

YOU DON'T THINK ALCOHOL IMPACTS YOUR CHANCES OF TAKING HOME A HEALTHY BABY? THINK AGAIN!



The Real Impact of Alcohol Consumption on Fertility, Miscarriage Risk and Reproductive Outcomes Revealed



Alcohol is the most widely used toxic, psychoactive drug in the world [1].



Around 43% of adults globally consume alcohol. This statistic varies considerably, from 9.8% in central, southern and western Asia to 88.2% in western Europe [2].

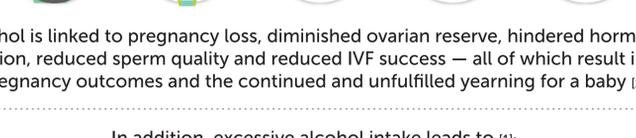


3.3 MILLION DEATHS EVERY YEAR
6 DEATHS EVERY MINUTE

The World Health Organization states that 3.3 million deaths every year result from harmful alcohol use [3].



Alcohol increases the production of reactive oxygen species, which are little molecules that cause increased inflammation, cellular damage, death and even destruction of cellular DNA [4].

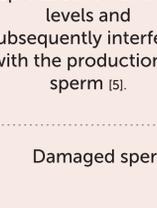


Alcohol is linked to pregnancy loss, diminished ovarian reserve, hindered hormone production, reduced sperm quality and reduced IVF success — all of which result in failed pregnancy outcomes and the continued and unfulfilled yearning for a baby [1].

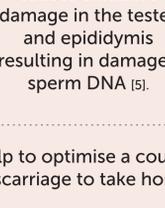
In addition, excessive alcohol intake leads to [1]:

- ↑ Blood pressure
- Heart disease
- Liver disease
- Bleeding of the gastrointestinal tract
- Cancer— including breast, mouth, throat, oesophagus, liver and colon
- Dementia
- Anxiety
- Depression
- Damage to relationships
- Unemployment

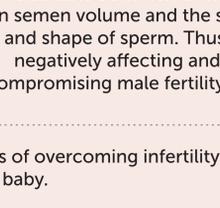
THE IMPACT OF ALCOHOL CONSUMPTION ON MALE FERTILITY



Alcohol alters reproductive hormone levels and subsequently interferes with the production of sperm [5].



Alcohol consumption causes oxidative damage in the testes and epididymis resulting in damaged sperm DNA [5].



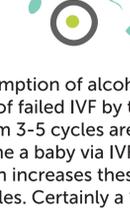
Any amount of alcohol exerts a considerable detrimental effect on semen volume and the size and shape of sperm. Thus, negatively affecting and compromising male fertility [5].

Damaged sperm cannot help to optimise a couple's chances of overcoming infertility and miscarriage to take home a healthy baby.

THE IMPACT OF ALCOHOL CONSUMPTION ON FEMALE FERTILITY



Alcohol disrupts the ability of the ovaries, adrenal glands and liver to produce and metabolize hormones, resulting in ovulation problems [6].



Alcohol consumption reduces both ovarian reserve and egg quality, decreasing a woman's chance of conception [7].



Consumption of as little as 2 alcoholic drinks per week increases miscarriage risk in the first trimester by 66% [8].



Consumption of alcohol also increases the chance of failed IVF by twofold. Therefore, if a minimum 3-5 cycles are ordinarily required to take home a baby via IVF, adding alcohol to the equation increases these odds to a whopping 6-10 cycles. Certainly a "numbers game" that is not in your favour [9].

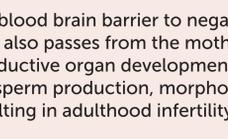
THE IMPACT OF ALCOHOL CONSUMPTION ON THE PROSPECTIVE CHILD

Even if the baby survives alcohol exposure in the womb, they may suffer disabilities for their entire life, such as [10-12]:

- Physical deformities
- Bone and/or joint problems
- Facial abnormalities
- Delayed development
- Learning disabilities
- Speech impairments
- Aggression
- Anxiety
- Depression
- Hyperactivity
- Antisocial behavior
- Hearing loss
- Vision issues
- Congenital heart disease



Foetal alcohol spectrum disorders are physical, developmental and physical problems in babies caused by maternal and paternal alcohol consumption [13, 14].



babies are born with foetal alcohol spectrum disorders every year [15].

