

What Concerns Men Today?

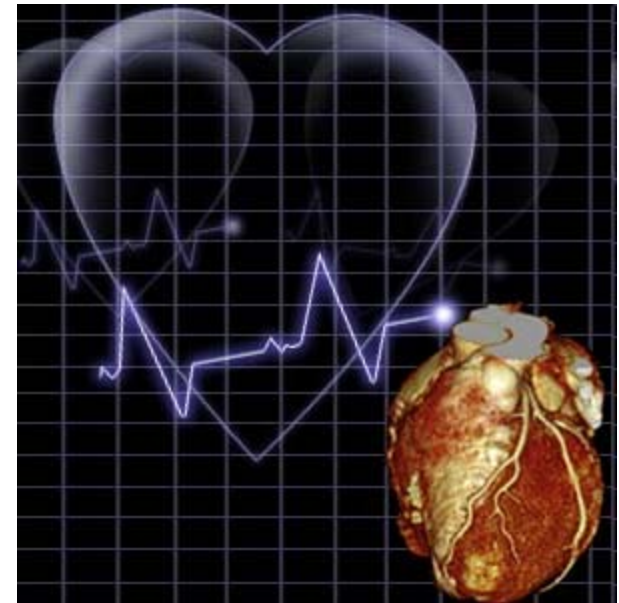
- 17-Day Abs
- Double Your Sexual Endurance, Go Longer, Go Harder!
- Heartburn... Prilosec ads
- 6-Pac Abs
- Treatment of Jock Itch
- Penis size
- 36 Ways to Get That Girl
- How to Tell if your Girlfriend is Lying



Men's Health Magazine
Sept. 2011

The History of Heart Disease

- Framingham Heart Study, 1948 to 1968
- “Found” the cause
- The beginning of the low-fat diet craze
- Research to find drugs to block the production of cholesterol by the body



The Secret Killer

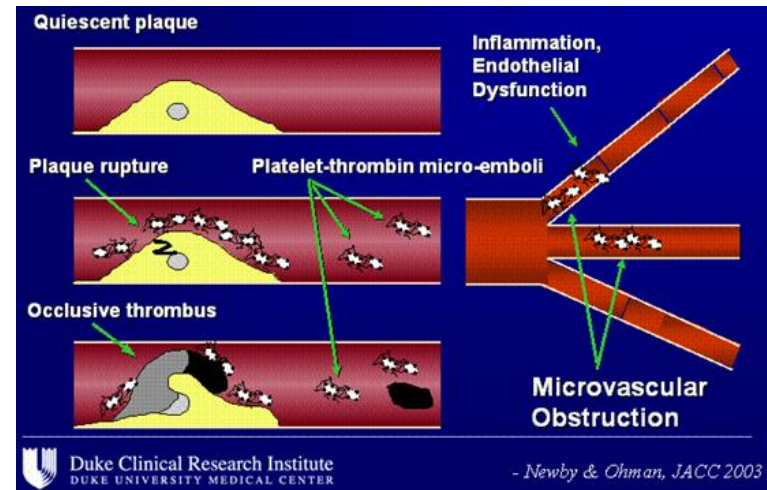
- In February 2004 Time Magazine scientists changed how we think about heart disease and pinpointed the cause as something they called The Secret Killer.
- The Secret Killer may be causing more diseases than any virus or bacteria in the world
- What is this secret killer and how was it discovered?



