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Low Testosterone

Balance Low-T
Naturally

Low-T Causes
These Diseases

Cause and
Effects of Low-T

Testosterone
Friendly Foods



GRANDMA'S CURE CORNER
LOW TO HIGH-T TIPS

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Home Cures That Work for Low Testosterone

by Dr. Scott Saunders

Last week, Mitchell and Tracy came in for their test results. They are both in their early 50s and wanted to take a look at their hormone levels.

- She was having some symptoms of menopause.
- He was concerned about being angry all the time, and super aggressive. He described getting angry over nothing. For example, he had just experienced “road rage” a few days before the appointment and purposely crashed into a car that cut in front of him!



The results of their tests were very surprising:

- She had *very* high male hormones and no detectable female hormones.
- He had no detectable testosterone (low testosterone), and very low DHEA.

She should have been growing a beard, and he should have been growing breasts!

Role of Testosterone

Testosterone is an essential hormone for male development. Long-term studies in American GIs indicate that the healthiest levels of testosterone range from 400-600 ng/dl, which is just above average. Testosterone levels peak in the early 20’s and decline by about 1% per year after 40.

But, signs of low testosterone can appear at any age. These signs of low testosterone include:

- A decline in physical energy, strength, and stamina
- More aches and pains in the bones and joints
- Less initiative and mental aggressiveness, or even depression

Interestingly, erectile dysfunction doesn’t seem to correlate well with testosterone levels. Testosterone has very little effect on erection and only about a 25% correlation with libido (sexual or desire).

Testosterone and Sexual Desire

Daniel was quiet, thin and unassuming. He came to see me for some minor health issues, and incidentally, I found that he didn't have any testicles. He explained that he was a literal thinker. So, when he read in the Bible, "If thy right eye offend thee, pluck it out," he did just that. He was having problems with sexual behavior, so he did what cowboys do to make bulls into steer. Later, he was surprised when he got married that he and his wife had a normal sexual relationship (but they didn't have any children).

The psychiatrists tell us that the brain is the largest and most important sex organ. Therefore, the most important effect on libido is emotional. On the other hand, erectile dysfunction - or impotence - is partly emotional, but mostly related to the blood vessels. This is evidenced by the fact that Viagra, Cialis, and Levitra work so well. They work on the vascular system, enlarging the arteries and allowing more flow and pressure for stronger erections.

Having said that, why do people want their testosterone higher? Higher testosterone is correlated with:

- Greater strength
- More muscle mass
- Fewer heart attacks
- Less diabetes
- And better mental focus

However, there is a balance – too much testosterone causes men to be overly aggressive.

What causes Low-T?

Aging

Most men's testosterone declines over time from about 40 years old. This is not inevitable; it happens mostly for other reasons, like the causes below.

Fat

The most common cause of low testosterone today is having too much fat. Fat, especially in the abdomen, has an enzyme that converts testosterone into estrogen, the female hormone. This causes men to be less aggressive and more feminine. More fat and a man usually loses muscle mass, which increases their risk of diabetes. The more fat cells you have, the more testosterone is being converted to estrogen, leading to lower testosterone levels.



Injury

Trauma to the testes or a twisted testicle that cuts off the blood supply can slow or stop the gland from making testosterone. Tumors of the pituitary gland, head trauma, or concussions lower the pituitary hormones even years later, which then affects testosterone production.

Grandma's Tips

The power to act spontaneously, stay focused, solve problems, generate new ideas and maintain your energy level is just as important as sexual performance.



Drugs and medications

Chemotherapy and radiation therapy, **pain** medications like codeine and morphine, or anabolic steroids to enhance performance in athletes all directly lower testosterone production.

Inflammation

Many conditions and diseases that produce inflammation, such as sarcoidosis, histiocytosis, tuberculosis, and HIV/AIDS can lower testosterone production. Too much iron in the blood (hemochromatosis) is not uncommon, and can cause damage to both your testes and pituitary gland. In addition, mumps directly affects the testicles and may cause sterility.

Nutrient deficiency

Several nutrients can affect testosterone production, such as the minerals zinc, copper and selenium. Deficiencies in these nutrients are very common in those with low testosterone. One study showed zinc supplementation alone could increase testosterone production in bodybuilders by 40%!

Home Cures That Work for Low Testosterone!

Get the fat off!

If you have “love handles” around your waist, then it would help to lose the belly fat. Contrary to what we were told in medical school, you can take the belly fat off. This is done by lowering cortisol and insulin. The simplest way to lose belly fat is to:

- Avoid sugar
- Avoid starch
- Avoid carbohydrates (but NOT fiber)
- Avoid artificial sweeteners

A “whole foods” diet works very well for this. Don’t eat anything processed, or anything that comes in a box or has a list of ingredients.

Stop the drugs!

Many men are taking pain medications regularly for their aches and pains. Instead, use exercise, acupuncture and natural anti-inflammatories such as:

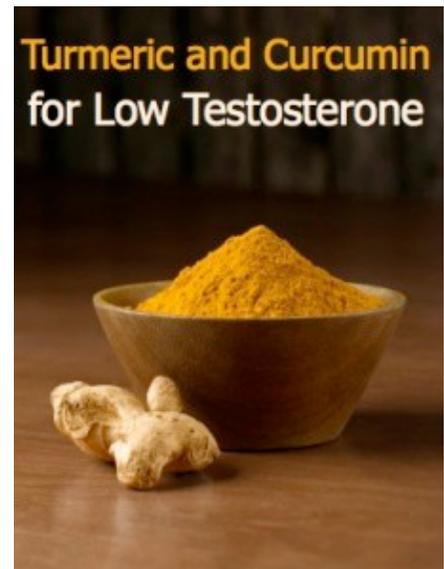
- Curcumin
- White willow
- Bioflavonoids
- And DLPA

Decrease inflammation!

Inflammation is caused by too much energy production, or oxidation. This is why we are told to take antioxidants, so we can decrease the damage done by oxygen free-radicals. However, the other option is to decrease the amount of energy we take in.

The best way to decrease inflammation is to:

- Eat larger amounts of high-nutrient and low-calorie foods such as green vegetables.



- Avoid low-nutrient and high-calorie foods such as pizza, ice cream, and fried foods.
- Eat small amounts of meat.

Also, certain herbs and spices can improve testosterone, probably by decreasing inflammation.

- Ginger was shown to double the testosterone in rats, for example.
- Turmeric is also a potent anti-inflammatory.

Take your vitamins!

Low doses of nutrients taken daily have not been shown to help low testosterone, however high doses have. But, taking high doses of vitamins and minerals every day can cause problems because of absorption and competition with other nutrients. Because of this, the best way to take your vitamins is to take larger doses on a weekly schedule.

Take the following minerals with food:

- Zinc – 200 mg once per week
- Copper – 100 mg once per week
- Selenium – 200 mcg - take 5 (1mg) once per week

It can also be helpful to take NAC (N-Acetyl Cysteine) 500mg per day on an empty stomach. This lowers inflammation by increasing your body's production of glutathione – a powerful antioxidant.

Mitchell and Tracy were actually pretty normal. We found that the lab had mixed-up their blood specimens.

- Tracy was in menopause, which we helped with a little bio-identical hormone replacement.
- Mitchell had a little too much testosterone which we balanced with estrogen giving them both good results.

The moral of the story is—consider lab error if you find your blood tests are out of range beyond your symptoms.

Note: Low testosterone can be managed for most without the need for shots or gels. However, in some cases men may need some supplementation which must be prescribed. You can determine your needs by your symptoms, and through testosterone level blood tests.



Dr. Scott D. Saunders, M.D. (Ask-an-MD) is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine. View natural remedies with Dr. Saunders at: <http://drsaundersmd.com/>

Balance Low Testosterone Naturally

by Amanda Box

Low testosterone is one of those subjects that is typically whispered under someone's breath. Its lack of recognition is comparable to "erectile dysfunction." It is as if higher testosterone has become synonymous with masculinity!

