



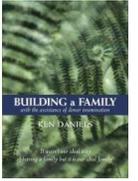
OUTREACH HEALTH GROUP

Announcement!

A great resource for those embarking on the journey of using donor semen to create their family!

“Building a Family with the Assistance of Donor Insemination” by Dr. Ken Daniels. Go to our Marketplace for this resource and more!

<https://creatingcanadianfamilies.ca/product-category/literature/>



THOUGHT OF THE MONTH

Someone is sitting in the shade today because someone planted a tree a long time ago.

Warren Buffett

ANNOUNCING NEW DONORS THIS MONTH

5476 - Caucasian

5473 - Caucasian

Check out our Website!

Volume 6, Issue 8

August 2018

Go 'low carb' to increase fertility chances by five times, experts say

Women should go “low carb” if they want to conceive - because doing so could increase the chance of success by five times, say fertility experts.

They say one portion a day is the limit for those trying to conceive, and advised cutting out all white bread, pasta and breakfast cereals.

Leading doctors said they are advising patients with fertility problems to radically change their diet, after evidence showed that high amounts of refined carbohydrates can seriously damage conception chances....

...Dr Gillian Lockwood, executive director of fertility group IVI, said she advises all patients to cut their carbohydrate intake, amid a growing body of evidence linking such foods to impaired fertility.

High levels of carbohydrates - especially refined ones - are already known to affect the body’s metabolic functions, and can fuel obesity, which in itself reduces fertility.

But experts said there is grow-

ing evidence that a typical western diet, with high reliance on convenience foods, high in carbohydrates, badly affects a woman’s reproductive system, reducing the quality of her eggs.

Fertility experts advised all couples trying to conceive to look closely at their diets - and said there was strong evidence that women in particular should cut back on carbohydrates.

Dr Lockwood highlighted research which found women with lower carbohydrate intake had four times the success rates of those on standard diets....

...“The women’s partners also need to do their part and scrap their stuffed-crust pizza and enjoy a chicken salad too,” she said....

Couples should try to stick to just one portion of carbohydrates a day she said - and make it a complex one, such as brown rice or wholewheat pasta.

Miss Dugdale said: “People should be cautious of the refined carbohydrates in white bread, pasta, cereals, biscuits and cakes because their simpler

molecules break down more quickly in the body, causing a spike in blood sugar.

“Over time the body becomes less able to process sugar, leading to poor metabolic health, which can cause inflammation in the body and damage mitochondria, the powerhouses of the cells.

“A woman's eggs are very large cells with a high number of mitochondria, so their quality is affected. Poor diet that includes refined carbohydrates can also affect male fertility by damaging the DNA in sperm. This affects sperm motility, their ability to swim, their morphology, or the shape which makes them good swimmers, and the sperm count, or how much sperm is produced.

“A diet low in refined carbohydrate is therefore important for both the man and the woman.”...

For full article, https://www.telegraph.co.uk/news/2017/07/05/low-carb-increase-fertility-chances-five-times-experts-say/?WT.mc_id=tmg_share_em



16945 Leslie Street, Unit 8, Newmarket, ON, L3Y 9A2
Tel (toll free): 1-866-785-4709, Fax: 1-866-785-5620

Hours of Operation:

Monday through Friday 8:30 a.m. to 5:00 p.m. Saturday 9:00 a.m. to 1:00 p.m. EST

Email info@creatingcanadianfamilies.ca

Web: www.creatingcanadianfamilies.ca

Visit us on Facebook!

To Unsubscribe: Email info3@creatingcanadianfamilies.ca with the subject UNSUBSCRIBE