

FIT FOREVER THIS WORKOUT WILL CHANGE YOUR LIFE! P130

Men's Health

AUGUST 2008 £3.80

SMALL STEPS, BIG RESULTS

**52 NEW BELLY
BUSTING FOODS**

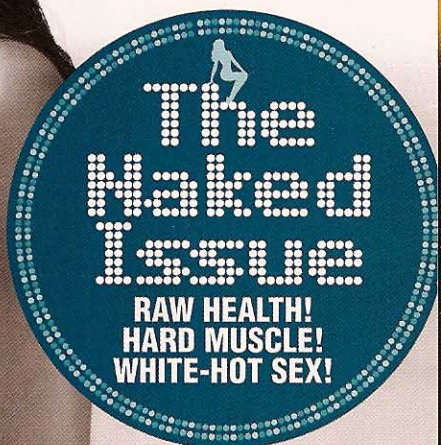
**7 Signs She's
Good In Bed**

**LOSE
YOUR
GUT!**

**Pack On
Muscle**

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**ATTACK
PROOF
YOUR HEART**



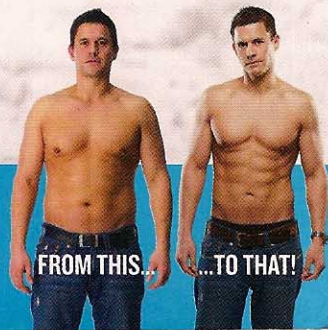
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**STRIP
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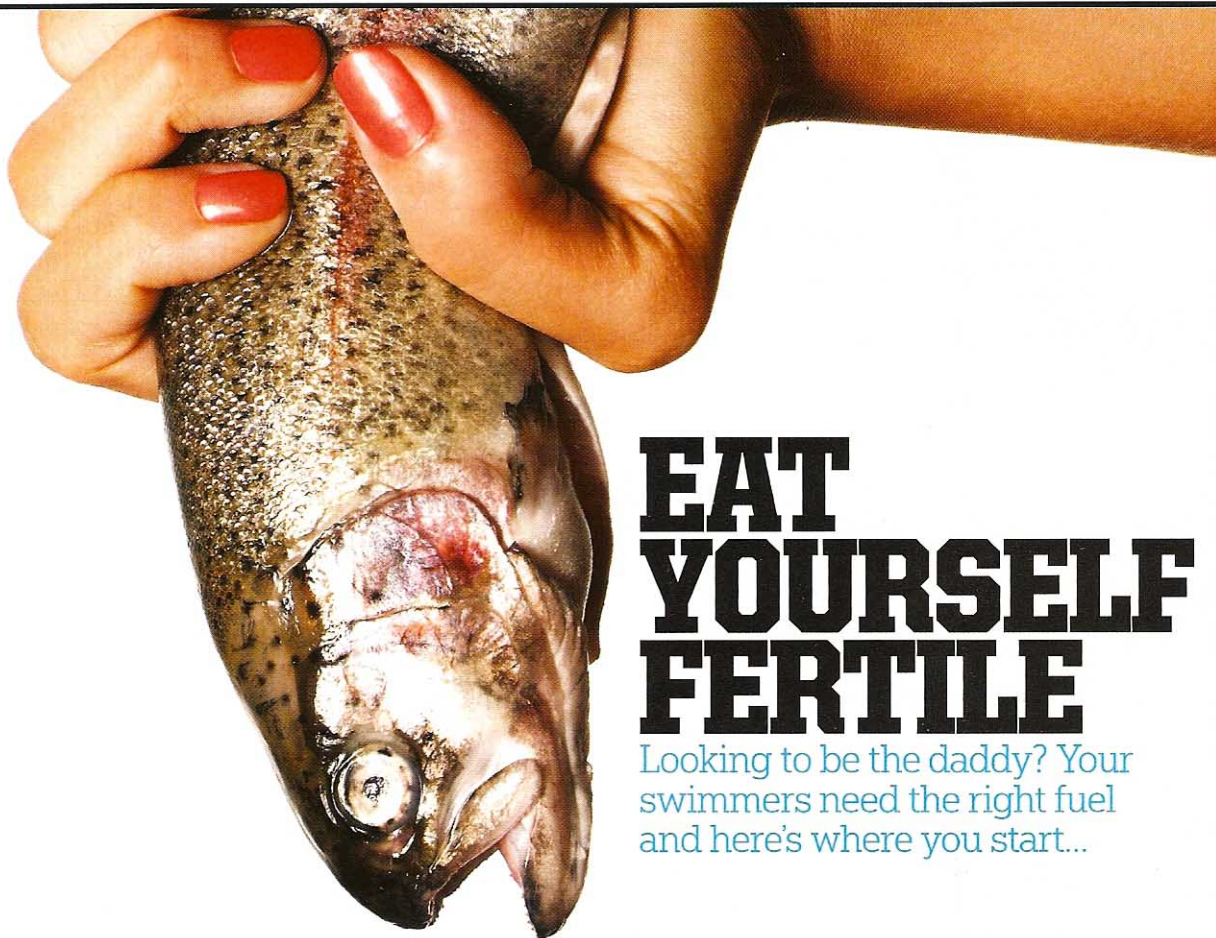
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Core's greatest hits are here, for the time-poor, info-keen man