But, there is absolutely no reason for this subject to be so hush, hush! A decline of testosterone as men age is as normal as its increase during puberty! It happens to EVERYONE!! So now that I've tried my best to relieve the stigma, let's talk about low testosterone. What causes it, what are its symptoms, and how do you remedy it naturally?

The Causes of Low Testosterone

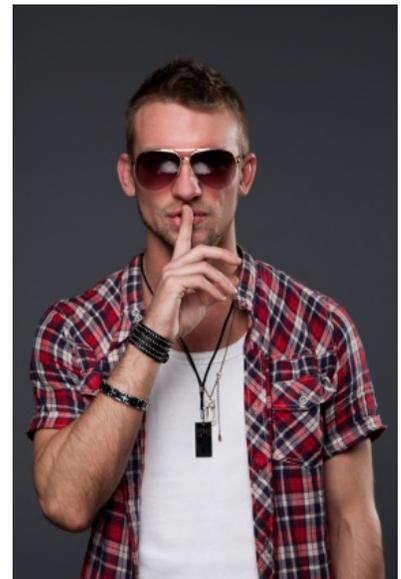
Like I stated above, low testosterone does come with age. Men as early as 40 can start feeling the effects of low testosterone. Some have labeled it "Male Menopause" or "Andropause." Whatever you want to call it, it is real and it definitely deserves more attention.

But, low-T is not entirely simple. Let me explain.

- Age doesn't just equal a lower production in free testosterone.
- It is the shift in the hormone production cycle that ultimately reduces testosterone.

As a man ages, the enzyme that converts his free testosterone into DHT (di-hydroxy testosterone) becomes more prevalent. You may recognize the hormone DHT, especially if you're lacking in the hair department. Excess DHT likes to bond to both hair follicles and the prostate to can cause baldness and prostate problems. This conversion leaves less free testosterone in the body and more DHT, which is not a healthy balance.

Estrogen is another hormone that competes with free testosterone. If a man has too much estrogen, it tells the brain to turn the production of testosterone down. Everyone has seen a man with too much estrogen. Many times they look "soft" and may have visible breasts and a protruding belly.



What causes the spike in estrogen? Well, the cause can also be the effect - and vice versa. Stored fat from overeating can trigger the body to convert more of its testosterone to estrogen. Once the balance of estrogen is too high, the overall production of testosterone decreases.

The opposite can also happen. Estrogenic compounds exposed to or ingested, can cause the body to grow breasts and store excess fat. Again, the rise in estrogen turns down the production of testosterone. This is why, many times, just supplementing with testosterone may not fix anything. Balancing all the hormones is key, not just increasing testosterone.

Estrogenic compounds (xenoestrogens) are everywhere and are dangerous for anyone to be exposed to - man, woman, or child. They can cause hormone disruptions which precludes many health problems. Some examples of products containing xenoestrogens include:

- Any food containing soy
- Cosmetics
- Sunscreens
- Fabric Softeners
- Plastic Containers



Low-T Symptoms

Before I list the obvious symptoms of low testosterone, I want to remind you again that every man will experience it in his lifetime. Symptoms or no symptoms, you may have low testosterone. I believe it is important for every man to get his testosterone levels checked in his 50s. There is more and more research coming out confirming the connection between low testosterone and the increased likelihood of many diseases and even death.

Dr. Elizabeth Barrett-Connor and her colleagues at the University of California San Diego tracked 800 men in California with ages ranging from 50-91. They concluded from their study that men with low testosterone had a 33% greater risk of death over the next 18 years of their life, than men with higher testosterone.

Many other studies have been performed connecting low testosterone to a whole host of health problems. Those include:

- Heart disease
- High blood pressure
- Osteoporosis
- Diabetes
- Prostate cancer

This doesn't even include the more talked about unwanted side effects like lack of sex drive and erectile dysfunction. When I first learned about low testosterone, I was astounded by the domino effect of health issues that went along with it.

But again, you may not experience any of these more noticeable symptoms. Something as simple as fatigue or a loss of muscle mass can be a signal that testosterone levels are decreasing.

Treating Low-T

Now that you know the causes and symptoms of low testosterone, let's talk about how to treat it. The most accurate and effective way is using bioidentical hormone replacement therapy. This combined with regular blood or saliva hormone lab tests will provide the most accurate results.

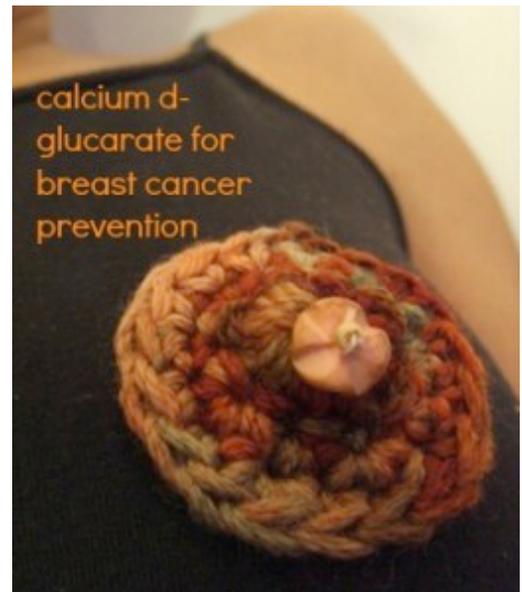
As I described above, just supplementing with straight testosterone may or may not fix your low-t issue. You could be low in a precursor to testosterone, like DHEA or progesterone. Also, your estrogen levels could be too high causing a decrease in testosterone production. This is why getting hormonal lab work is so important; experimenting with hormones is neither safe nor efficient.

Dealing with Excess Estrogen

If your lab work does show elevated estrogen, there are some really fantastic over-the-counter products on the market that can help. These can also be helpful if taken along side supplemental testosterone. Taking testosterone can naturally increase estrogen levels in the body due to an enzyme called aromatase.

One of my most favorite supplements for excess estrogen is Calcium d-glucarate. Calcium d-glucarate helps the liver detoxify toxins and excess hormones faster and more efficiently. It works by blocking an enzyme called beta-glucuronidase. This enzyme slows the removal of hormones from the body. Blocking it, in turn speeds up the detoxification.

Many people recommend calcium d-glucarate for the prevention of prostate and breast cancers. These cancers thrive on high estrogen. You can buy it alone or combined with other liver detoxifiers. My favorite formula is Liver Cleanse by Enzymatic Therapy. If taking it alone, I recommend 500 mg a day. (A tip for women reading this article: Calcium d-glucarate is also incredible for issues like PMS, PCOS, fertility issues, and painful periods.)



Another great estrogen balancer is Indole-3-Carbinol. This compound is naturally found in cruciferous vegetables. Eating about 2 lbs of broccoli a day can give you enough Indole-3-Carbinol for hormone balance. However, eating that much broccoli can negatively affect your thyroid due to its naturally contained goitrogens. Also, it's pretty unrealistic to expect someone to eat that much broccoli every day! This is why I recommend taking Indole-3-Carbinol in supplement form.

The intestines convert Indole-3-Carbinol into a compound called DIM. DIM helps the body convert toxic estrogen (16-alpha-hydroxy-estrone) into a good and protective estrogen (2-hydroxyestrone). It also stimulates liver enzymes to increase detoxification. I recommend 400 mg a day of Indole-3-Carbinol.

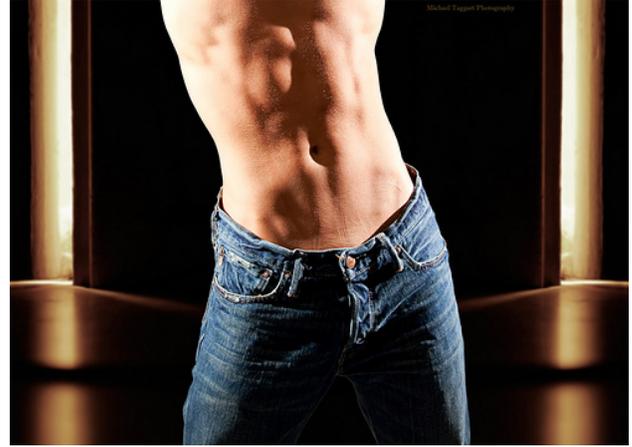
Indole-3-Carbinol has many other benefits as well. Studies have shown that Indole-3-Carbinol can inhibit and treat prostate cancer! This is a huge breakthrough in natural medicine!