**Silent Inflammation
is the
Secret Killer!**

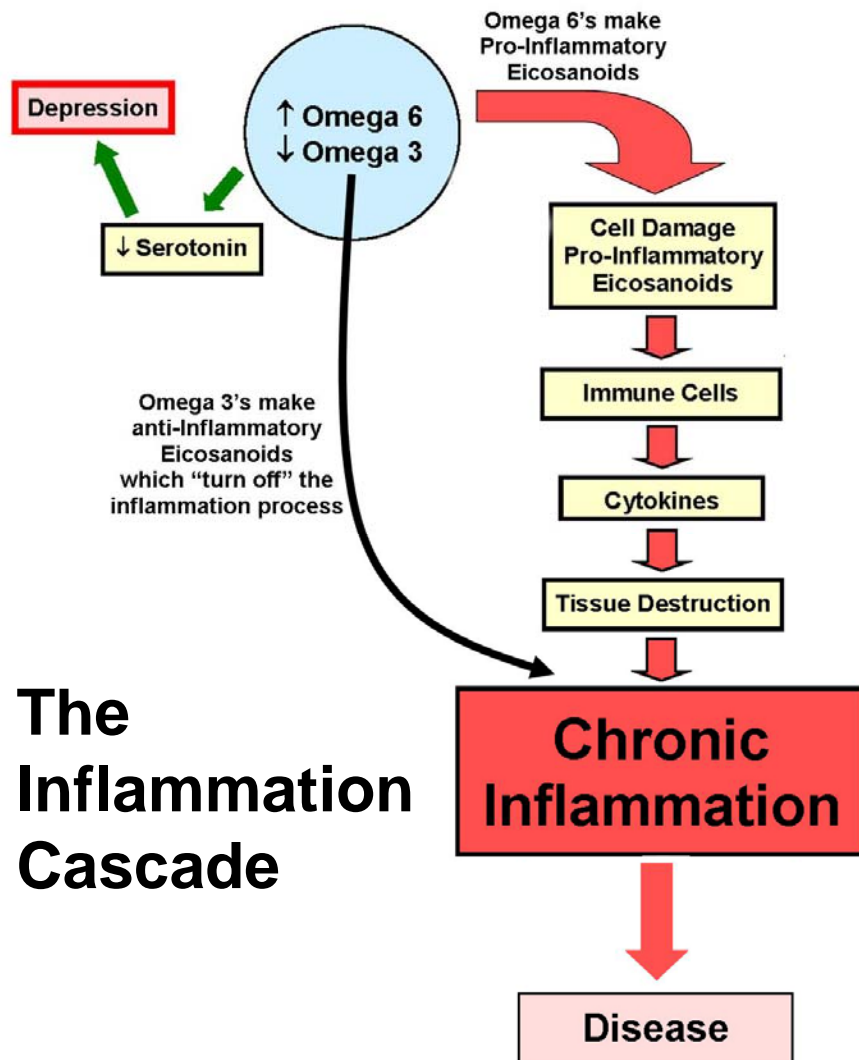
It's Not a Plumbing Problem?

- Heart disease isn't caused by a "clogged pipe" full of cholesterol
- Inflammation damages the artery wall creating "pimples" in the vessel wall full of "chronic pus"
- In an attempt to "heal" the "pimple" your body lays down a protective cover of cholesterol to shore up the artery wall
- If inflammation continues, the plaquing continues and the "pimple" can grow.
- If the "pimple" bursts or ruptures it will cause bleeding and attract cells to form a clot
- The heart attack is then caused by the clot in the already narrowed artery



**Heart Disease is an
Inflammation Problem
NOT a
Cholesterol Problem**

Omega Fats & Inflammation



Historically the ratio of omega-6 to omega-3 in our diets was **2:1**

Today, the ratio of omega-6 to omega-3 is about **20:1**

Our bodies are good at starting the inflammation process... they just can't shut it off without sufficient omega-3s!

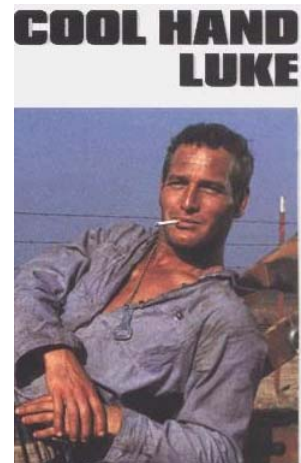
Fat Cells & Inflammation

“Fat cells can work like immune cells, releasing pro-inflammatory proteins known as cytokines in greater and greater amounts as you gain weight. In other words, **the fatter you are, the more silent inflammation you generate.**”

