

# TESTOSTERONE: The Key to Healthy Masculinity



Guys, you really need to read this. Ladies, if you want your man to be all that he can be, you will want to read this too.

Testosterone is literally what makes a man a man. Testosterone causes the male fetus to develop properly. A surge in testosterone during adolescence turns boys into men. Testosterone gives men muscle strength, a lean body mass, good bone density, mental sharpness and their sex drive. It also enhances a man's mood, creativity and imagination. Good testosterone levels even reduce a man's risk of developing degenerative diseases as he ages. Obviously, testosterone is vital to men's physical and emotional well-being.

## Testosterone Levels Are Dropping Worldwide

Unfortunately, men's testosterone levels have been steadily declining for decades. There is a normal decline in testosterone with aging, but this decrease is on top of the normal decline.

Beginning in their fifties, most men experience a drop in their testosterone of about one percent a year. Researchers in the Massachusetts Male Aging Study observed that men born more recently had substantially lower testosterone levels than men born between 1916–1945. The 60-year-old in 2003 had about 15 percent less testosterone than the same age in 1988.

Although studies have shown that obesity and multiple drug use reduce testosterone, the researchers behind the Massachusetts study found that these factors alone could not account for this loss of testosterone. Examining a group of 500 nonsmokers who were neither obese nor taking a large number of drugs, they found that even these healthy men displayed a higher decrease in testosterone than previous generations.

Professor Skakkebaek at Copenhagen University Hospital states that, "There is evidence that male reproductive function seems to have deteriorated considerably during the past four to five decades." An increasing number of scientists see a worrisome pattern in male reproductive-health problems around the world, and they suspect environmental factors to be the cause. Fertility, which moves in tandem with testosterone, has dropped not only in industrialized nations like Sweden but also in third world countries, without any apparent change in contraception or abortion rates. Also, increasing numbers of boys are being born with genital defects.

## Masculinity is Under Assault

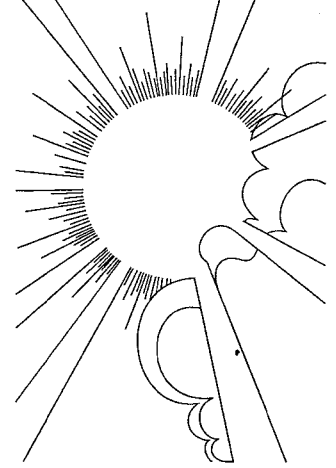
As a result of these decreases in testosterone, masculinity and masculine health are under assault. In addition to reduced sperm counts, half of all American men have problems with impotency or "erectile dysfunction." Prostate cancer is the leading type of cancer among men, with one in three men expected to develop prostate cancer in their lifetime. Testicular cancer is also on the rise—as is the incidence of undescended testicles and other birth defects in male genitalia.

Clearly, this drop in testosterone is not just affecting older men. Furthermore, since similar reproductive problems are on the rise in wild animals, one can only conclude that the causes are environmental. Scientific evidence now suggests that environmental toxins are disrupting the balance of male hormonal activity and chemically "castrating" men.

Rachel Carson published the environmental classic *Silent Spring* in 1962 when xenoestrogenic DDT was making eggshells so thin that they were crushed by nesting parents decimating populations of eagles and other large birds. Mitch Harman M.D., Ph.D., an endocrinologist at

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# SUNSHINE SHARING



### Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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The University of Arizona College of Medicine and director of the Kronos Longevity Research Institute, sees the shadows of this today. He says, "I'm concerned that we're just pouring chemicals out into our environment that are endocrine-suppressing, estrogen-like compounds, possibly causing similar disruptions in human reproduction."

The authors of a recent article in the *Medical Journal of Australia* suggest that from early fetal life onward, male hormonal and reproductive functions are under "xenobiotic attack," meaning that chemicals not naturally found in the body appear to be disrupting normal biological development and performance.

Masculinity is suffering from other causes as well. The nutritional deficiencies in the modern diet are weakening men's bodies and leaving them vulnerable to chronic disease. Sedentary lifestyles are also having an adverse affect on men's health.

The assault on masculinity is also a social one. Being manly has in many ways become politically incorrect. Men are encouraged to be sensitive and feeling, to suppress their natural tendency to pursue their goals with dogged determination and defend their families and values.

## Protecting Your Testosterone

Xenoestrogens are highly suspect among the environmental toxins that inhibit testosterone production. Xenoestrogens are chemicals that attach to estrogen receptors in the body by mimicking estrogen. In men, they disrupt the natural balance between male and female hormones, resulting in a loss of manly traits.

There are many sources of xenoestrogens in modern society. For starters, estrogen supplements are fed to poultry and cattle to increase egg, meat and dairy production. Estrogenic chemicals are also used in pesticides and plastics. Xenoestrogens are even finding their way into our drinking water supplies.