Natural Supplements for Higher Testosterone

If you would like to naturally increase your testosterone, without getting bioidentical hormone therapy replacement, there are many ways to do it. There are several herbs, vitamins, and minerals that work naturally to keep free testosterone high and competing hormones balanced at normal levels.

Some of the most popular natural testosterone boosting supplements are:

- Zinc (10-25 mg a day) - Deficiencies in zinc are common in those with low testosterone. It also helps prevent testosterone from converting into estrogen.
- Vitamin D - There are D receptors in your hypothalamus, pituitary gland and testes. All three of these produce hormones. I first recommend getting your vitamin D level tested.
 - If your levels are below 60ng, take 5,000 to 10,000 IU a day.
 - If you are 60ng or above, take 1000-2000 IU a day.



Have your blood tested again after 6 months of supplementation. And, of course, the best source of vitamin D is the sun! Twenty minutes of exposure a day is ideal.

- Saw Palmetto - Saw Palmetto works by preventing the conversion of testosterone to DHT, allowing more free testosterone in the body. This is why it is also fantastic for the prostate and for hair loss.
- Stinging Nettle - This is another great herb that prevents the conversion of testosterone to DHT. Many prostate formulas will be a blend of Nettle, Saw Palmetto and Zinc. Buying them combined will save you money.

Adrenal Fatigue: Hidden Cause of Low-T

I typically don't have a lot of male clients. My specialty is really women's health. But when William (name changed) emailed me about his prostate issues, I immediately quizzed him about his hormone levels.

William was concerned, as was I, that his testosterone was too low. I immediately thought that too much of his free testosterone was converting into DHT. This is pretty standard for prostate problems. But, his hormone panel came back with a few surprises!

William's DHEA levels were extremely low, as were his androstenedione and testosterone levels. DHEA and andro are made by the adrenal glands and are precursors to other hormones, including testosterone. These low levels spelled something very clear to me. William had adrenal fatigue.

After asking a few questions, it was clear that William over the last few years has had a lot of stress in his life. That stress had obviously done a number on his adrenal glands. His weakened adrenal could no longer produce the adequate amount of hormones his body needed to be at his best.

I recommended a few supplements for William to help counter his stress and nourish his adrenal glands. I also had him stay clear of sugar and caffeine. Within 3 months, he was feeling like a new man!

I have also seen this happen over and over in women. Adrenal fatigue is pretty common among women, and most would never even begin to think that low testosterone could affect their health.

Low-T in Women

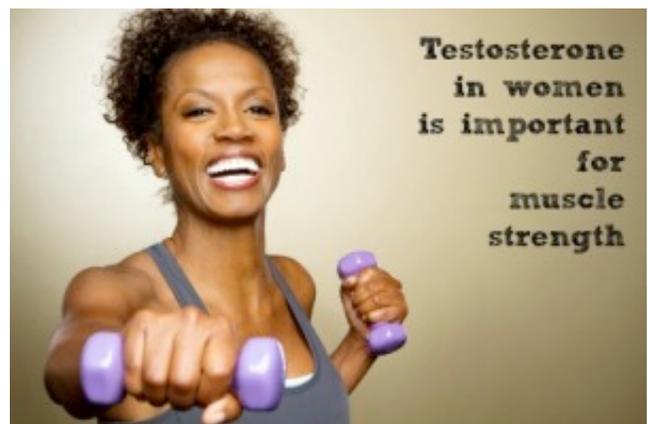
Men are not the only ones who can be affected by low testosterone. It can happen to women, too! Women need testosterone, just like men need estrogen. Thinking testosterone is a “man’s” hormone can cause women to neglect what may be affecting their quality of life!

Just like men, a woman’s testosterone lowers as she gets older. A woman has the greatest drop in testosterone and other hormones during menopause. Testosterone is very important in a woman’s body. Low levels of testosterone can cause several symptoms, the most noticeable being a lack of sex drive.

Testosterone is the hormone most responsible for a woman’s libido. Lacking sexual desire can be really hard on one’s marriage. Not only that, but low testosterone levels can also inhibit a woman’s ability to orgasm and cause vaginal dryness. If you have these symptoms, please visit your doctor or natural health practitioner for a complete hormone panel.

Testosterone in women is also important for muscle strength and hair growth. Most women worry about having too much testosterone because it can cause facial hair. They don’t realize too little testosterone can cause their hair to fall out and become thin.

As with men, I recommend women get their hormones tested. With women, I recommend to start by at least age 40. If the lab work shows low levels of any hormone (including testosterone),



bioidentical hormones replacement therapy can be prescribed. It is most effective at raising a woman's testosterone levels.

Balanced Hormones for Balanced Health

When your hormone levels are balanced, your health will be balanced. Boosting your testosterone levels naturally can increase your energy, strength and longevity. It's not magic, but it can sure feel like it!

Take the time to change your life and reclaim your youthful energy! Just because you're growing older doesn't mean you have to feel older! If you take steps towards balanced hormones, you will feel the results.

Now that I've made your more comfortable about the subject of low testosterone, I'd love to hear your thoughts! How many of you now realize you need a testosterone boost? And why? Don't be shy! Comment HERE.



Amanda Box is a Doctor of Naturopathy and a graduate of Clayton College of Natural Health. She's been in the health and wellness industry for over 10 years and currently has a Naturopathic consulting practice in Sioux Falls, SD. Her passion is helping others achieve wellness of the whole person – mind, body, and spirit. If you don't have a good local naturopathic doctor to turn to for your personal needs, Dr. Amanda does phone consultations! She can help you with weight loss, detox/cleansing, acute and chronic illnesses, skin and body care, grocery shopping, pantry overhauls, and more! Visit her blog "My Life in a Healthnut Shell" at <http://amandabox.blogspot.com/> for contact info.



Cause and Effect of Low Testosterone

by Dr. Richard A. DiCenso

What is Testosterone?

Testosterone is one of a family of hormones called androgens. Best known for their masculinizing effects, androgens first kick into action during the embryonic stages of life. An embryo is conceived when a female egg is fertilized with a male sperm. Androgens are a naturally occurring sex hormone that is produced by the ovaries, adrenal glands and other tissues. Androgen plays a key role in regulating certain bodily functions, including the growth spurt at puberty. It is believed to regulate the function of many organs, including the reproductive tract, kidneys, liver and muscles. The egg and sperm each donate a single sex chromosome to the embryo, an X chromosome from women, and an X or Y chromosome from men.



If the combination of these sex chromosomes is XX, then the embryo will be female. If it's XY, the embryo will be male. Though in fact, it's not until the sixth week of development that XX or XY embryos are anatomically defined. Before this the human fetus is essentially sexless, possessing a set of "indifferent" genitalia. One interpretation of this is that all embryos begin as female. Testosterone makes the difference, influencing the growth of male genitalia, while the female component of the indifferent genitalia degenerates.

Testosterone tends to be identified with masculine stereotype

According to some, the intimate association between testosterone and male identity starts early. This inference that testosterone equals male, while absence of testosterone equals female, is well-entrenched in the layers of our culture. But, the reality is that testosterone is a girl's hormone, too.

We have been conditioned to box our hormones into those that belong to men, and those that belong to women. Estrogen and progesterone are the so-called female sex hormones, and testosterone, the so-called primary male sex hormone. With that we assign our hormones impossible gender roles. But of course, gender is not that simple and nor are our hormones.

It turns out men and women produce exactly the same hormones, only in different amounts. Men's bodies generate more than twenty times more testosterone than women, an average of 7 milligrams per day. Women, via mainly their ovaries and adrenal glands, make a tiny 3/10 of 1 milligram of testosterone per day.