Dr. Barry Sears, PhD.,
The Anti-Inflammation Zone

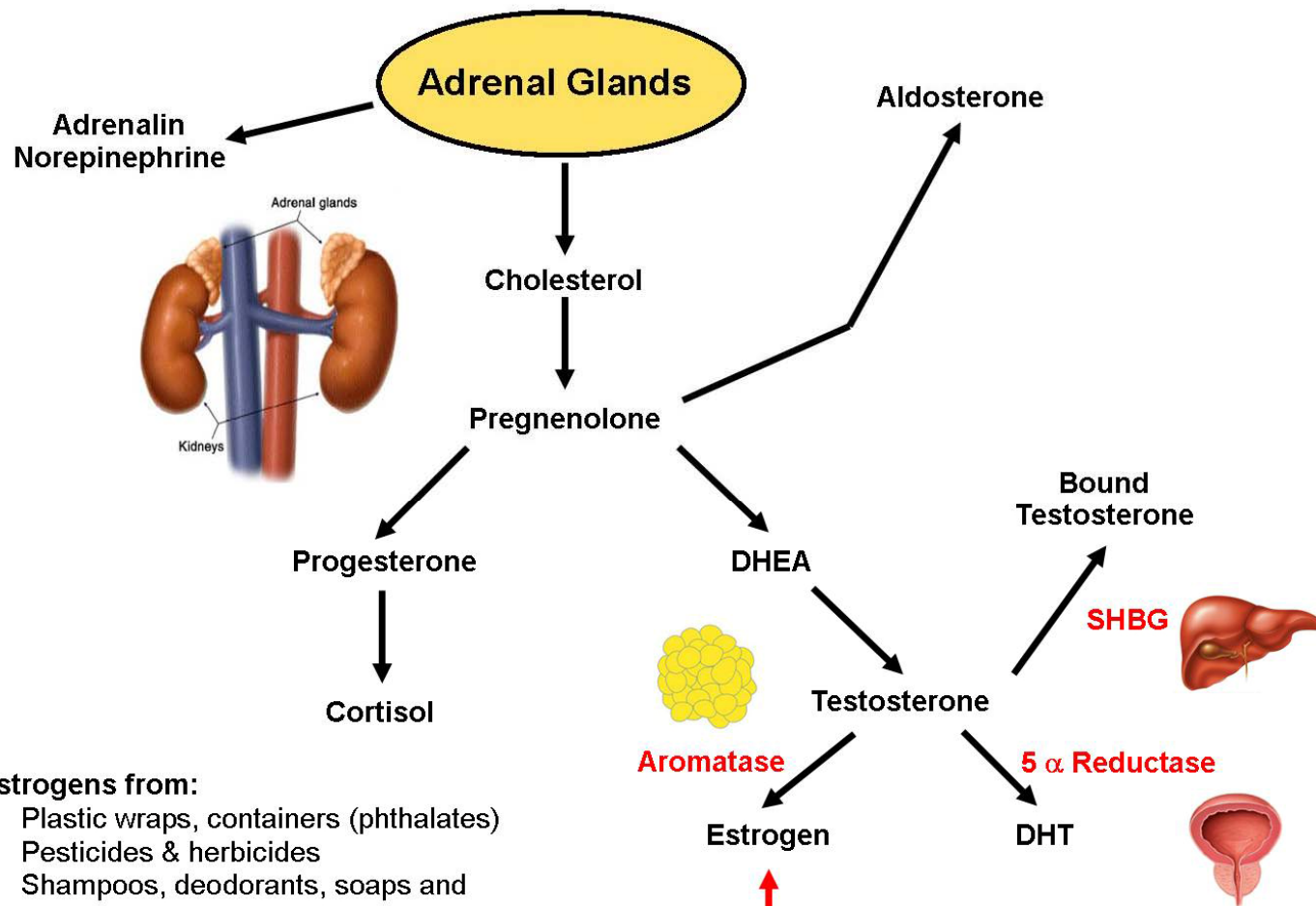


These Guys Were Cool!



These "COOL" guys all have something in common...

