

## **In just three months, Rakesh's sperm count and motility increased**

I am Mrs. Rakesh and even after five years of a happy relationship, I couldn't conceive. So we were both really concerned. So we visited a famous gynecologist and underwent all the tests. She said I couldn't get pregnant because my husband's report wasn't good. His sperm count and sperm motility was very low. None of the sperms had normal morphology or shape.

I was shocked and didn't know what to do. She gave us some medicines and told us to repeat the test in a month. For about 4-5 months, my husband continued to take medicine and underwent repeated tests. However, the report did not bring about significant improvements. Although the drug slightly increased sperm count, sperm motility and morphology did not improve.

So, I finally decided to consult a dietician since diet plays an important role in our overall health. I searched online for a Dietician near me and found Dietician Priyanka's phone number. Impressed by the 5 star ratings and reviews, I called her right away and told her all my concerns.

She listened to me calmly and told me that my husband's condition would get better soon. She told me that he needs a diet rich in protein and antioxidants such as vitamin C and Co Q10 to increase his sperm count and motility. Protein such as L-carnitine improves semen quality, and antioxidants such as vitamin C and Co Q10 reduces destruction caused by toxins. She also suggested some herbs that increase male fertility.

Besides all this, she also told us to follow a diet for 3 months. We pursued everything with heartfelt faith and dedication because we really wanted a baby. Three months later, I ran the test again and guess what?

His report changed. The sperm motility increased from 8% to 45% and sperm morphology from 0 to 25%. We were both so happy that we decided to continue with the plan for another 3 months.

I was confident that the report would get even better in a few more months. I am very grateful to my Dietician Priyanka for her support and motivation. She is an expert in almost every field of nutrition.