

Impact of Drinking Alcohol & Smoking Nicotine & Marijuana on Fertility | Dr. Andrew Huberman

<https://silosolo.com/374153>

Summary

Certain behaviors, such as smoking and excessive alcohol consumption, can have a striking effect on fertility for both males and females. Smoking, including nicotine and cannabis, reduces fertility by increasing reactive oxygen species and causing DNA fragmentation in sperm. It also disrupts the quality of the egg. Alcohol intake, even in moderation, can decrease fertility and increase the likelihood of mutations in the embryo. The recommended advice for smokers and those trying to conceive is to quit smoking and limit alcohol intake to one or two drinks per week, or ideally, abstain from drinking.

Silo sample questions

- What is the effect of smoking on fertility?
- How does smoking affect the process of fertilization?
- What is the recommended advice for smokers who want to conceive?
- What is the impact of alcohol on fertility?
- What is the recommended alcohol consumption for those trying to conceive?

Topics

Smoking

Fertility

Alcohol

Conception

Healthy pregnancy

Key Takeaways

- Smoking, including smoking nicotine and smoking cannabis, reduces fertility for both males and females. It disrupts the quality of the egg and can cause DNA fragmentation in sperm, leading to birth defects in offspring.
- Smoking increases reactive oxygen species in the egg and seminal fluid, disrupting the process of fertilization.
- The best advice for smokers who want to conceive is to quit smoking, including cannabis.
- Drinking alcohol, even in moderation, can decrease fertility and increase the likelihood of mutations in the embryo.
- For those trying to conceive, it is recommended to limit alcohol intake to one or two drinks per week, and ideally, it would be zero.

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