

HEALTHY DADDY DIET

Supercharge SPERM quality, quantity and count!

DIET FOR SPERM

Most importantly—he should be following either the Egg Quality Diet or the Yes, You Can Get Pregnant diet with you. Not only because it will get his health and his sperm in great shape (and size!), but because you deserve the support. However, I understand how difficult it can be to get your partner to commit to all the lifestyle changes that I've recommended. If he can't 100% follow this fertility boosting lifestyle plan with you, then we really need him to focus on the following to get his sperm healthy and fertile:

- DIET:
- Avoid the 5 Big No's (most importantly added sugar, soy and pesticides) Go organic
- Get plenty of the three big yeses (good quality animal protein, TONS of veggies, good quality fat)
- Drink plenty of filtered water
- If you're going to have alcohol make sure it's a cleaner one like vodka, tequila, top shelf highly distilled scotch, or the ONLY Aimee-approved wine
- Eat plenty of foods that are rich in amino acids, antioxidants, omega 3 fatty acids and sperm enhancing vitamins like selenium, zinc, folate and vitamin A, B12 and C. Here's a good list of foods for you to help him incorporate into his diet:
 - oysters
 - liver
 - pastured butter
 - asparagus
 - Brazil nuts
 - salmon
 - walnuts
 - pumpkin seeds
 - blueberries
 - kale
 - grapefruit

Aimee Raupp

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SUPPLEMENTS FOR SPERM

All of the links to my current recommended brands can be found on my website under recommended products. HERE IS THE LINK:

[AIMEERAUPP.COM/FERTILITYSUPPLEMENTS](https://aimeeraupp.com/fertilitysupplements)

Cod Liver Oil: rich in omega 3 fatty acids, vitamins A and D, all of which are great for sperm quality

Greens Superfood: I particularly like liquid E3Live for improving sperm quality Antioxidants: REJOOVA REPAIR

BEST MENS SPERM FORMULATION: REJOOVA SPERM

Chinese herbs: but ONLY if prescribed by a licensed herbalist like myself. If you're ready for this step email info@aimeeraupp.com for information of coaching with my team so we can incorporate a custom blend into your regimen

LIFESTYLE FOR SPERM

Clean up his bath & body/grooming products - use my Aimee Approved product recommendations, they can be found here:

AimeeRaupp.com/FertilitySupplements

Beware of the insecticides you're using around your home

If he's using a laptop have him put it on a pillow, not directly on his lap Avoid wifi and electronics in the bedroom as much as possible - the bedroom should be for two things: sleep and sex!

Avoid too much heat on his testicles- consider sleeping naked or investing a a pair of Snowballs underwear to cool them down

If he has a sedentary job consider investing in a standing desk or a converter that will allow him to sit OR stand

Add regular acupuncture into your routine to improve bloodflow and add some relaxation as this journey can be so stressful

Aimee Raupp