But it may come as a surprise to know that women's ovaries primarily produce testosterone, from which estrogen is then made. This ovarian production accounts for one-quarter of the total circulating testosterone in a woman's body. At first glance, this might appear to suggest that women naturally have less estrogen than men. However, with the help of an aromatase enzyme, estrogen is also produced in your fat and muscle cells both before and after menopause. Aromatase is an enzyme found in the liver, responsible for the conversion of the androgens into the estrogens. Inhibiting aromatase can cause the body to produce less estrogen and maintain a higher testosterone state.

Your estrogen levels are not totally dependent on your ovaries, there are a lot of other factors that come into play, like your diet and body composition.

While these numbers may appear to be a bit confusing at first, they basically translate to the fact that women have about 1/10 the amount of testosterone found in men.

Conversely, men's bodies produce their own estrogen, converted by their tissues from their testosterone. In reality, testosterone is as much a woman's sex hormone as it is a man's.

What Does Testosterone Actually Do?

Testosterone is considered to be the principal male hormone, playing an important role in the development and maintenance of typical masculine characteristics, such as facial hair, muscle mass and a deeper voice. In men, testosterone plays a key role in the development of male reproductive tissues such as the testis and prostate, as well as promoting secondary sexual characteristics such as increased muscle, bone mass and the growth of body hair.

So, why would women want testosterone? The fact is, women produce it too, and it has more positive influences than you might think. Testosterone is essential for health and well-being in women, as well. In women, studies show that it helps maintain muscle and bone and contributes to sex drive or libido and aids in the prevention of osteoporosis.

Is More Testosterone Better?

Not necessarily! In fact, over the past decade researchers have found elevated testosterone levels to influence a person's tendency towards criminal violence, delinquency, suicide, heroic altruism and aggression, as well as their cognition, sexuality and sex roles, occupation, personality, emotions, competitiveness, childhood behavior, facial expressions, disturbed relationships and more. It's an extraordinary body of work with powerful implications.



What About Too Little Testosterone in Women?

As with most of our hormones, blood levels of testosterone vary according to our stress levels, or other demands on our bodies. It also declines with age and produces different effects in men and women.

As women age, their levels of circulating testosterone gradually decline. The effect can be especially felt in women around their menopause, when they also experience a precipitous drop in estrogen, or if their ovaries are removed, which prematurely induces a 'surgical menopause'. The symptoms of a "deficiency" - or loss of testosterone - can include:

- A loss of vital energy and feeling of "well-being"
- A loss of familiar levels of sexual libido
- Sensitivity of nipples and genitals
- A thinning of pubic hair

Other impacts may include:

- A "flatness" of mood, dry skin
- Brittle scalp hair
- Loss of muscle strength and tone

It's understood that testosterone also contributes to the health of a woman's vulva, regrows the vital tissue of the clitoris, and can play a role in curbing osteoporosis by helping maintain the density of our bones. And if that wasn't enough, it can influence our cognitive function, as well.

How Does Low Testosterone Affect Men?

By the time men are between the ages of 40 and 55, they can experience a phenomenon similar to the female menopause, called andropause. Unlike women, men do not have a clear-cut signpost such as the cessation of menstruation to mark this transition. Both, however, are distinguished by a drop in hormone levels, estrogen in the female, testosterone in the male. The bodily changes occur very gradually in men and may be accompanied by changes in attitudes and moods, fatigue, a loss of energy, sex drive and physical agility.

Studies show that this decline in testosterone can actually put men at risk for other health problems like heart disease and weak bones. This usually happens at a time in life when many men begin to question their values, accomplishments and direction. It's often difficult to realize that the changes occurring are related to more than just external conditions and is frequently associated with what is called a "Mid-Life Crises."

A gradual hormonal decline

While menopause generally occurs in women during their mid-forties to mid-fifties, the same transition in men may be much more gradual and develop over many decades. Attitude, psychological stress, alcohol, injuries or surgery, medications, weight gain and frequent infections can contribute to its onset.

To compound this frustration, none of these transitional changes are predictable, aside from the fact that there will be a drop in testosterone. Neither is there a way of predicting who will experience andropausal symptoms of sufficient severity to seek medical help.

What causes andropause?

Just as in the female, it revolves around a change in the production and relationship of certain hormones. Starting at about age 30, testosterone levels drop by about 10 percent every decade in both males and females. At the same time, another factor in the body called Sex Binding Hormone Globulin, or SHBG, is increasing. SHBG traps much of the testosterone that is still circulating and makes it unavailable to exert its effects in the body's tissues. What's left over does the beneficial work and is known as "bioavailable" testosterone.



Andropause is associated with low (bioavailable) testosterone levels. Every man experiences a decline of bioavailable testosterone but some men's levels dip lower than others. And when this happens these men can experience andropausal symptoms. In addition to the generalized impact of andropause listed below, it is quite common for men to experience a wide variety of related symptoms, such as:

- Muscle Loss
- Low Libido or Sex Drive
- Depression
- Weight Gain
- Urinary Problems
- Hot Flashes in Men
- Hair Loss
- Sleep Apnea
- Fatigue
- Irritability
- Night Sweats in Men

It is estimated that 30% of men in their 50s will have testosterone levels low enough to be causing symptoms or putting them at risk.

Testosterone Testing

I want to make several important points about male testosterone levels and lab readings.

First of all, you should keep in mind that it's unwise to go by one reading. Testosterone fluctuates considerably from week to week and even from day to day. Stress, lack of sleep and many other things that are a normal part of life for us males can whack testosterone levels.

It is entirely possible, for example, for your testosterone to be 4000 one week and 525 the next. Lifestyle issues can whack even normal testosterone 20-30% or more, see my link [Common Things That Lower Testosterone](#).

Second, if at all possible, you should also try to get your testosterone levels read in the morning. Male testosterone levels peak in the morning and then steadily decline until late evening. This decline from am to pm is about 35% for most younger guys and about 10% for seniors, on average. (See my link on [Daily Testosterone](#) for more information.)

In addition, it's worth pointing out that labs aren't perfect either. I had one testosterone reading that was three times any previous reading! Of course, there is no reasonable explanation for that reading and it was surely an outlier from normal as they say in the stats world.

All cautions aside, you can assess your testosterone levels against the average for males.

- For example, there was a 1999 study that examined 4,393 men between the ages of 32 and 44 and found that their average testosterone level (at 8 a.m.) was 679 ng/dl.
- It should be noted that in this study the men with testosterone levels slightly above 800 were 42% and 72% less likely to have high blood pressure and a heart attack, respectively, than those with testosterone a little less than 400. Again, solid testosterone is good for you!

So, you may be wondering what exactly are normal male testosterone levels?

Let's look at another study the NERI (New England Research Institute) that examined men between 65-69 years of age.

- Their average testosterone levels in 1998 were 503 ng/dl.
- But, fifteen years later in 2003, their average testosterone levels were 423.

This corresponds to what other studies have found: testosterone levels are falling steadily with age.

I speculate that the leading factors for such a decline are diet, mitochondrial damage, excitotoxins and pesticides. So, if you put these studies together, you can start to get a good picture of reasonable values by age.

- Studies have found that total testosterone levels decrease by about 1.0-1.2% per year and free testosterone by about 1.2-1.3% per year in the average male.

This decline, by the way, is normal and a part of aging. What you don't want is to venture significantly below these normal numbers - low testosterone is "nothing" but trouble" for us males.

What Is the Impact of Low Testosterone?

When there is less testosterone available, the testosterone target-organ response decreases, bringing about a variety of unpredictable changes. Most usually these appear as conditions expressed as Erectile Dysfunction, Gynecomastia (male breasts) and low sperm counts. Even though sperm make up a rather small portion of the semen that is released during ejaculation. Semen is made from the secretions of several glands and each of these glands requires testosterone support for its function.