MH CORE

EDITED BY JOE MACKIE

GENTLEMEN, WE CAN IMPROVE YOU

The fresher your sushi the better... within reason



EAT YOURSELF FERTILE

Looking to be the daddy? Your swimmers need the right fuel and here's where you start...

What to tuck into if you want sprogs



Planning for
a family is
a good crack

In the past our only worries about starting a family were ordering the cigars and ducking nappy-changing duty. But things have changed for the 21st century man: sperm counts have dropped 50% in the last decade, according to a study published in the *British Medical Journal*. A quarter of infertility cases are now due to the male and after the age of 24, your odds of conceiving within six months drop 2% a year. "In recent years the percentage of sperm abnormalities has increased 12-fold," says Dr Marilyn Glenville, fertility expert and author of *Getting Pregnant – Faster* (Kyle Cathie). The problems don't stop at pregnancy either; around

BRITISH MEN'S SPERM COUNTS HAVE DROPPED BY 50% IN THE LAST DECADE

one in seven end in miscarriage and the quality of your sperm is a major factor here. Don't reach for the adoption brochures yet though – with some simple menu management, you can still add to the population.

YOU WILL NEED...

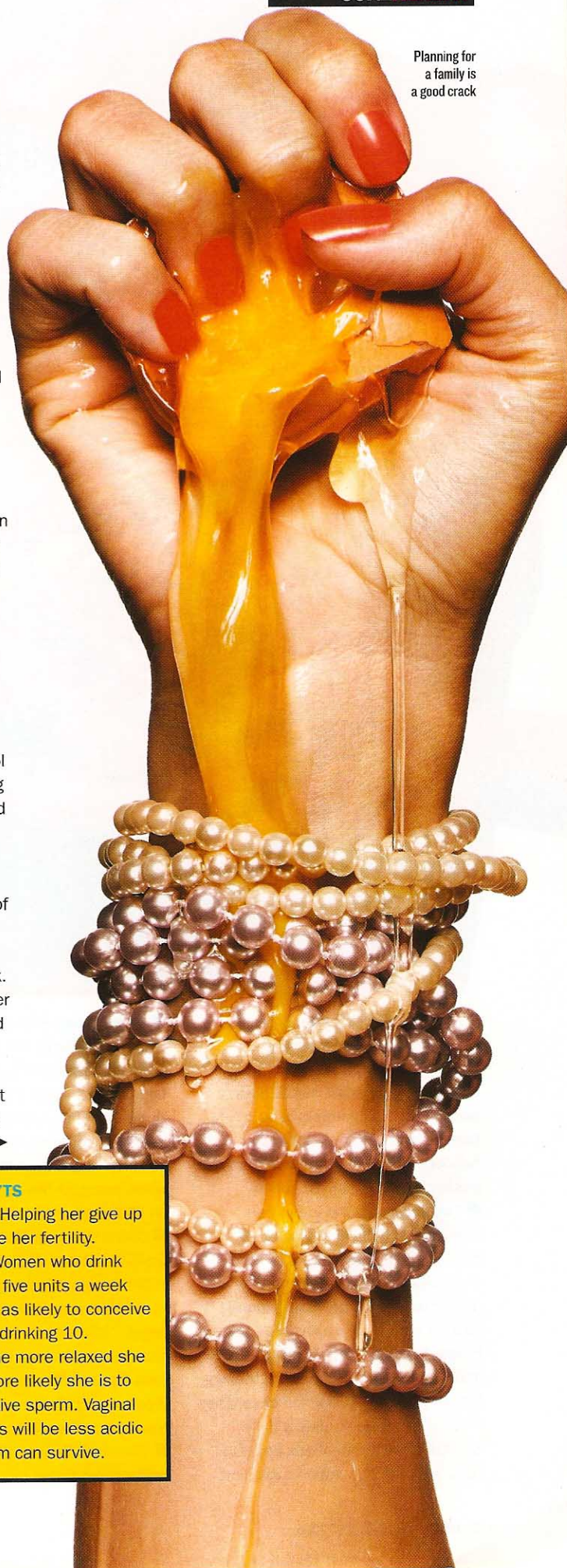
■ **Zinc** The fertility super-nutrient improves count, motility (aka swimming ability), volume, hormone levels, genetic material, cell division and sex drive, as well as forming the outer layer of the tail of the sperm. Zinc puts the requisite cartridges in

your chamber, and 15mg per day is the minimum you need. If you're actively trying, it's better to double this as US Department of Agriculture researchers found men lose up to 9% of their daily zinc intake per ejaculate. Oysters are the richest source, with six providing 16mg. Or nibble daily on pumpkin and sesame seeds.

