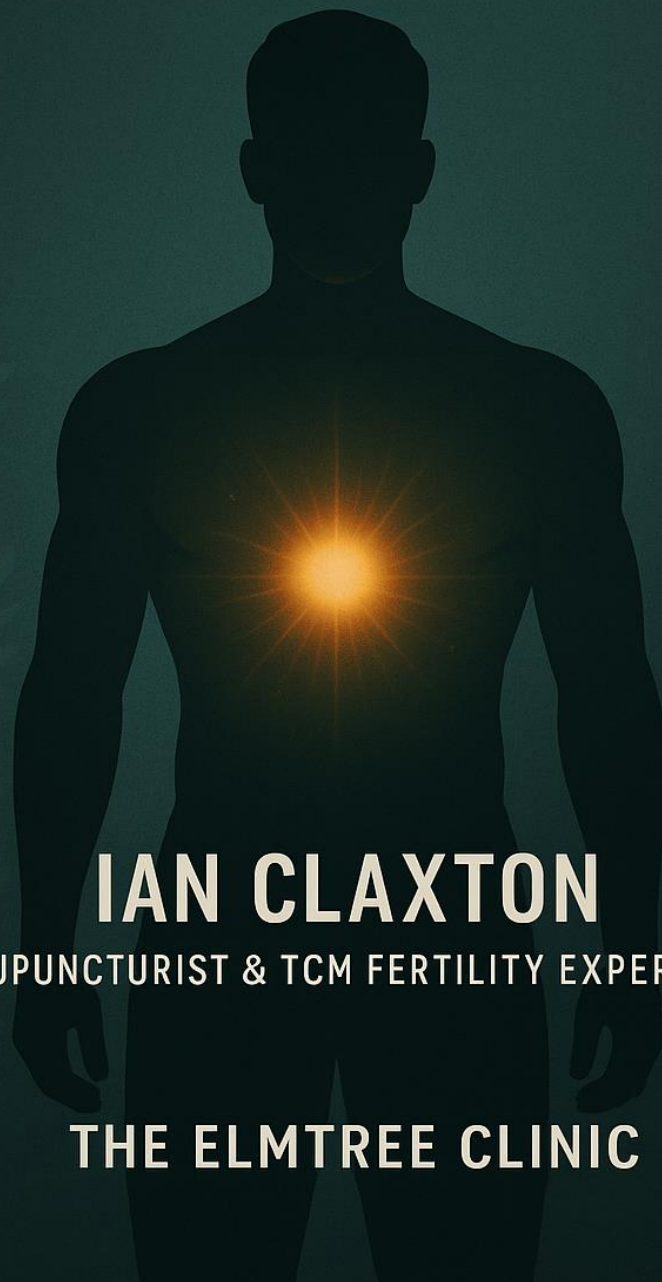


STRONGER SEED

A MAN'S GUIDE TO BOOSTING
FERTILITY, ENERGY & VITALITY
NATURALLY



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Stronger Seed *A Man's Guide to Boosting Fertility, Energy & Vitality Naturally*

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Introduction: Why This Guide?

If you're reading this, you're probably thinking more deeply about your health, your future, and your potential to create life. Whether you're actively trying to conceive or just want to feel more energised, this guide is here to help.

As a Traditional Chinese Medicine (TCM) practitioner, herbalist, and acupuncturist, I've worked with men from all walks of life who want to optimise their fertility and energy. "Stronger Seed" is about more than just sperm count—it's about reigniting your drive, building resilience, and taking ownership of your health with simple, natural, time-tested methods.

This is your roadmap to stronger fertility, better sex drive, sharper focus, and a more powerful sense of self.

Let's dive in.

Module 1: Understanding Male Fertility

Key Concepts:

- Sperm health is a mirror of overall health
- Fertility issues are rising in men under 40
- TCM focuses on restoring internal balance, not just treating symptoms

Western Perspective:

- Issues include low sperm count, poor motility, hormonal imbalance, stress, and poor lifestyle habits

TCM Viewpoint:

- The Kidneys govern reproductive energy (Jing)
- Common patterns: Kidney Yang Deficiency, Liver Qi Stagnation, Damp Heat

How You'll Know if You're Out of Balance:

- Low libido
- Fatigue or burnout
- Weak ejaculation

- Cold hands/feet
- Poor sleep

Action Step:

Take 5–10 minutes and list any recurring symptoms or health complaints you have. These are signals, not random annoyances. Bring this list to your first consultation. Use the checklist below for guidance too:

<https://www.theelmtreeclinic.com/MaleFertilityChecklist.html>

Module 2: The TCM Approach to Fertility

The Role of Kidney Jing:

In Traditional Chinese Medicine, fertility is rooted in something deeper than hormones or sperm count. It's about your "Jing" – your essence or core vitality. Stored in the Kidneys, Jing is the foundation of reproductive health, longevity, and energy.

When your Kidney Jing is strong, you feel powerful, motivated, and vital. When it's depleted, you feel tired, low in libido, and out of sync with your body.