To avoid these chemicals start by purchasing organically grown foods wherever possible. Also make sure you wash non-organically grown produce in a natural cleaning solution like **Sunshine Concentrate** to remove chemicals.

Also avoid plastic containers, especially soft plastic containers. Heat releases xenoestrogens in plastic so never microwave in plastic containers, put hot food in plastic containers or drink from plastic containers that have become hot from sitting in the sun. Use glass containers wherever possible. Also, don't give your children—especially your sons—soft plastic toys to chew on.

Another compound which may be causing a drop in testosterone levels is fluoride. High doses of fluoride are known to suppress testosterone production, but a study published in *Environmental Research* in 2003 suggested that even low levels can reduce the amount of available testosterone. Most water supplies in the United States are now fluoridated. So, to protect testosterone levels, avoid fluoridated water (purify your water using a **Nature's Spring Reverse Osmosis Unit** or some other system) and fluoridated

The combined result of this three-fold attack of xenoestrogenic toxins, nutritional deficiencies and "politically correct" attitudes is a loss of healthy male energy among modern males. A large percentage of guys are overweight, weak, impotent and, in general, suffer from a lack of masculine self-confidence.

### Testosterone Doesn't Make Men Abusive

Despite testosterone's explosive reputation, there is no evidence that testosterone causes men to be overly aggressive, violent or abusive. To the contrary, heightened testosterone facilitates self-confidence, calmness under stress, and the desire to pursue social success. Testosterone levels typically increase to ready men for a challenge, whether it's a football game or a chess match. Testosterone also rises after a victory, causing an increase in confidence that often leads to additional victories.

A man who is full of masculine self-confidence is more likely to care for his family and protect them from danger. In fact, many men have affairs because they are trying to find a way to make themselves feel more manly. So, ladies, helping your man have higher testosterone levels is going to benefit you too.

Given all the positive benefits, why would any man not want to increase the level of testosterone in his body? So, in this issue of *Sunshine Sharing* we'll discuss things men can do to nurture and protect their testosterone levels and their manliness.

toothpastes, mouthwashes and dental treatments.

Considering the impact of environmental chemicals on men's reproductive health, it seems only prudent to reduce one's exposure to plant-based phytoestrogens, as well. Phytoestrogens are plant-based estrogens that are actually good for women because they block the more powerful xenoestrogens. In men who are trying to balance hormone levels, however, they're probably not a good idea.

One of the foods that may be problematic for men is soy. There is research which demonstrates that genistein, one of the phytoestrogens in soy, decreases male fertility. Soy products in animal feed can reduce the fertility of male animals. Many body builders claim it is harder to build muscle on soy-based protein powders. Occasional use of soy products (2-3 times per week) is not a problem, but men should use soy products in moderation.

An interesting plant that has strong phytoestrogenic effects is hops. In his book *The Natural Testosterone Plan*, Stephen Harrod Buhner explains that beers were originally made from a variety of medicinal plants, many of them possessing testosterone-enhancing action. The decision requiring that beer be made from hops was made by Protestant reformers who wanted to remove sexually-stimulating herbs from beer. They chose hops because it is a sedative that also reduces male sex drive. Beer drinkers be warned.

Drugs can also affect your testosterone levels. It is wise to read warning labels carefully in order to discover any adverse effects these medications may have on your reproductive health.

# Building Testosterone and Male Health

Increasing testosterone begins with avoiding chemicals that interfere with it (see page 2: *Protecting Your Testosterone*), but men should also be proactive in doing things that enhance testosterone. Here are some effective ways to increase levels of this hormone.

## Exercise: It's a Manly Thing



Exercise has been and always will be one of the best ways to strengthen a man's reproductive health. Regular exercise helps increase testosterone production while reducing the risk of cardiovascular disease, diabetes and other degenerative diseases. Resistance training with weights is especially important for men as they grow older. Having better muscle mass helps maintain optimal weight and helps a man feel better about himself.

## The "Caveman" Diet

Before the advent of modern civilization, both men and women lived on a diet of high quality animal proteins and vegetables. Grains and other high starchy foods were scarce and sugar foods like fruits and honey were rare treats. People living on these diets had strong bones, muscles and teeth and rarely got sick. Returning to this type of diet can be very helpful for men in rebuilding their testosterone levels. For more information on this type of traditional diet, get the book, *Nourishing Traditions* by Sally Fallon.

In contrast to traditional diets, modern high carbohydrate diets stress the adrenal glands and the pancreas, resulting in increased levels of insulin and reduced levels of DHEA, the building block for male hormones. DHEA and all reproductive hormones are made from cholesterol, so the current trend to drive cholesterol levels as low as possible actually causes reproductive problems in both sexes. It's part of the reason statins drug (used to lower cholesterol) can cause men to lose muscle mass, suffer from erectile dysfunction and become depressed.