Due to the great variability in testosterone levels among healthy men not all will experience the same changes to the same extent. Some typical responses to low bioavailable testosterone levels include:

- Low sex drive
- Emotional, psychological and behavioral changes
- Decreased muscle mass
- Loss of muscle strength
- Increased upper and central body fat
- Osteoporosis or weak bones and back pain
- Cardiovascular risk



Are There Any Risks Associated With Low Testosterone?

Apart from the impact that low testosterone may have on your quality of life, there are other longer-term and silent effects that are harder to track, such as increased cardiovascular risk and osteoporosis.

Low testosterone & osteoporosis

In a healthy individual, bone tissue is constantly being broken down and rebuilt. In an individual with osteoporosis, more bone tissue is lost than is regenerated. We've all heard of women suffering from weaker bones, or osteoporosis, after menopause. In men, testosterone is thought to play a role in helping to maintain this balance. Between the ages of 40 and 70 years, male bone density falls by up to 15%.

Unfortunately, with advancing age and declining testosterone levels, men, like women, seem to demonstrate a similar pattern of risk for osteoporosis. What's more, approximately 1 in 8 men over age 50 actually have osteoporosis.

Two important consequences of osteoporosis are often seen as a slow but progressive rounding of the shoulders as well as a loss of height and back pain. Particularly devastating seem to be hip fractures; up to 1/3 of patients never seem to regain full mobility.

Cardiovascular risk

It is now well accepted that women's risk of atherosclerosis (hardening of the arteries) increases after menopause. Estrogen replacement therapy seems to reverse this trend.

New evidence suggests that a similar phenomenon occurs in men as their testosterone levels diminish with age. While research is not as complete as for women, the clinical findings point to an association between low testosterone levels and an increase in cardiovascular risk factors in men.

In andropausal men, night sweats and palpitations occur because of an overactive autonomic system in response to falling testosterone levels. To assess for hypogonadism, which is in part the clinical basis of the andropause, the doctor will check for physical signs in men including hair loss particularly in the armpit and genitalia. Psychological tests may be carried out to rule out depression and other mood and cognitive changes.

Psychological challenges with low testosterone

Throughout the life of a male or female there are several psychological issues that they may struggle with, and these challenges are often amplified during the time of the diminishing testosterone. These changes can be reflected in any or all of the following:

- Sexuality
- Emotions
- Mind
- Courage
- Productivity
- Personality
- Character
- Boyish behaviors



Low Testosterone Treatment Options

Low testosterone treatment may include lifestyle and dietary changes, herbal supplements or hormone replacement therapy. Men choose different treatments than women depending on the severity of their symptoms, their overall health and the advice of their doctor. What follows is a brief description of treatment options.

Testosterone replacement therapy is an option that must be closely monitored by a physician. Blood tests determine the current testosterone levels and those are compared to "normal" levels.

The physician must then ensure that the patient only receives enough of the hormone to bring his levels back up to "normal".

Too much testosterone can actually affect the body's natural ability to produce the hormone on its own. Men selecting testosterone replacement therapy as an andropause treatment have reported positive results in as little as three weeks.

Testosterone can be administered in several ways.

- Oral testosterone capsules and lozenges are synthetic testosterone and appear to be the least effective.
- Testosterone injections, also synthetic, appear to be more effective, but may be painful, because the hormone must be injected directly into a muscle.
- Transdermal patches are worn on the skin and many people find them uncomfortable.
- A natural testosterone gel which is applied directly to the skin was approved for use by the FDA in 2000 and appears to be very effective as treatment for low testosterone. Men using the gel report increased energy levels, sex drive, endurance and overall muscle strength.



What are the side-effects of testosterone replacement?

When given in appropriate doses, there are no negative side-effects. Today we can measure blood levels, so it's easier to monitor the dose. Excessive testosterone can cause acne, body hair growth and scalp hair loss in women. Excessive testosterone supplementation, such as you'll find with anabolic steroids used by athletes, also tends to drop high-density lipoprotein (HDL) cholesterol levels. That's the "good" cholesterol. Lower HDL levels increase the risk of heart disease.

Lifestyle changes can alleviate some of the symptoms associated with low testosterone. One study of women who had been previously sedentary and began a regular exercise program reported increased energy levels, sex drive and an overall sense of well-being.

On a personal note, I first had my testosterone levels check when I was 55, having decided that I was becoming a bit frumpy and grumpy. To my surprise, my levels were at 50% of normal for my age. At that point, I was 230 pounds with a 25% body fat at 5'11" tall. I started immediately on a testosterone treatment program and 12 weeks later I was still 5'11" tall but I weighed 190 pounds with an 18% body fat.

What is the Bottom Line for Testosterone?

A good basic treatment program for low testosterone will include regular exercise and a healthy diet that is comprised of foods that can naturally help boost testosterone levels. And boosting is a good thing when you consider, according to the men's hormonal health website, the average man makes approximately 100 mg of testosterone each week, but high testosterone levels are associated with health benefits.

Men with high testosterone are more likely to experience positive well-being with less depression and mild euphoria. High testosterone levels may contribute to lower social anxiety and greater self-confidence. High testosterone can provide more energy that fuels greater ambition than men with lower testosterone levels. High testosterone levels also enhance a man's libido and may shorten his refractory period, or the amount of time it takes for him to become aroused.

My advice? If you are experiencing any of these common symptoms and suspect the culprit is testosterone, at least get tested. It can't hurt and you may end up being pleasantly surprised.



Dr. Richard A. DiCenso is the CEO of Matrix Transformation and author of *Beyond Medicine, Exploring A New Way Of Thinking*. He is an international speaker and complementary care expert with over 30 years experience in treating chronic symptoms. With his extensive practice in "Whole Person Therapy," human biochemistry and orthomolecular nutrition, Dr. DiCenso is a leading authority in biological fluid analysis with his Matrix Assessment Profile (MAP). Dr. DiCenso provides unique insights into the world of unresolved symptoms and has helped thousands of individuals around the world with undiagnosable symptoms to dramatically improve their health without drugs or surgery. Visit www.MatrixTransformation.com for more information.

Low Testosterone Causes Life Threatening Diseases

Why the condition Low-T could be sabotaging your life beyond preventing you from lighting your fire...

“The time to hesitate is through...no time to wallow in the mire...” ~Jim Morrison

If you...

- Could stand to lose a few pounds...
- Don't have the energy you used to...
- And seem to always get that “bug” that goes around...

Then, friend, you're going to need to check this out!

Because although those things are a sure sign of aging...you may not have to just lie down and take it.

And if you *do* feel drained of energy, sport a mighty gut that resembles a “baby bump,” have circulatory issues or other head-scratching health concerns, the answer could be found in your old pal testosterone.

That's right, buddy – the very same hormone that caused therapy-inducing embarrassment during your formative years (we needn't go into details of just *how* the testo became your sexual manifesto) may be striking again...This time sabotaging your precious health instead of your social life.

Gaining an understanding of how testosterone affects you is only the first step, the main thing is to take action and get it under control so it never embarrasses you again or worse – causes disease.

Yes – you read that right – low testosterone levels can increase your chances of getting heart disease, diabetes, dementia and other age-related conditions!

Fortunately, it's preventable if you know what to do...and you will – if you stick with me here...because *the time to hesitate is through!*



Major advances have been made that can help you carve out a safe path around these pitfalls and enjoy life far into your Golden Years without worry, depression, or contempt. A little common sense along with a few natural remedies can eliminate age-related health problems for life.

Testosterone: The good and the bad

Testosterone is an oddball hormone to say the least...

Essentially, this steroid is built with cholesterol. It's found in utero and right after we're born. But one of its most memorable entrances comes during puberty.

The embarrassment of developing "pizza face" as the facial hair begins to grow under testosterone's influence...the cracking, popping voice as the larynx begins to grow and mature...and of course – the psychological turmoil that came with all these changes.

Then, as its levels balance and the maturity settles, testosterone gives us our competitive edge, confidence, energy, and – ahem – sex drive.

And although most gals have only 1/7 the amount as us fellas, ladies – you're influenced quite a bit by what little's there! Of course, we all have more or less depending on our genetic make-up.

