

# WHAT A guy!

supportive  
supplements  
for men

Men and women may not be from different planets,  
but their health needs differ in key ways.  
Choosing supplements and herbs especially  
tailored for men can really pay off.



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EVIDENCE BACKS GARLIC'S ABIL-  
ITY TO LOWER CHOLESTEROL  
LEVELS AND BLOOD PRESSURE.



**A Man's Multi**

Buying gender-specific multivitamins makes sense, says San Francisco-based nutritionist Rania Batayneh, MPH. Men and women have different hormones, as well as different needs as they age, she explains, which are better met by a gender-specific multi.

Iron is a great case in point: women's multis contain extra iron to restore what is lost during menstruation, but most men should avoid supplemental iron because it can increase their risk of heart disease. Another perk of male-oriented multis is that they often add nutrients that support health issues specific to men, such as lycopene for prostate health.

**Healthy Prostate**

As men age, the prostate gland tends to grow. This puts pressure on the bladder, which leads to benign prostatic hyperplasia (BPH), a usually harmless but bothersome condition that leads to more frequent urination at night. With prostatitis, not only are there more bathroom trips, but there can

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# Immune Health!



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also be pain. Because it offers relief for both BPH and prostatitis, “saw palmetto is the ‘go-to’ herb,” says Batayneh.

One in six men will be diagnosed with prostate cancer during his lifetime. The disease is a leading cause of cancer-related death for men, second only to lung cancer. The cancer is less likely to develop in men who eat lots of lycopene-rich foods, such as tomatoes and foods made from them.

If prostate cancer has already developed, researchers believe that flaxseed may help. When men were given two daily tablespoons of ground flaxseed for a month prior to their scheduled prostate cancer surgeries, there was a significantly slower-than-expected growth rate of cancer cells. Flaxseed provides both omega-3 fatty acids and lignans (natural plant chemicals with antioxidant properties).

### Recharge & Refuel

Everyone feels run down occasionally (often due to lack of sleep). But if you frequently don't feel energetic enough for your liking—and a serious health problem such as anemia, depression, or low thyroid hormone is not the culprit—then a pick-me-up from an energizing dietary supplement can help.

A vitamin-like substance called coenzyme Q10 (CoQ10) helps convert food into energy. Starting at the age of 40, the body's production of CoQ10 tapers off, so taking extra can boost energy levels. Studies show that this supplement can also help delay feelings of fatigue during exercise.

Another option is citicoline, a nutrient needed for focus and concentration. When Harvard researchers gave healthy men up to 2,000 milligrams (mg) of citicoline daily for six weeks, the result was higher energy reserves in the frontal lobe of the brain. Similar research shows that citicoline helps counteract declining cognitive function in aging populations.

### The Way to a Man's Heart

Heart disease remains the leading cause of death in men, often striking in the prime of life. The world of science offers several supplements with solid research backing their use for protecting the cardiovascular system.

If you don't eat several servings of oily fish each week, consider supplementing with fish oil. Omega-3 fatty acids from fish oil lower triglycerides and blood pressure, decrease clotting tendency in the blood, and can even enhance the cholesterol-lowering effects of statin drugs.

Many experts believe CoQ10 deficiency and heart failure go hand in hand. If you're on statin drugs to lower cholesterol levels, it's important to consult with your healthcare practitioner about this supplement.

Recent research also indicates that the compounds found in green tea can lower blood pressure and LDL (lousy) cholesterol in as little as three weeks.

### Want to Unwind?

Feelings of stress and anxiety—whether triggered by a public speaking engagement, a looming work deadline, or days jam-packed with responsibilities—strike everyone once in awhile. If jangled nerves hit more often than you'd like, try natural stress relievers. The amino acid L-theanine—found in green tea leaves—counters anxiety without dulling mental prowess. Another benefit associated with L-theanine is an increased ability to focus on difficult, attention-demanding tasks.

## HOT HEALTH TIP:

Cayenne pepper  
reduces blood  
pressure and  
triglyceride levels.



### Male “Menopause”

Unlike female menopause (which occurs over a relatively short period of time), male menopause—or andropause—is a longer, slower event in which testosterone levels decrease steadily each decade after about age 40. Less testosterone takes a toll on muscle mass, libido, and energy while upping the risk of depression.

Combining exercise with a magnesium supplement works particularly well to uphold testosterone levels. In fact, points out Carolyn Dean, MD, ND, medical director of the Nutritional Magnesium Association, many symptoms of male menopause dovetail with symptoms of magnesium deficiency. These include lowered libido, depression, and fatigue as well as high blood pressure and heart disease. “Supplementing with magnesium, particularly a well-absorbed form of magnesium called magnesium citrate, can improve all of these health concerns,” says

Dr. Dean. ■■■



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