

Zinc Rich Foods & Yang/Essence increasing foods – increase sperm motility/morphology

Almonds
Artichoke
Avocado
Bananas
Blackberries
Cashew
Cauliflower
Chicken (dark meat)
Chickpeas (including hummus and falafel)
Crab, Dungeness
Cucumber
Eggs
Fish
Kidney beans
Kiwi
Lima beans
Liver
Olives
Onion
Oysters
Peaches
Pecans
Pine Nuts
Pumpkin seeds
Radish
Shellfish
Spinach
Squash
Strawberries
Sunflower seeds
Sweet potatoes
Turkey (dark meat)
Walnuts

Deficiencies of Zinc are quite common. Zinc is important for the cell division and the production of healthy sperm. It is the most critical trace mineral for male sexual function. It is needed for testosterone metabolism, testicle growth, sperm production, motility, count, reducing excess estrogen in male reproductive tissue. Every time a man ejaculates he loses about 5 mg of zinc. Alcohol depletes zinc in the body. Folic acid, tea, coffee, high fiber intake, and iron may inhibit absorption. Vitamin B6 and C may aid absorption.