



Knowledge is
your secret
weapon to good
health.

MEN'S HEALTH

Andropause (Male Menopause)

On average, men experience a 10% decline in testosterone each decade after the age of 30 unless it is acknowledged and properly addressed. As men age, their estrogen levels tend to increase and their testosterone decreases. The problem is not that testosterone levels decrease, but that the conversion of testosterone to estrogen increases. High estrogen levels are closely linked to excess belly fat. Increased belly fat is linked to higher activity of an enzyme called aromatase, which breaks down testosterone into estrogen. This, in turn, can lead to an even larger belly and even more estrogen production. Common symptoms men experience during andropause are a decline in muscle mass, lower metabolism, accumulation of belly fat and "man boobs", moodiness, decreased energy, memory problems, diminished sex drive and dysfunction, depression, hair loss and an increased risk of heart complications and diabetes.

Contributing Factors

While the hormonal changes that men undergo when aging are normal to some degree, there are factors which can exacerbate symptoms: Stress/high cortisol, xeno estrogen exposure (plastics, pesticides), nutritional deficiencies, weight gain/obesity, inflammation, poor gut health, excess coffee/alcohol consumption, poor diet (high in refined/processed foods, artificial sweeteners, sugar, red meat, and soy), smoking/toxins, chemical exposure, dehydration, certain medications, inadequate sleep

Lifestyle Recommendations

- Eat plenty of cruciferous vegetables (broccoli, cauliflower, brussels sprouts, cabbage, kale) for hormone balance support. These vegetables help to detoxify excess estrogens from the body.
- Incorporate more nuts, seeds, and avocado to increase the amount of good fats you are consuming and help control inflammation and promote hormone balance.
- Avoid stimulants, refined/processed foods, artificial sweeteners, chemicals, smoking/toxins, excess alcohol, xeno estrogens, red meats and soy.
- Manage stress and sleep. Get out and get some exercise, be in nature, practice meditation, or utilize any other self-care techniques that suit you to help deal with stress and improve sleep quality.

Product Recommendations

- Improve detoxification and elimination of harmful chemicals and excess estrogens: Bioflavonoids, Chrysin, Indole 3 Carbinol, Sulforaphane, DIM
- Support testosterone production: Tongkat Ali, Horny Goat Weed (Yin Yang Huo), Damiana, Tribulus, Panax Ginseng, Ashwagandha, Rhodiola, Pumpkin Seed Oil, Selenium, Zinc/Copper
- Increase sperm count, quality, and fertility: CoQ10, L-Arginine, Zinc, Spermine/Spermidine, Cordyceps, Maca
- Important hormone balancing nutrients: Vitamin D3, Vitamin B6, Vitamin B12, Folate, Chromium, Protein
- Nutrients/herbs to support circulation (dilate vessels and improve blood flow): L-Arginine, L-Lysine, L-Proline, L-Glutamine, L-Threonine, Potassium, Magnesium, Vitamin C, Vitamin E, Hawthorn, European Mistletoe, Motherwort, Cayenne, Garlic, Ginkgo Biloba, Beetroot, Omega 3 Fish Oils (High EPA)
- Foundational nutrients for optimal health: Multivitamin/mineral, Probiotic, Digestive Enzymes, Fibre

Book a free 15 minute consult with a GNN Product Advisor!

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