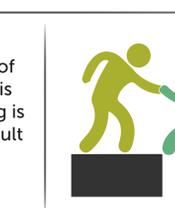


Alcohol not only crosses the blood brain barrier to negatively impact brain development, it also passes from the mother to the foetus, impacting reproductive organ development. In male offspring, this impairs sperm production, morphology and motility, ultimately resulting in adulthood infertility [16].

VITAL CONSIDERATION WHEN WORKING TO OPTIMISE YOUR CHANCES OF TAKING HOME A HEALTHY BABY



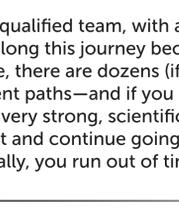
Unfortunately, the number one issue that keeps couples stuck on their journey to parenthood, without getting there anytime fast is that they "don't know what they don't know".



Whenever someone says "I've tried everything and nothing has worked" it is a sure fire clue they have exhausted the end of what they knew could help them and they have arrived in the land of "I don't know what I don't know".



The trouble of staying in this place too long is that it can result in no baby.



Overcoming infertility and recurrent pregnancy loss in most instances is a task you are very unlikely to be able to accomplish on your own.

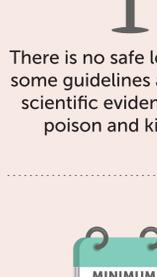


You will need a qualified team, with a proven track record to support you along this journey because under each area addressed here, there are dozens (if not many more) clues leading to different paths—and if you don't know what you are doing and lack a very strong, scientific and objective compass, you will get lost and continue going around in circles until, eventually, you run out of time all together.



Self-prescription and treatment when it comes to fertility and recurrent miscarriage is a recipe for continuing to try with very low (to no) chance of success. Finding the right team for you is of paramount importance.

SCIENTIFICALLY VALIDATED SELF-CARE RECOMMENDATIONS

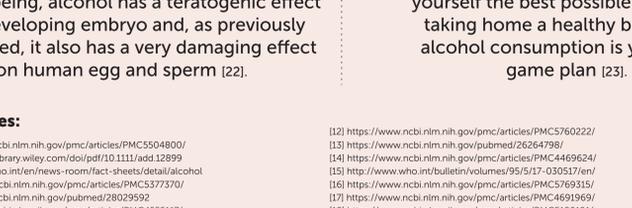


Fertility is a team sport. Male fertility has a 50% impact on the increased risk of miscarriage and adverse pregnancy outcomes [17].

Hence why it is essential for both prospective parents to optimise their health prior to a conception attempt, and why not doing so could mean the difference between having a baby or not.



Here are some suggestions you and your partner can begin implementing now.



There is no safe level of alcohol consumption when trying to conceive. Even though there are some guidelines and some of these guides have been shifted up and down over the years, the scientific evidence shows no truly safe consumption level. Given alcohol can be used as rat poison and kills human brains cells, how safe is it really for the egg, the sperm and the developing embryo? [18-21].



No partner in the couple should be drinking alcohol leading up to and when trying to conceive for a minimum of 120 days prior to a conception attempt. Reason being, alcohol has a teratogenic effect on a developing embryo and, as previously mentioned, it also has a very damaging effect on human egg and sperm [22].



If you want to overcome infertility and decrease you and your partner's risk of miscarriage (50% of miscarriages occur due to male factor), as well as give yourself the best possible chance of taking home a healthy baby, zero alcohol consumption is your ideal game plan [23].

References:

- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5504800/
- https://onlinelibrary.wiley.com/doi/pdf/10.1111/and.12899
- https://www.who.int/en/news-room/fact-sheets/detail/alcohol
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5377370/
- https://www.ncbi.nlm.nih.gov/pubmed/28029592
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4555117/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4915288/
- https://academic.oup.com/ijj/article/41/2/140/5169180
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5476540/
- https://www.ncbi.nlm.nih.gov/pubmed/27375266/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4123492/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5760222/
- https://www.ncbi.nlm.nih.gov/pubmed/26264798/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4469624/
- https://www.who.int/bulletin/volumes/95/12/130513/en/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769315/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4691969/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5180191/
- https://www.mhjjournal.org/article/S1751-4851(15)30009-X/fulltext
- https://www.ncbi.nlm.nih.gov/pubmed/19789159
- https://www.ncbi.nlm.nih.gov/pubmed/23713727
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3860424/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5922225/

Who do you know who has been trying to conceive or take a healthy pregnancy to term for over 2 years? Apply for a complimentary fertility assessment with our team today. For more information visit: www.naturalfertilitybreakthrough.com