Then, as we men age this oddball hormone turns on us again.

Testosterone giveth and testosterone taketh away...

Funny thing is – once it balances in your system, testosterone begins to get ironic on you.

That confidence, energy, sex drive, and edge – it just zaps them and quietly takes them away from you – then it gets even more vicious and increases your risk of certain diseases.

So here's a health flash for you:

The best indicator of your overall good health can be found in your sex drive, libido, mojo, machismo, virility...whatever you care to call it. If you can't or no longer have the desire to "light that fire," then it could be a sign of degrading health.

But who ever said you shouldn't have sexual energy, health and virility as you age?

You can if you make a few dietary changes and refocus your mind...

Great health comes from combining natural remedies based on scientific proof, and a little common sense...wrap that up with some positive thought and you have a healthy package – a gift that keeps on giving your whole life.

Ignore proper nutrition and testosterone could easily have its way with you...

But, just what causes this hormonal ruckus?



It's all about the X's and Y's

There are two sperm types, X or Y.

1. The X is the largest chromosome storing the most genes to control life's complex biological processes.
2. The Y chromosome on the other hand only stores a small amount of genetic information.
3. In combination...XX = Female and XY = Male.

Simply put, every human needs one X chromosome for life...*but only males need the Y.*

It makes a dude a dude!

At only 6 weeks after conception, the Y chromosome starts the development of male testes, which begin making testosterone.

And this hormone is more than a game changer; it's also a brain changer!

Because cognitive thinking processes and critical psychological development is triggered by testosterone.

Earlier I said a downgraded libido may indicate degrading health...

Why, then, is the libido such a strong indicator of male health and vitality?

Because a healthy libido means everything is working smoothly. Your mojo defines your health and your health defines your mojo!

The secret to controlling age-related disease and illness is simply to prevent the weakening of the processes keeping your cells energized and "growing." Life extension experts believe one day we will crack the "immortal gene." Having better understanding how our environment, nutrition and lifestyle factors all play together is the key.

And part of that key to understanding is eating right...

Here's a great libido boosting recipe you'll love!

Mojo BBQ Roast

What you'll need:

- 2 pounds of organic grass fed beef or Bison meat
- 2 eggs
- 5 crushed garlic gloves
- 2 teaspoons of freshly crushed sage
- 1/4 cup of ground flax seeds
- 2 tablespoons rolled oats
- 2 tables spoons EV olive oil
- 1 teaspoon raw sea salt



- 1 teaspoon fresh ground pepper
- 1 teaspoon Cayenne
- 1 tablespoon of natural BBQ sauce (with no HFCS)

Sauce:

- 1/2 cup BBQ sauce
- 1/2 natural organic catsup (no HFCS)

What to do:

1. Mix together, place into a well oiled (EV coconut oil) glass baking dish. I use a 6 x 10 size.
2. Mix sauce and pour over meat. Cover with foil and bake 350 degree for about an hour.
3. Serve with broccoli and couscous.

Eating testosterone friendly foods does more than nourish...it can also slow or prevent...

Pandemic Testosterone Deficiency (TD)

Testosterone Deficiency (TD) is wide spread in today's male population and responsible for many health problems and concerns. It's important to note that testosterone production increases rapidly at puberty and decreases rapidly after age 50.

It's estimated that more than 13,000,000 American males have testosterone deficiency (TD) and less than 10 percent get help for it.

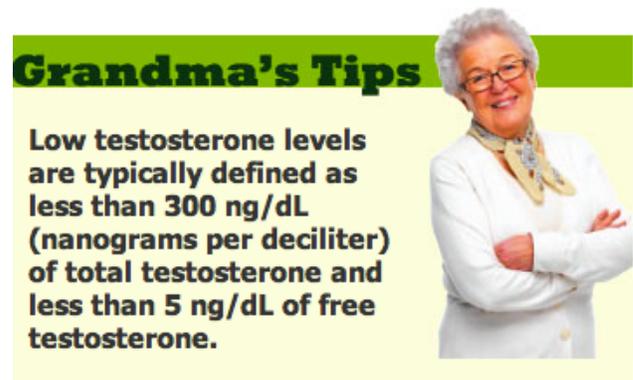
Studies reveal men with obesity, diabetes, or hypertension may be twice as likely to suffer from testosterone deficiency (TD).

We know the primary purpose of testosterone is to develop male reproductive organs . . . testosterone also supports 10 other vital male qualities.

Testosterone Supports 10 Secondary Qualities:

1. *Muscles*
2. *Bone Mass*
3. *Fat Distribution*
4. *Hair Patterns*
5. *Laryngeal Enlargement*
6. *Vocal Chord Thickening*
7. *Healthy Mood*
8. *Fertility*
9. *Sex Drive*
10. *Cellular Energy*

To reverse testosterone deficiency (TD), you need to know what causes it. Already missing the extra X chromosome, man needs all the help he can get from testosterone. We know nutrition is



key, but this will do you no good if your cells are exposed to toxins. Most men's cells are chocked so full of environmental and dietary toxins that there isn't any room for nutrients.

Before you can do any good, you'll first have to eliminate the poisons attacking your cells and causing diseases.

6 Chemical Terrorists Wreaking Hormonal Havoc:

1. Monosodium Glutamate (MSG)
2. NutraSweet (Aspartame)
3. Hydrolyzed Protein
4. Hydrogenated Oils (Trans Fats)
5. Sodium Fluoride
6. Biphenol A (BP-A)

Aspartame, MSG and hydrolyzed protein are excitotoxins that destroy neurons. Exposing yourself to any of these toxins is the same as exposing your cells to chemical warfare. Bio-hazardous chemicals like fluoride, BPA and trans-fats have also been proven to cause brain and reproductive damage.



Animal studies have shown pregnant mothers exposed to small doses of glutamate have children who develop reproductive health problems during puberty, such as shrinking testicles. There is evidence these excitotoxins also trigger hyperactivity and result in low cognitive performance. The neurons get so over-excited they literally burn up and die, shutting down hormone signaling as well as brain function.

The FDA claims your brain is protected by a blood-brain-barrier, however this is incorrect. Not only can these excitotoxins cross your blood-brain-barrier and enter your brain directly, there are also parts of your brain without a blood-brain-barrier at all, such as your hypothalamus – the part of your brain that performs a variety of functions but most important – it links your endocrine system with your central nervous system.

So it's up to you to keep you hypothalamus healthy and working properly.

Here are a couple excellent food choices for maintaining a health hypothalamus:

1. Sprouted whole grains/seeds
2. Raw Vegetables
3. Raw Fruits
4. Raw nuts
5. Fish

Basically, there are certain health hazards that come with age. Yet these hazards can be avoided – or at the very least, indefinitely put off – by paying close attention to what you put in your body.

Here's an age controlling recipe that might just be your fountain of youth:

Chyawandwich

What you'll need:

- 2 pieces of sprouted seed bread
- 1 tablespoon of Chyawanprash (5,000 year old Ayurvedic practice, its an Indian jam blended with age-defying herbs and spices. It can easily be found online.)
- 1 tablespoon raw almond butter (vitamin E, zinc, magnesium, phosphorous, calcium, folic acid)
- 1 teaspoon extra virgin coconut oil (good fats)



What to do:

Lightly toast the bread just enough to melt the coconut oil into both halves, then spread the Chyawanprash on one slice and the almond butter on the other slice. Make a sandwich and enjoy.

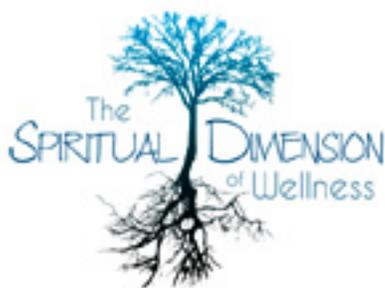
How to Level the Playing Field Naturally

Eat right, exercise and educate yourself on why you're feeling the way you do to determine the best course of action to fix it.

Your body is a remarkable and complex machine that has the power to heal itself as long as you respect it and treat it right.