The Male Hormones



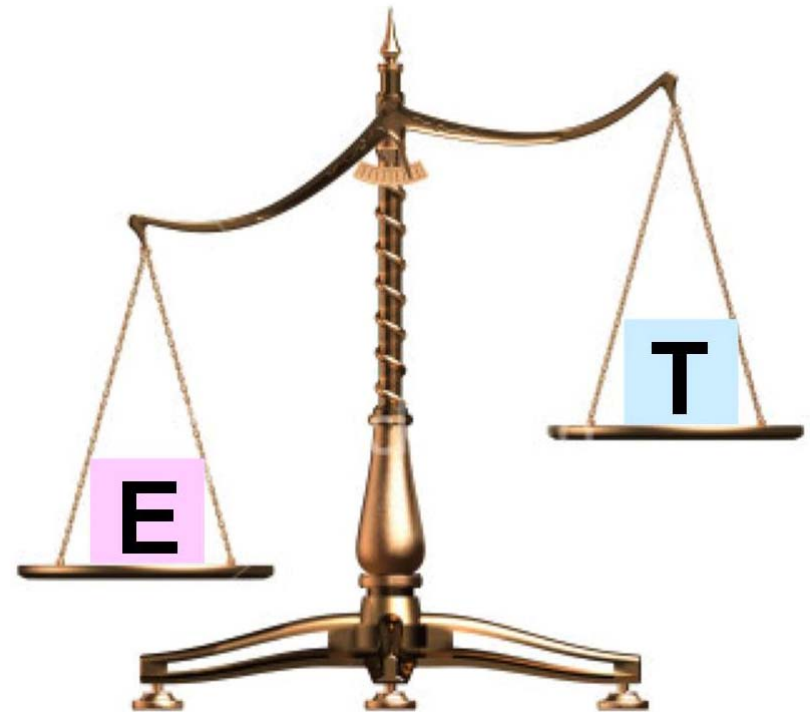
Xenoestrogens from:

- Plastic wraps, containers (phthalates)
- Pesticides & herbicides
- Shampoos, deodorants, soaps and cosmetics (parabens)
- Commercially grown meat products and dairy

Men's Hormone Balance

Estrogen dominance is not good. It occurs as a result of:

1. Cortisol shift
2. Aromatase shift
3. 5α -reductase shift
4. SHBG shift
5. Xenoestrogens

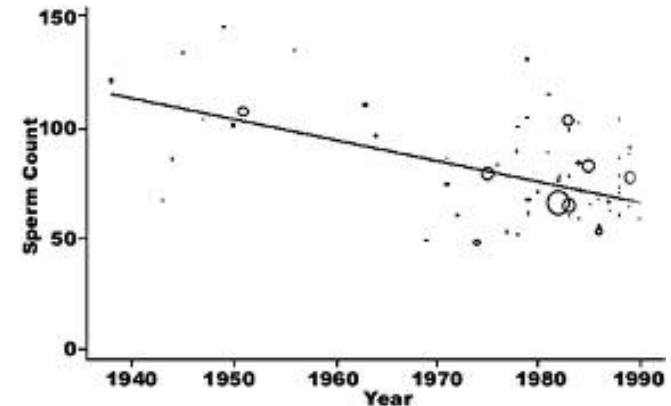


**Imbalance between levels
of testosterone and
estrogen in men**

Xenoestrogens

Xenoestrogens come from:

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- Commercially grown meat products and dairy



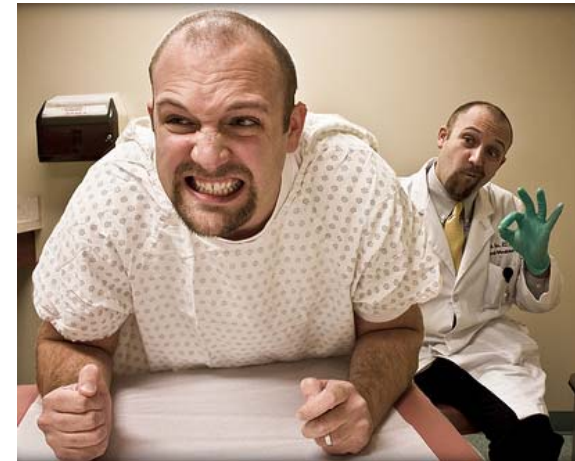
**Men's sperm counts
have steadily dropped!**



