

Cell Phones & EMFs Reduce Sperm Health & Testosterone | Dr. Andrew Huberman

<https://silosolo.com/267287>

Summary

The use of phones can have a detrimental effect on sperm quality and testosterone levels. Phones emit radio frequency waves and electromagnetic fields (EMFs) which can negatively impact the brain, heart, endocrine system, and reproductive function. Carrying the phone in the front pocket can reduce sperm count and motility. Even if Wi-Fi or cellular access is turned off, the heat-related effects of the phone can still affect sperm quality. To mitigate these effects, it is recommended to keep the phone away from the groin or as far as possible.

Silo sample questions

- What is the detrimental effect of phone use on sperm quality and testosterone levels?
- What are the potential adverse effects of radio frequency waves and electromagnetic fields (EMFs) emitted by phones?
- Should you avoid putting your phone in your pocket?
- Is it still a problem if you turn off Wi-Fi or cellular access on your phone?
- What can you do to mitigate the detrimental effects of phones on sperm quality?

Topics

Phone use and sperm quality

Radio frequency waves

Electromagnetic fields

Heat-related effects

Mitigating the effects

Key Takeaways

- Phone use can reduce sperm count and motility, and possibly testosterone levels.
- They can have a negative impact on brain, heart, endocrine system, and reproductive function.
- To be on the safe side, it is suggested to avoid carrying your phone in your front pocket, especially for males seeking to conceive.
- Even if you turn off Wi-Fi or cellular access, the heat-related effects of the phone can still impact sperm quality.
- Keep your phone away from your groin or as far as possible, especially if you're a male seeking to conceive or maximize testosterone levels.

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