single tick on this list moves the needle for your sperm, your vitality and the baby you're calling in.

You've got this. It's time for you to get locked and loaded.

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EWG's 2026 Shopper's Guide to Pesticides in Produce

Source: Environmental Working Group, ewg.org/foodnews/summary.php

The 2026 Dirty Dozen

Most contaminated with pesticides. Buy organic when you can.

1. Spinach
2. Kale, collard and mustard greens
3. Strawberries
4. Grapes
5. Nectarines
6. Peaches
7. Cherries
8. Apples
9. Blackberries
10. Pears
11. Potatoes
12. Blueberries

+ Green beans

+ Bell and hot peppers

The 2026 Clean Fifteen

Lowest pesticide residues. Conventional is a reasonable choice.

1. Pineapple
2. Sweet corn (fresh and frozen)
3. Avocados
4. Papaya
5. Onions
6. Sweet peas (frozen)
7. Asparagus
8. Cabbage
9. Cauliflower
10. Watermelon
11. Mangoes
12. Bananas
13. Carrots
14. Mushrooms
15. Kiwi

Ready to Go Deeper?

Watch your inbox over the next 7 days. Each day covers one piece of the detox in more depth: Diet, Hydration, Breathe, Home & Personal Products, Electromagnetic Pollution, Stress & Emotional Toxins and Deep Detox Basics. You'll also learn about **The Ultimate Fertility Detox**, our complete step-by-step course for men and couples.

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Created by Dr. David Campbell, DSOM, LAc, a holistic and Chinese medicine practitioner in Coeur d'Alene, Idaho

Disclaimer: This guide is for educational purposes only. It is not intended to diagnose, treat, cure or prevent any disease and is not a substitute for medical advice. Always consult your licensed healthcare provider before making significant changes to your diet, supplements, medications or lifestyle, especially if you have a medical condition, take medication or are undergoing fertility treatment.