Prostate Cancer Causes

The underlying metabolic imbalances that lead to prostate cancer are:

- Estrogen dominance
- Chronic inflammation
- Low testosterone
- BBQ and processed meat consumption (12% in prostate cancer)
- Deficiency of zinc and vitamin D
- Lack of sleep, decreases melatonin, increases estrogen dominance



**Bend Over
and Smile!**

Causes of ED

The principle causes of Erectile Dysfunction are:

- Estrogen Dominance
- Chronic inflammation (Heart disease, insulin resistance)
- Low testosterone
- Prescription drugs
 - Blood pressure drugs & diuretics, antihistamines, antidepressants, NSAIDs, Parkinson's drugs and statins (ED is 10 times more common in men on statins)
- Smoking (ED is 50% higher among smokers)



Hair Loss (MPB) Causes

DHT production
increases with:

- Estrogen dominance
- Chronic inflammation
- Drinking milk (rBGH)
- Zinc deficiency
- Alcohol consumption
reduces zinc
- High fat diets (new)

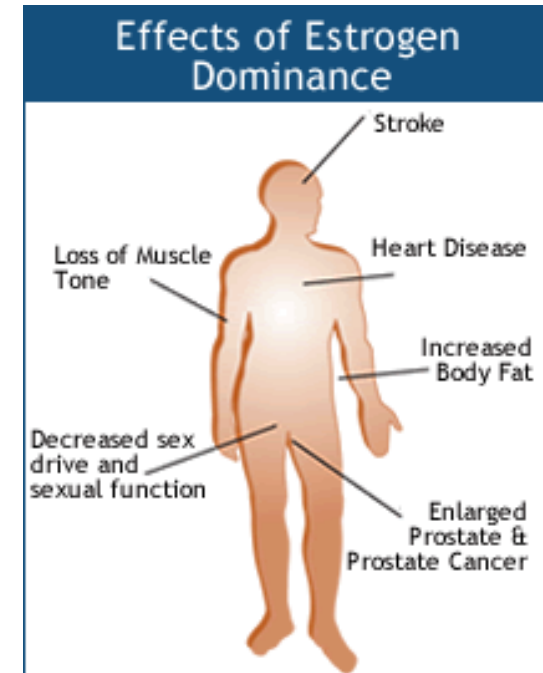


**Male Pattern Baldness
is accelerated by the
accumulation of DHT
in the hair follicles**

The Common Thread

A common thread in all of these conditions is a hormone imbalance of decreasing testosterone levels and increasing estrogen levels. **We call this in men Estrogen Dominance.**

Another common thread in many of these “hormonal” conditions is that they are brought on as a result of **Chronic Inflammation.**



PLUS
Erectile dysfunction (ED)
Loss of Libido
Breast enlargement (“man boobs”)
Infertility or low sperm count
Hair loss

Real Men Get the Blues

- Even though we generally think of depression as a problem with women... researchers estimate the depression rate among middle-aged men approaches 40%... considerably higher than the rate among women (25%)!
- Men with depression are more likely to self-medicate with drugs or alcohol and 4 times as likely to kill themselves.



Men may experience depression even more often than women!

The Proof is in the Diet

- Japan has just a fraction of the depression rates of the U.S. where low amounts of fish are eaten.
- New Zealanders have **50 times the rate of depression** as the Japanese and eat the least amount of fish in the industrialized world.
- In native Greenland, Eskimos, who consume some 7-10 grams per day of Omega-3 fatty acids, **have virtually no depression** even though their living conditions can be pretty depressing with only an hour or two of sunlight a day during the winter months.



Mackerel, herring, tuna, salmon and sardines are good sources of omega-3 fatty acids.

Strategies for Men's Health

Strategies to Prevent Prostate Cancer, Benign Prostatic Hypertrophy, Erectile Dysfunction, Low Libido & Male Pattern Baldness.

1. Reduce Chronic Inflammation

- Reduce Chronic inflammation by lowering sugar/cortisol, following the Page meal plan, losing fat, taking daily omega-3s, avoiding toxins and maintaining an alkaline diet.