■ **Selenium** Behind almost as many pregnancies as happy hour, this mineral increases sperm count and motility and reduces numbers of abnormal swimmers. It's also needed for producing testosterone, which in turn governs sperm production. "When selenium levels are low the tails of sperm may fall off, and deficiencies are also linked to DNA damage," says consultant obstetrician Michael Dooley. Brazil nuts are rich in selenium, so aim for five a day. If you can't get your hands on your nuts, Glasgow Royal Infirmary research found a 100mcg daily supplement increased chances of conception. Go for Biocare selenium (£5.45 for 60, positivehealthshop.com).

■ **Vitamin B12** Japanese research from the Yamaguchi University School of Medicine found 42% of men taking a 1500mcg daily supplement showed improved sperm count and motility. To get the necessary B-boost, add plain natural yoghurt to your daily breakfast cereal and have a couple of eggs three times a week, with fresh salmon. If you can hack it, liver is a great source, so have it once a week.

■ **Vitamin C** Sperm clumping together is a major barrier to Daddy-plans, and University of Texas studies found vitamin C helped sperm to swim singularly, as well as increasing count and reducing abnormalities. Get your daily 100mg from a combined five



FEMME FERTILE

How to manage *her* menu to score in the mating game, courtesy of Susannah Lawson, author of *Optimum Nutrition Before, During and After Pregnancy* (Piaktus).

THE DOS

Zinc Essential for ovulation and cell division. Find it in oysters, eggs and red meat.

B6 Will boost her sex drive and help egg development. Serve up grilled trout, wilted spinach and potatoes.

Vitamin E Reduces the risk of miscarriage and protects embryo development. Nuts have loads, almonds the most.

