

## 精子数和生育

近40年来，全世界内男性精子计数在下降，并且降得很快。精子计数则生殖能力弱，能找到并授精卵子的精子较少。

1973  338精子数  
2011  138精子数 (Sperm/Ejaculation)

## Sperm Count and Fertility

Over the last 40 years, male sperm counts have gone down and fast worldwide. Low Count means low fertility. Fewer sperm are available to find and fertilize the egg.

## 谁会有生育能力问题？

男性生育问题比你想象的更常见。20%到30%的男性可以划分为“生育能力低”；10%到15%的男性可能会需要接受生育治疗。

## Who Struggles from Low Fertility?

Fertility problems in men are more common than you might have thought. 20 to 30% of men can be classified as having “low fertility.” 10% to 15% of men might require fertility treatments.

## 罪魁祸首？有害化学物质

有害化学物质和不良生活习惯 (压力大，睡眠不足，不锻炼) 都会导致生育力低。但有害化学物质的接触是可以避免的。像酞酸酯(Phthalates)和酚甲烷(BPA)这样的化学物质，会模拟体内的荷尔蒙，从而影响睾丸激素分泌。这些化学物质大多在以下产品中：

## The Cause? Toxic Chemicals

Along with poor lifestyle habits, including stress and lack of sleep and exercise, chemical exposure is a preventable cause of poor male fertility. Toxic chemicals such as BPA and Phthalates can mimic natural hormones and block testosterone activity. These toxic chemicals are found in products like:



塑料瓶里



化妆品里



食物包装里



Plastic Bottles



Cosmetics



Food Packaging

## 如何保护生育力

定期检测你体内的化学物质

减少和以下东西的接触：

- 加工食品
- #3, #6, #7 塑料
- 纸质发票
- 香精
- 胶囊类维他命



## Ways to Optimize Fertility

Test your toxic chemical exposure

Avoid the following:

- Processed foods
- Plastics numbered 3,6,7
- Paper receipts
- The ingredient “fragrance”
- Capsule vitamins