The myth that dietary cholesterol and saturated fats are the cause of heart disease has caused many men to avoid cholesterol-rich foods such as eggs and red meat. While it is a good idea to avoid eggs and meat that have been raised with chemicals, like antibiotics, estrogens and growth hormones, it is not necessarily the best to avoid these foods altogether. Grass-fed, organic red meat, organic butter from grass-fed cows, and eggs from pastured chickens may be hard to come by, but they are actually good foods for increasing male testosterone.

## Supplementing Manly Power

Herbs and supplements can also be used to increase testosterone naturally. Here are some supplements for enhancing masculine energy and health.

Ginseng, especially the Panax or **Korean Ginseng**, is a traditional herbal tonic for helping men stay healthy as they age. Many

men find that taking just one capsule of Korean ginseng daily in the morning helps them have a more stable mood and energy level. It can also enhance fertility, improve erectile function and reduce stress. **American Ginseng** can also be helpful.

Other herbs that may help to boost testosterone levels include epimedium, also known as horny goat weed, pine tree pollen, tongkat ali and tribulus, or puncture vine. **Sarsaparilla** is also believed to enhance testosterone, too, although claims that it contains testosterone are false.

Three formulas that may be helpful in increasing testosterone and enhancing male reproductive function in general are DHEA-M, Men's X-Action Reloaded and Men's Formula. Here's some information about each of these formulas.

### DHEA-M

DHEA is a hormone produced by the adrenal glands that is the building block of testosterone. DHEA-M is a supplement that combines 25 mg. of DHEA with sarsaparilla, saw palmetto, damiana, pumpkin seed and Panax ginseng. These herbs that are traditionally used to enhance male hormones, aid prostate function and increase sex drive. A typical dose is one capsule per day, but some men do well taking two per day for a short period of time until their hormonal levels start to normalize.

It's not a good idea for younger men (below age 40) to be taking DHEA-M unless blood tests show they are low in DHEA. Levels of DHEA tend to be higher in younger men, but drop off as men age. So, the older one is, the more likely it is that one will see benefits from using DHEA.

### Men's X-Action Reloaded

Although Men's X-Action Reloaded is designed to help men with the specific issue of erectile dysfunction, it is also a good formula for enhancing testosterone and improving male reproductive health in general. It contains an isolated icariin extract from epimedium (horny goat weed) that helps dilate blood vessels to improve erections. This is combined with the amino acid L-arginine which also acts as a vasodilator to lower blood pressure and improve erectile performance. Yohimbe, another herb in this formula, dilates blood vessels in the pelvic region to stimulate erections.

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## Additional Help and Information

For more information about the importance of testosterone in men and how to increase it, contact the person who gave this newsletter to you. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

*Vital Man: Natural Health Care for Men at Midlife* by Stephen Harrod Buhner

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing



## Why Are Men's Testosterone Levels Dropping Worldwide?

**Testosterone is critical for male health. It not only gives men their sex drive, it also increases their muscle strength, lean body mass and bone density. It enhances their mood and creativity and helps ward off degenerative diseases. Learn about this decline in testosterone and what to do about it.**

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Men's X-Action Reloaded also contains 4 mg. of DHEA. This is a much lower dose than found in DHEA-M, but is still enough to be helpful in enhancing testosterone production. Other ingredients include: damiana leaf extract, muira puama stem extract, saw palmetto fruit, maca root extract, pomegranate fruit extract and oatstraw herb extract.

Men's X-Action Reloaded enhances male energy, activity and vitality. These herbs support the male reproductive organs including prostate function. It also increases blood flow to the pelvic region and may be helpful for erectile dysfunction, impotence, infertility and lack of desire in men. It can also have a modest blood pressure reducing effect. As a general supplement to improve male performance, take two capsules nightly before bed. Take 2-6 capsules one hour prior to sexual activity to enhance performance.

### **Men's Formula**

This formula is more targeted at helping prostate function, but it can also help to enhance testosterone and male reproductive function in general. It contains saw palmetto extract, pygeum extract, lycopene, stinging nettle extract, gotu kola and zinc. Not only does it improve kidney and prostate function in males, it has a protective effect against prostate cancer and may also help with impotency. For intensive use take 3 capsules with both morning and evening meals. For maintenance take 2 capsules daily with a meal.

These are just a few of the many herbs and supplements men may find helpful for enhancing their testosterone levels and improving their reproductive function. For example, **PS II** can help with prostate function and **KB-C** or **Nervous Fatigue Formula** can help with a loss of sexual vitality. For additional suggestions, talk to the person who gave this newsletter to you.