Folic acid Reduces the risk of spina bifida. Supplement with 400mcg daily (90 caps for £4.90, highernature.co.uk).

THE DON'TS

Smoking Helping her give up will double her fertility.

Alcohol Women who drink less than five units a week are twice as likely to conceive as those drinking 10.

Stress The more relaxed she is, the more likely she is to retain active sperm. Vaginal secretions will be less acidic and sperm can survive.

You're guaranteed to go nuts for her...

their intake by 200mg a day saw conception rates rise. Add almonds to your muesli, opt for sweet potato over traditional spuds, and add tomato and avocado to your lunchtime sandwich.

YOU WILL SKIP THE...

■ **Coffee** University of Milan boffins found caffeine reduced sperm count by lowering levels of the luteinizing hormone and testosterone, both needed for sperm production. Opt for caffeine-free rooibos tea.

■ **Soya** Easy on the tofu. Studies at the Royal Victoria Hospital in Belfast showed that consuming a large amount of soya products has a negative impact on sperm quality.

■ **Booze** Keep that champers on ice: 80% of alcoholic men are sterile and unexplained dyspermia (low count, motility and high levels of abnormal sperm) increases in line with alcohol consumption. Booze stops you absorbing zinc and vitamin B12, hits your testosterone production and causes impotence. And research by Paulista State University in Brazil found it also shrinks your balls. "Just two drinks can have a negative effect," says Zita West, author of *Fertility and Conception* (Dorling Kindersley). **MH**

SPECIALS BOARD: THE BETTER ERECTION MENU

Nutritional therapist Emma Wells suggests the perfect potency-enhancing eating plan

Around 2.3 million UK men suffer from potency problems according to the Sexual Dysfunction Association. Diabetes, cardiovascular problems and high blood pressure are common causes and if the Null Monty becomes a regular occurrence, see your GP. In the meantime, follow this plan for extra lead in your pencil.

Breakfast Oat porridge with quinoa and berries Keeps mood and blood sugar stable, the fibre reduces cholesterol to improve circulation, and

the berries keep your veins in good order.

Lunch Wholemeal salmon and avocado wrap with tomato salsa

Avocado delivers vitamin E which ups blood flow to the penis. Salmon's omega-3 boosts mood, and lycopene in the salsa protects the prostate.

Dinner Grilled chicken with sunflower seed pesto, new potatoes and watercress

Chicken delivers the amino acid L-arginine which helps relax muscles surrounding blood vessels, increasing erection-enabling blood-flow. The watercress and new potatoes provide a lot of the heart-protecting vitamin C to keep one pump supplying the other.

portions of C-rich kiwi, broccoli, papaya, mango, strawberries, raspberries, tomatoes, grapefruit, cabbage, asparagus, sweet potato and plums. And go organic – University of Missouri-Columbia School of Medicine research found pesticides lower semen quality.

■ **Fatty acids** Found in oily fish, these are the building blocks for prostaglandins, low levels of which are associated with lower fertility and abnormal sperm, according to the *Journal of Reproduction and Fertility*. Prostaglandins boost sperm's all-important ability to penetrate the egg. Eat tuna, mackerel, salmon or sardines three times a week, plus a daily handful of nuts and seeds and you'll be a one-man population explosion.

■ **Amino acids** Red meat and dairy pack the dynamic duo of L-arginine – which is needed for a perfectly formed sperm head – and L-carnitine, which University of Geneva research found improves count and quality. But don't eat them more than three times a week, because the sat fats can impact on your production of prostaglandins.

■ **CoQ10** Sounds like a *Star Wars* droid, but it boosts the energy supply in the middle of your sperm so they have a better chance of reaching their target. "It's hard to get a lot in your diet, so supplement with 50mg daily," says Dr Glenville. Your best option are Biocare CoQ10 plus (£16.64 for 30, positivehealthshop.com).

■ **Vitamin E** Tel Aviv University researchers found men who upped