Having lower testosterone – or rising estrogen – levels doesn't mean it's time to throw in the towel – it just means you need to take extra special care of yourself and find out how to replenish your youthful past.

Keep nutrient rich foods in your diet and stay out of the funeral pyre. Instead of *getting* old, make sure you're *growing* old so when the time comes, you'll be able to light that fire!



Low-T and the Invisible Man

by Michael Tyrrell

The first time I heard the term “Low-T,” I assumed it was the latest incarnation of Heavy D, Ice T, or Jay Z. You know... the new urban rapper with a baritone voice. “-Sup? They call me Low-T. Yo!” I wasn’t even close!

So, when I saw that this month’s topic was “Low-T,” my initial thought was, “How in the world am I going to find a spiritual angle here???” and “I guess only guys will be reading this issue!” Actually, I hope the ladies will join us this month as we embark on our “mission” to understand low-T and rediscover the “invisible” man.

Hormones on the Run

Before I go any further I would like to emphasize the serious nature of this hormonal decline and how it affects the body, soul and spirit of a man.

For years, we have heard about the devastating effect of menopause and how it can make life unbearable for women during their “change of life” season, usually in their late 40s or 50s.

Menopause is more than just the cessation of a woman’s monthly “period.” It is also a decline in the hormones that are part of what makes them female! So it stands to reason, when estrogen/progesterone levels diminish, they cause a myriad of physical and psychological issues that can make life miserable, cause friction in marriages and tension in family relations.

One of the most painful feelings women encounter during this “change” is that they believe they are less of a women. Some women grow hair under their nose and chin due to the slower decline of testosterone versus estrogen.

I am mentioning menopause in an article about low-T to drive home a point, though it has only received media attention over the last 25 years.

Low-T is indeed a nearly identical prognosis for a male, as menopause is to a woman. In fact, “manopause,” or its medically accepted title andropause, is merely male menopause with many of the same physical and psychological issues. It is characterized by a decline of testosterone (low-T) in males starting as early as their late 30s.

Manopause Hits Middle-Aged Men

Now that we can see this problem as a natural *rite of passage* that affects both males and females alike, we can now gain some inroads into some of the strange behavior surrounding the male “mid-life crisis.”

When I was in my 20s, one thing that puzzled me was the 50-something guy with the toupee, protruding belly, Italian horn necklace and a corvette that was hitting on girls that were my own age!

When I turned 50, I went to the doctor for a full exam and comprehensive blood work up. When I got the results, I realized why I had no desire to wear an Italian horn or buy a corvette. Beside a



perfect exam, I had... high T! That's right! I had ZERO decline of testosterone at age 50 and a sympathetic heart for those less fortunate.

Please understand, ladies. Men with low-T feel like less of a man. When a guy's testosterone level drops, so does the old self-esteem. Low-T, or andropause, is the main reason men:

- Gain weight around the middle
- Grow breasts
- Lose hair
- Get fatigued
- Lose their libido
- Have impaired memory (recently scientists have discovered a link between andropause and Alzheimer's disease in aging males)
- Become nervous or depressed



By design, the male psyche is wired differently than that of a female, which should come as no surprise.

In 1992, author John Gray wrote a book that sold 7 million copies and spent 121 weeks on the bestseller list. The title of John Gray's book was, *Men Are From Mars, Women Are From Venus* in which Gray was credited with the term, "man cave."

You see, from the beginning of human history men were hunters and providers, following their primal or *first* instincts to guide and provide. Women's roles were significantly different in that they were companions, helpers and eventually mothers. Thus, physiological changes -

- Because of a radically decreased lifespan...
- For lack of any real life...
- Compared with no printed examples...

Would have been considered *normal*.

Before you even think there is a hint of chauvinism in this post, rest at ease because nothing could be further from the truth! I am merely bringing light to an extremely important imbalance, that next to war and religion, has contributed greatly to the fall of the western civilization.

Bible Secrets on Steroids

In Genesis 2:7, we find the beginning of God's design for mankind.

"Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being."

Genesis 1 is an account of what God accomplished in 6 days. (Note: remember with the Lord a day is like a thousand years, and a thousand years are like a day.) Genesis 2 is the account of the creation of the first human beings, Adam and Eve. So in verse 7, God creates Adam and in verse 15 we read,

"The Lord God took the man and put him in the Garden of Eden to work it and take care of it."

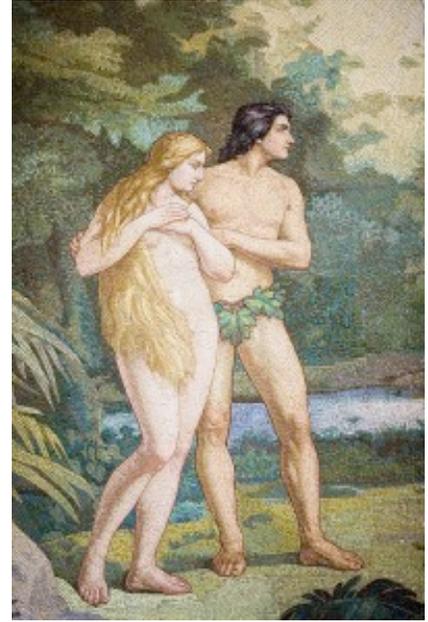
Now let's look at verses 18-25:

“The Lord God said, ‘It is not good for the man to be alone. I will make a helper suitable for him.’

Then the Lord God had formed out of the ground all the wild animals and all the birds in the sky. He brought the man to see what he would name them; and whatever the man called each living creature, that was its name. So the man gave names to all the livestock, the birds in the sky and all the wild animals.

But for Adam no suitable helper was found. So the Lord God caused the man to fall into a deep sleep; and while he was sleeping, He took one of the man's ribs and then closed up the place with flesh. Then the Lord God made a woman from the rib he had taken out of the man, and He brought her to the man’.

The man said, 'THIS IS NOW BONE OF MY BONES AND FLESH OF MY FLESH; SHE SHALL BE CALLED 'WOMAN' FOR SHE WAS TAKEN OUT OF MAN.'



That is why a man leaves his father and mother and is UNITED to his wife. And they become ONE flesh.

Adam and his wife were both naked, and they felt no shame.”

Let me add one more thing. Not only did the Lord God let Adam name the female of the species “woman,” we read in chapter 3:20 -

“Adam named his wife Eve, because she would BECOME the mother of all the living.”

Dangers Destroying Men

As a child of the 60s, I remember seeing women marching in the streets with signs that read, “Equality the time is now” and “ Women's liberation” but none as telling as, “We've come a long way baby.” Public bra burnings followed and two books that were touted as feminist manifestos, *Spare Rib* and *Off Our Backs* were circulated through the female populace.

Though there were certainly others, Gloria Steinem was hailed as the spokeswoman for the women's liberation movement and co-founded Ms. magazine. I won't take the time in this post, but if you care to investigate her *early life* in Wikipedia, you will quickly realize that the offense that precipitated her activism had nothing to do with her father at all. Unfortunately, American woman by the thousands shouldered Ms. Steinem's offense and the rest is, well, history.

You see dear reader, it will serve us well not to allow our myopia to skew our view of historical truth. God never intended His creation to launch a war of the sexes. He designed us to be one.

Men were created to lead, but not dominate, like a beautifully choreographed dance. If no one leads, chaos ensues and both dancers trip and fall to the ground.

God designed specific roles for males and females to play. When we stay in our own lane, life is a symphony. When we cross roles, it becomes a dirge.

If you are moved by statistics, do a little homework this week and look at the astronomical rise of homosexuality, divorce, idolatry, mortality rates, corruption and loss of innocence since 1960. You will be shocked.

I remember seeing a preview for a new premiere called, “Desperate Housewives.” I told my wife Lillian, “This show will literally change the sexual demographics of America.” And it did. A new name was applied to middle aged women who prey on teenage boys: “Cougar.” You can find them frequenting mall food courts looking for a conquest, while their husbands work to support them.

