

MEN'S HEALTH

*Nutrition and lifestyle strategies to
promote healthy aging*



**NUTRITION
THERAPY
INSTITUTE**

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DID YOU KNOW?



CANCER

Similar concern should also be given to the prevalence of male cancers. The rate of prostate and testicular cancers have been on the rise over the past few decades. It is estimated that 1 in 7 men will be diagnosed with prostate cancer over their lifetime[3].

INFERTILITY

Male infertility is on the rise. A study published in 2019 reported that 1 in 20 men are experiencing reduced fertility[1]. Given the drastic decrease in sperm count and quality worldwide over the past 40 years[2], it can be estimated that the infertility percentage has only grown.



GOOD NEWS

While the numbers are alarming, much of the risk can be mitigated simply through nutrition and lifestyle changes. While we'll discuss specifically testicular health, prostate health, and erectile dysfunction, let's first discuss the overarching strategies that support all aspects of men's health.

NUTRITION

FOCUS

Focus on eating a nutrient-dense, anti-inflammatory diet.
Minimize processed foods.

INCLUDE

- Organic vegetables and fruits
- Wild-caught fish and pasture-raised meats
- Healthy fats (nuts, seeds, avocados etc.)
- Sprouted whole grains



AVOID

- Refined grains
- Refined sugar
- Conventionally raised meats and dairy products
- Refined vegetable and seed oils
- Trans fats

LIFESTYLE

FOCUS

Focus on staying active and reducing exposure to toxins, endocrine disruptors, and other harmful chemicals.



- Decrease stress
 - Intentional breathing
 - Meditation
 - Daily walks outside
 - Gentle yoga/stretching
- Switch to all-natural body care products
- Make sure to drink clean, filtered water (and increase intake)
- Limit plastic use
- Eliminate smoking
- Regular exercise

Building on these nutrition and lifestyle recommendations, let's dive deeper...

TESTICULAR

While the testes are most notably responsible for sperm, they also play a role in testosterone production[4]. This means that testicular health is not only important for fertility, but also male development and overall health. With that being said, the testes are greatly impacted by diet and lifestyle factors. A recent study comprised of young Danish men revealed significantly varied sperm quality based on diet. The closer these men adhered to a Westernized diet, characterized by highly processed, nutrient-deficient foods, the lower their sperm quality[5]. This in part is due to the negative impact of inflammation on testicular health. Therefore, the nutritional and supplemental support strategies are focused on reducing inflammation.

NUTRIENTS TO EMPHASIZE[6]

- Omega 3 fatty acids
 - Wild-caught salmon and other cold water, fatty fish
 - Walnuts
 - Chia seeds
 - Flax seeds



TESTICULAR

NUTRIENTS CONT'D

- Antioxidants
 - Berries
 - Goji berries
 - Artichokes
 - Dark chocolate
- Zinc
 - Pasture-raised lamb and beef
 - Sprouted pumpkin seeds
 - Hemp seeds
 - Chickpeas
- Selenium
 - Brazil nuts
 - Wild-caught salmon and tuna
 - Pasture-raised turkey and chicken
 - Mushrooms



POWERHOUSE SUPPLEMENT: FISH OIL

Due to its high concentration of omega 3 fatty acids and anti-inflammatory properties, fish oil supplementation has been shown to increase sperm volume and count. It also increases the ratio of free testosterone to luteinizing hormone, improving hormonal balance in men[7].

PROSTATE

While only the size of a walnut, the prostate plays the important role of producing seminal fluid, which is a slightly alkaline substance responsible for both nourishing and transporting sperm[1]. It surrounds the urethra, which is why prostate concerns are closely tied to urinary dysfunction.

A common condition among men as they age is benign prostatic hyperplasia (BPH), or an enlarged prostate. An enlarged prostate blocks urinary flow, contributing to an inability to fully relieve the bladder, as well as other urinary and kidney problems. While not necessarily life threatening, this can be a source of pain and frustration among men.

A more concerning statistic is that of prostate cancer, the most common cancer among men. Symptoms mimic many of those caused by BPH[8]. The good news is there are many nutritional and supplemental strategies to support prostatic health. In addition to the anti-inflammatory nutrients listed for testicular health, prostate recommendations also include nutrients for hormonal health.

PROSTATE

NUTRIENTS TO EMPHASIZE[9]

- Anti-inflammatory nutrients (listed in Testicular Health)
- Calcium
 - Sardines
 - Raw milk
 - Kale
 - Almonds
 - Broccoli
- Lycopene
 - Tomatoes
 - Watermelon
 - Grapefruit
 - Carrots
- Vitamin E
 - Sprouted sunflower seeds
 - Almonds
 - Hazelnuts
 - Avocado
- Vitamin D
 - Wild-caught salmon and other cold water, fatty fish
 - Mushrooms (morel, shiitake, oyster)
 - Eggs
 - Beef liver



POWERHOUSE SUPPLEMENTS: TEAS

- Green tea (*rich in antioxidants*)
- Stinging nettle root (*great for hormone regulation*)
- Adaptogenic mushrooms (*specifically turkey tail, which boosts natural killer cells to improve immune function*)

ED

Erectile dysfunction (ED) is a growing disorder among men that is directly correlated with poor nutrition and lack of physical activity. It is most common among those with obesity and/or metabolic syndrome. The reasoning lies in the pro-inflammatory nature of these metabolic conditions. Inflammation causes endothelial dysfunction, which limits the availability of nitric oxide (NO) to drive genital blood flow[10]. As a result, erections are unable to be maintained or in some cases generated at all. This can be devastating for not only the mental health of the man, but the state of his relationships as well. Adapting an anti-inflammatory diet, however, has been shown to decrease the risk of developing ED, and in some cases has helped to reverse it[11]. Additionally, there are specific foods that help boost NO availability in the body.



ED

NUTRIENTS TO EMPHASIZE

- Anti-inflammatory nutrients (listed in Testicular Health)
- Vegetables containing naturally occurring nitrates to boost NO availability[12]
 - Red beets
 - Leafy greens (particularly arugula)
 - Radishes
 - Leeks
 - Endive
 - Broccoli
 - Pomegranate juice



POWERHOUSE SUPPLEMENT: PANAX GINSENG

Studies reveal panax ginseng to be highly effective in the treatment of erectile dysfunction due to its ability to increase the release of nitric oxide in endothelial tissue[13], [14]. It can be found in supplement, tincture, or tea form.

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