

MEN'S HEALTH



Growing Wiser As We Grow Older

In recent years, we have seen more and more articles discussing the health issues that men face. All too often the adverse effects seen with aging are blamed on declining testosterone levels. Men perceive that if they supplement their declining levels of testosterone, they will once again have the vitality of youth. However, the question that needs to be addressed before testosterone replacement is, "Why are the testosterone levels declining?" Age alone does not condemn a man to low testosterone levels. However, a more sedentary lifestyle, a less-than-healthy diet, and an increase in weight gain have much more to do with the decline in testosterone levels and the increased risk of diseases such as cardiovascular disease, obesity, diabetes, Alzheimer's disease and erectile dysfunction (ED)

The key to maintaining youth and good health in aging men is a healthy diet with smaller portions, less processed food and minimal alcohol consumption to minimize atherosclerosis. A complete multivitamin, like **Active Life Nutrient Capsules** can help provide essential nutrients that may not be present in the diet. A professional-quality vitamin B complex like **Methylation Basics**, can help a man feel more energized and capable of more activity. Zinc, as in **Zinc 20 mg Monomethionine**, is another critical nutrient for men. Approximately 70 percent of men are deficient in zinc, which accumulates in the prostate gland and helps block the conversion of testosterone to estrogen. Saw palmetto is another consideration for men as they age and can be found in our product **Saw Palmetto 320 mg Standardized**. Saw palmetto has been shown to support prostate health and urinary function.

Erectile dysfunction (ED) quite often appears due to a circulatory issue, not just testosterone decline. The primary system in the body that regulates blood flow is fueled by the amino acid L-arginine, which causes a resultant increase in nitric oxide. Daily supplementation with a serving of **Nitric Oxide Formula** along with **Pycnogenol 50 mg**, will help with the blood flow issues found in ED, cardiovascular disease, diabetes and other circulatory issues in the body.

Not only is it important to increase blood flow below the waist, it is important to increase blood flow above the neck. As we age, the cumulative effects of poor diet and lifestyle can take a toll on our brain, causing increased deterioration of memory and focus. Memory Plus is a unique product that helps to restore and improve cognitive deficits caused by aging and reduced circulation in the brain. As we age, we need to grow wiser, not just older.



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