Maybe now you are beginning to understand my title, “Low-T And The Invisible Man.” Thanks to feminism, Hollywood’s perverted morality fuels that fire and an imaginary division between male and female human beings. Real men are disappearing. They are being assimilated by an emasculated culture!



Whenever man tries to defy God’s divine order, chaos inevitably follows. I am in no way justifying men abusing women, chauvinism, sexual harassment, or a male dominated society. What I am justifying is God’s divine order of leadership, which is not debatable.

To the invisible man, chivalry is not dead, even though it may seem like it.

- Open a door for a lady.
- Walk closest to the traffic when escorting a lady on a busy intersection.
- Buy flowers often.
- Be assertive, order for her in a restaurant.

We live in an emasculated society. Don’t become a passive pawn. BE A MAN!

It’s funny - everywhere I go women ask me, “Do you have a brother?” Why do they ask me that? Because a Godly man who knows his place is an anomaly in today’s “light in the loincloth” society. The same woman that feel threatened by men melt when they come in contact with a genuine one!

If you are suffering from low-T, we will suggest surefire remedies in this publication that will help you feel like a man again, but the rest is up to you!

Menopause and andropause are treatable, but the hatred generated by an imaginary division between the sexes is an affront to God and is best dealt with the old fashion way, on our knees.

As always, it is an honor to share my view of this month’s topic. I pray all of us will rediscover God’s romance and the reason God created us both male and female.

[Do you believe God created men and women to be at odds with each other?](#)
[What is a man’s place in the home?](#)

[What is a woman's place in the home](#)
[Did the rebellion of the 60's feminist movement improve America?](#)

Blessings,
Michael



Michael Tyrrell, www.michaelytyrrell.com is the founder of the Network Center Inc., a not-for-profit, 501(c)(3) organization founded in 2001 which works as an advisory agency to local churches, faith-based ministries, Para-church ministries, schools, home fellowships and music ministries in connection with their outreach ministries or missions based activities. Michael has been committed to training their key leaders and members to deliver the message of their Christian faith in order to reach the lost, the disenfranchised, the sick and the hurting through the organic roots of the Christian faith and other areas as needs arise. Michael has been in full time ministry for the last 27 years and is a writer music producer and well known musician. <http://michaelytyrrell.wordpress.com>



Testosterone Friendly Foods

By Thomas Incledon

There are three principle ways to naturally increase testosterone. The first is to reduce fat mass and increase muscle through a combination of diet and exercise. The second is to take natural testosterone-boosting supplements (like [Renew Male](#)). The third – which is the focus of this tip – is to consume testosterone-boosting foods.

Testosterone Friendly Food #1: Quinoa

“The Grain of the Gods” is actually a pseudocereal (similar to a grain except not) grown primarily for its edible seeds. Besides being an excellent source of complex carbohydrates (100 g has 64 g carbs, 7 g fiber, and 14 g protein), quinoa contains ecdysteroids, including 20-hydroxyecdysterone, which some studies have shown to possess anabolic (aka muscle building) properties. Fun fact: the United Nations has declared 2013 International Year of Quinoa.



Testosterone Friendly Food #2: Cruciferous vegetables

We have touted the testosterone benefits of broccoli, cauliflower, cabbage, and other members of Brassica genus before and with good reason: they contain the anti-estrogen chemicals 3,3'-diindolylmethane (DIM) and indole-3-carbinol (I3C), as well as the anti-cancer compounds sulforaphane and selenium. Mom was right: eat your veggies!

Testosterone Friendly Food #3: Berries

Blueberries, blackberries, raspberries, and other berries are not only delicious they're also loaded with free radical scavenging antioxidants. For many older men, an accumulation of free radical damage to mitochondria and endothelial tissues may be a contributing factor to low testosterone and sexual dysfunction. The antioxidants in berries contribute to the fight against oxidative damage from free radicals which helps keep testosterone levels up (amongst other things).

Testosterone Friendly Food #4: Avocados, olives, and olive oil

These three testosterone-boosting foods contain the highest percentage of monounsaturated fatty acids (MUFAs) which, if you remember back to [Testosterone Tip #2](#), where I shared research that I helped conduct at Penn State University, we showed that men who ate the highest levels of MUFAs had the highest testosterone levels. Pecans, almonds, and cashews are also natural sources of MUFAs, as are high oleic versions of sunflower and safflower oil.

Testosterone Friendly Food #5: Garlic

The unmistakable smell and taste of garlic comes from the large amount of sulfur-containing compounds it contains. Garlic's pungent punch not only repels vampires, it also helps keep away cancer, diabetes, benign prostatic hypertrophy (BPH), and pathogenic microorganisms. Oh, and garlic's sulfur-containing compounds can increase testosterone, too.



Testosterone Friendly Food #6: Green tea

The antioxidant catechins in green tea – most notably EGCG – are decent aromatase inhibitors, meaning that they can prevent the conversion of testosterone to estrogen. Green tea is also a natural source of caffeine and L-theanine, a mood enhancing amino acid.

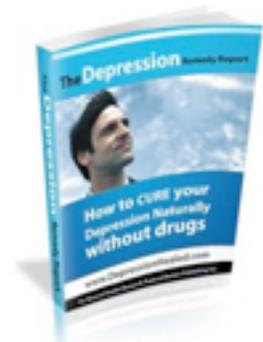
The great thing about these testosterone-boosting foods is that, aside from their favorable effects on testosterone and sexual function, they provide profound benefits in numerous other areas of health. Sure, most men want increased testosterone and more muscle, and these foods will certainly help with that, but they will also significantly improve your energy and vitality and substantially reduce your risk for chronic diseases like cancer, diabetes, and heart disease.



Thomas Incledon, PhD, RD, LD/N, NSCA-CPT, CSCS, RPT, Chief Scientific Officer, Human Performance Specialists, Inc. [Renew Male](#) was formulated by Thomas Incledon (Tom), PhD, a world renowned scientist in the fields of anti-aging medicine and natural hormone therapy since 1989. Tom is also the CEO of Human Performance Specialists, Inc. and Human Health Specialists where he helps individuals from all walks of life optimize their health, quality of life, and athletic performance.

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Free Remedy Report: Depression

What you need might be more than what you put in your mouth. Vitamins and supplements can do wonders for the body and actually help you FEEL better. But, if you are one of the 10% that suffer from depression in America, then the help you need to get yourself out of the pit is in this Depression Remedy Report. These 34 pages are absolutely crammed with the simple and honest truth about depression, what really causes it (and what really doesn't) and what you can do today to finally climb your way out of the well of sadness and learn to embrace the active life, sense of purpose and happiness you deserve.

Inside The Depression Remedy Report you will learn...

- The difference between depression and sad-ness... and how to tune up and refine your “depression radar” so you’ll know in an instant whether you’re just “having a bad day” or are in danger of falling into a dangerous and soul-killing bout of depression.

- 12 deadly depression danger signs... and what to do right away when you feel these symptoms coming on.
- The six most common types of depression... and how to identify what type you're suffering from in surprisingly little time.
- Simple facts about hormones... and why women are twice as likely as men to suffer from depression.
- The devastating silence surrounding men's depression... and how to help yourself (or the men in your life) to open up about their inner pain.
- The truth about bi-polar disorder... and how to separate this "depression see-saw" from major depression.
- Simple facts about Seasonal Affective Disorder (SAD)... and ridiculously simple steps you can take to obliterate the winter blues.
- How to handle the devastating affects of postpartum depression... and what every soon to be mother needs to know about the "Baby Blues."
- How to get off the drug train and say good-bye to Prozac, Zoloft, Paxil and other all-too-common depression-masking drugs for good.

And much, much more, all explained in simple, non-scientific language and laid out to take away any confusion you might have and tell you exactly what you need to do to reclaim the happiness you're entitled to and start enjoying your life. Download the report and find out what the 1 (one!) vitamin you need is to start naturally healing yourself from depression.

<http://homecuresthatwork.com/members/access/free-reports/DepressionRemedyReport.pdf>