Common Patterns of Imbalance:

- 1. Kidney Yang Deficiency:**
 - Cold limbs, low libido, fatigue, weak ejaculation
 - Treatment: Warming herbs (e.g., *Jin Kui Shen Qi Wan*), moxibustion, acupuncture
- 2. Kidney Yin Deficiency:**
 - Night sweats, dry mouth, restlessness, low sperm quality
 - Treatment: Yin-nourishing herbs (e.g., *Liu Wei Di Huang Wan*), cooling foods
- 3. Liver Qi Stagnation:**
 - Stress, irritability, tight chest, reduced sperm motility
 - Treatment: Acupuncture, herbal formulas (e.g., *Xiao Yao San*), exercise
- 4. Damp Heat:**
 - Swelling, heaviness, bad breath, sluggish digestion, inflammation in the reproductive system
 - Treatment: Bitter herbs, acupuncture to clear heat and damp, light diet

TCM Diagnosis is Personal:

You are not a diagnosis code. In TCM, we treat the pattern, not just the problem. That's why the same fertility issue may have completely different treatments depending on your body type, constitution, and lifestyle.

Action Step:

Download our free TCM Symptom Checklist and identify your top 3 most common issues. Bring this to your consultation to personalise your fertility support plan.

Download here: <https://www.theelmtreeclinic.com/MaleFertilityChecklist.html>

Module 3: Acupuncture's Role in Male Fertility

Acupuncture has been used for thousands of years to enhance reproductive health by restoring balance in the body, reducing stress, and increasing blood flow to vital organs, including the testes.

Benefits of Acupuncture for Men:

- Regulates hormone levels and improves testosterone
- Reduces stress and cortisol (which negatively impacts sperm)
- Improves testicular blood flow, boosting sperm quality and count
- Enhances libido and stamina

How It Works:

Very fine needles are placed at specific points on the body to stimulate Qi (energy) and blood circulation. For fertility, points are often chosen to tonify the Kidneys, soothe the Liver, and strengthen the Spleen.

Frequency & Timing:

For optimal results, we recommend weekly acupuncture sessions for at least 6–8 weeks. Each case is personalised based on your TCM diagnosis.

Action Step:

Book your [Male Fertility Acupuncture Assessment](#). This includes your full health review, diagnosis and herbal remedies.

Module 4: Strength Training & Hormones

Exercise isn't just good for the heart – It's essential for testosterone production and healthy sperm.

Why Strength Training Matters:

- Boosts testosterone and growth hormone naturally
- Reduces body fat (linked with poor fertility)
- Improves sleep and mood

Best Practices:

- Lift heavy weights 2–3 times per week
- Focus on compound movements: squats, deadlifts, pull-ups, presses
- Include rest and recovery to avoid overtraining

Avoid:

- Chronic cardio (can lower testosterone)
- Excessive high-intensity training with no recovery

Action Step:

Download the “Stronger Seed Strength Plan” for a 2-day/week workout program designed to support fertility and vitality.

: <http://www.theelmtreeclinic.com/strongerseedstrengthplan>

Module 5: Nutrition + Supplements

Your diet fuels your sperm. Every bite is either nourishing your fertility or depleting it.

Top Fertility Foods:

- Eggs, avocado, oily fish, pumpkin seeds, bone broth, leafy greens, black sesame

Foods to Reduce:

- Sugar, alcohol, caffeine, fried food, dairy, soy, processed meats

Key Supplements for Men:

- Zinc, CoQ10, L-Carnitine, Vitamin D, Omega-3, Ashwagandha

Always consult with your TCM practitioner before starting supplements.

Action Step:

Start with a food journal for one week. Track your intake honestly. Highlight what supports you – and what drains you.

Module 6: Recovery, Sleep & Lifestyle

Fertility isn't only about what you do—it's also about how well you rest and recover.

Essentials of Recovery:

- 7–8 hours of quality sleep each night
- Reduce screen time at night (blue light reduces melatonin)
- Daily walks or time in nature
- Breathwork or meditation to regulate stress

Sexual Health Practices:

- Avoid excessive ejaculation (2–3x per week is ideal for building Jing)
- Try microdosing stress with cold showers or sauna

Action Step:

Create a 3-day wind-down routine: 3 evenings in a row where you prioritise early nights, reading, and no screens. Notice how you feel after.

Bonus Module: Testing + Next Steps

Recommended Male Fertility Tests:

- Semen analysis (volume, motility, count, morphology)
- Hormone panel (FSH, LH, testosterone, prolactin)
- Vitamin D and inflammation markers

When to Seek Help:

If you've been trying for 6+ months without success, or if you're experiencing symptoms mentioned in Module 1, it's time to get support.

Action Step:

Schedule your first Male Fertility Consultation and take the next step with confidence.

[Book Now](#)

You Have More Power Than You Think.

Rebuilding your fertility isn't just about becoming a father. It's about reclaiming your vitality, self-confidence, and inner strength.

I'm here to support you every step of the way.

Ian Claxton,
The Elmtree Clinic

Ready to make your next move? Book your private Male Fertility Consultation today:
www.theelmtreeclinic.com/male-fertility.html