2. Get plenty of sleep

- Sleep deprivation decreases melatonin which increases estrogen dominance

3. Take Zinc and Vitamin D supplements

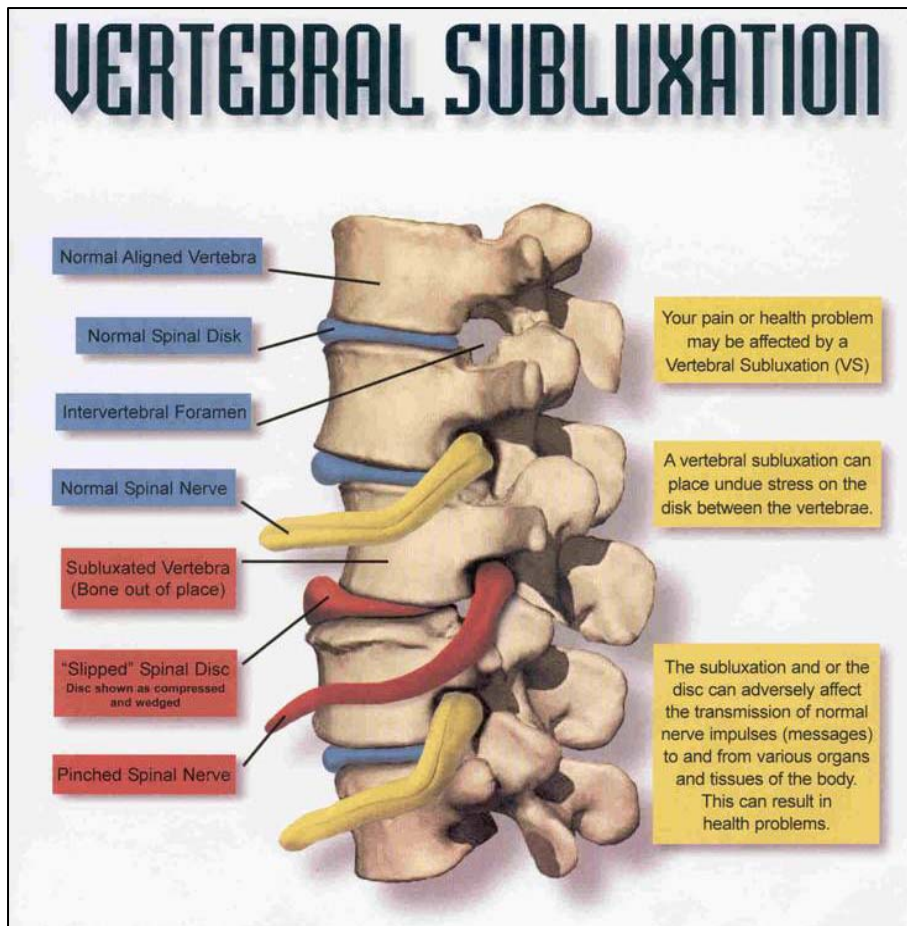
- Both zinc and vitamin D deficiencies are seen in prostate cancer and estrogen dominance

4. Reduce BBQ and processed meat consumption

- Men who eat the most barbequed and processed meats have an increased risk of 12-20% for prostate cancer

Continued →

Balanced Neurology Creates Balanced Body Chemistry



Subluxations disrupt the communication system of the body, the nervous system, resulting in an imbalance in your neurology and your body chemistry!

Men & Their Nervous Systems

- "I've been going to chiropractors for as long as I can remember. It's as important to my training as practicing my swing." **Tiger Woods**
- "I have to have an adjustment before I go into the ring. I do believe in chiropractic. I found that going to a chiropractor three times a week helps my performance. The majority of boxers go to get that edge." **Evander Holyfield, former heavyweight champion boxer**
- "If not for chiropractic, I would not have won the gold medal" - **Dan O'Brien** 1996 Decathlon Gold Medalist "World's Greatest Athlete"
- "I only wish I had tried chiropractic a few years ago when I first started having back pain and maybe surgery would have never happened - now we know that chiropractic is not just for bad backs or necks. It's about prevention, so your body can function at optimum health. That is why children should also be adjusted." **Joe Montana**

