Healing by Design

Men's Hormones

Andropause, low testosterone, fatigue, weight gain, stress, anxiety

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. **Nutrition.** This is crucial for male hormones. If you eat sugar, processed food, heavy fats, fried foods, soy or drink alcohol and/or beer, you are setting yourself for a beer belly, low testosterone function and high estrogen levels. We should be eating fruits, vegetables, nuts, seeds and lean meats.

2. **Eliminate synthetic estrogens.** Avoid hormone filled meat and dairy products, buy organic produce, avoid soy of all kinds, replace deodorants, makeup and other personal care products with natural solutions and try to avoid plastics. Estrogen dominance is huge factor in hormonal imbalances! Men, stop drinking BEER and alcohol. **DIM by Quicksilver (best) or DIM by Nature's Way are great to rebalance estrogen levels.**

3. **Andropause is real for many, but not necessary.** Men are going through hormonal changes, but they usually accelerate the process. Men do not need to have major drops in testosterone. It will happen somewhat with age, but poor lifestyle choices make it happen more quickly. Andropause is the reduction of DHEA, DHT and testosterone leading to fatigue, depression, infertility, low libido, muscle loss, anxiety, sleep problems, lack of sexual desire and hair loss.

4. **Exercise.** This is important for blood flow, hormone production, mood enhancement and maintaining muscle strength and integrity.

5. **Reduce stress.** Stress can stop hormone production in the body and affect the ability of the body to properly convert hormones properly. In other words stress reduces testosterone levels. Relax with time in nature, magnesium supplements or foot soaks, holy basil or CBD oil. Stay calm and balanced!

6. **Avoid synthetic testosterone!** Millions have been misled. Doctors are not educated on the real dangers of these drugs, or they are withholding information that is destroying lives. Synthetic estrogen is a chemical, it shuts down your pituitary so you can't make sperm or testosterone any longer, shrinks testicles, increases heart attack and stroke risk, and increases cancer risk of the prostate.

7. **FIGHT!** The enemy has done a good job of weakening men and feminizing men. Men must fight to be who God designed them to be. In today's culture it is too easy to be lazy, gluttonous, indulgent, addicted to food and the big bellies prove it. Men are design to be lean, fit, strong and powerful.
8. **Boost testosterone naturally.** MANY herbs God gave us accomplish this without synthetic drugs and chemicals. Here are some of the best individual herbs and a few products:

A) **Tongkat Ali** - The BEST known herb to increase testosterone. Try the Cedar Bear Tongkat Ali Tincture or the Raw Forest Foods 40:1 Concentrated Tongkat Ali for a stronger formula.

B) **Deer Antler** - Boosts mood, adrenals, performance, testosterone, DHEA and the works. Probably the most complete single herb any man can take for overall health and hormones. **Royal Velvet Deer Antler is our favorite and the Jing Herbs Deer Antler** is a great value. Either one works.

C) **Tribulus by Cedar Bear** is also known to boost testosterone

D) **Macalibrium by NHI**. Maca is powerful for men's hormones, testosterone, energy, strength, stamina, endurance, energy, mood, etc. This is proven to work through lab tests!

E) **Muira Puama by Ojio or Banyan** is an herb that helps with L-Dopa or Dopamine which is drive, motivation and energy. It also boosts testosterone.

F) **Pine Pollen by Raw Forest Foods**. Awesome and only well known source of DHEA which is the joy hormone and crucial for adrenal health. DHEA is an androgenous hormone critical for men.

G) Increase blood flow with ginkgo biloba and l-arginine. **Forza by Bell Lifestyle** is a product for this.

H) Great formulas blending many of these elements together include **Endocrine Strengthening Formula by Raw Forest Foods, Libido Lift by Cedar Bear, Forza by Bell Lifestyle and Triargin by ByPro Nutrition.**

9. **Take Minerals!** Minerals are important for men. Hair loss or alopecia is often from mineral deficiencies. Minerals like zinc and copper are also crucial for cellular function, communication and yes, testosterone production. All men can benefit from magnesium, zinc and copper! Here are some important minerals men can greatly benefit from:

A) **Magnesium Chloride foot soak or bath by Health and Wisdom** - Vital for everyone, needed for all detoxification pathways, calms and relaxes nerves, muscles and entire body. Can also do the **CALM by Natural Vitality** in water and drink.

B) **Aqueous Zinc by Biotics Research (liquid) or Raw Zinc by Garden of Life** - Important for overall health, cellular communication and testosterone production.

C) **Mito-Synergy by Mito** for copper. This can help with so many things, but it is powerful at the cellular level. It helps the cell detox and get energy. It works by stimulating the mitochondria (the powerhouse) of the cells work properly. Benefits are hair growth, increase energy, vitality, strength, etc.

D) **Multi-Mins by Biotics Research** as a good general overall mineral supplements - 4-6 daily with food

10. **Get checked.** The best way to check testosterone levels is through a saliva test. These are offered by natural health care practitioners. It would also be good to check mineral levels such as magnesium, copper and zinc.