

# **Andropause: A Silent Epidemic that can occur at any age, find out if you are at Risk!**

Plus Healthy Lifestyle Habits to Relieve Your Symptoms

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# Introduction

Andropause (aka - low testosterone or hypogonadism) can feel like an overwhelming and stressful ordeal. Low Testosterone is truly a silent epidemic affecting men from age 17 to their final days in their elder years. I would expect you would have a lot of questions, and a strong desire for finding a real solution beyond suppressive medications.



For many men, andropause can trigger feelings of anxiety and depression. You might feel confused or bewildered by the declining function of your male reproductive system and that your body has betrayed you. While those feelings are real, it's important to understand that the way you are feeling is likely amplified by andropause itself. You may already be taking a prescription antidepressant or anxiolytic medications for these symptoms which increase symptoms of low libido adding insult to injury. Plus, there are all of those other unpleasant symptoms, and they are no fun at all.

You want to understand these symptoms and learn how to cope with them so they won't control your life. Well, you're in luck – that's exactly what this guide will help you do.

These symptoms may be causing feelings of helplessness. The purpose of this guide is to answer all of your questions about andropause, and how environmental toxins (xenoestrogens), dietary nutrient deficiencies, chronically high levels of stress, & sleep disruptions can cause a decline in testosterone, which can happen at any age for men, & is unfortunately common.

One of the best treatment options available is to naturally treat your symptoms in a healthy, balanced way. That allows you to enjoy other lasting health benefits, and to make the most out of so many other aspects of your life so you can live your life fully.

Take heart – it's time to get your mojo back! It's just the beginning of renewed vitality. In my practice I teach you how to build a strong musculoskeletal system, & how hormones play a role in youthful looks and your sexual performance, as well as how energetic and sharp your brain can function entirely within your control.

You can find even more information about andropause on my website at <https://apollohealthclinic.com/blog/male-hormones/>. And if you have any other questions, please email [info@apollohealthclinic.com](mailto:info@apollohealthclinic.com).

To your health and wellness,  
Samuel Madeira, ND

# The Startling FACTS About Andropause

Andropause refers to the testes and/or brain in the Hypothalamus-Pituitary-Testes Axis no longer functioning at optimal levels. Unlike menopause in women, it can occur at any age in men from age 17 and later in life after age 60 as well.

Many men think of andropause as something that only happens to men around age 45 - 52. It usually begins when you're in your late 30s, but it may start as early as your early 20s. During this time, you may exhibit a number of symptoms that are largely due to abnormal hormonal fluctuations, not merely a decline in Testosterone levels.

## Andropause: Where have all the cowboys gone?

In recent years, we have a serious decline of testosterone in men and also an increase in environmental toxins from pollution as well as massive changes in our diet. Unfortunately, there isn't much focus on hormonal health for men, it's mainly focused on women, but men now need MORE help than ever, not only with hormonal balance, but also to assist them on the mindset, consciousness, and emotional front.

So many men are struggling with hormonal imbalance feel shame & bewilderment to speak about this vital health topic which impacts every cell in their body. Frequently, endocrinologists and urologists are undertrained and misinformed to address this complex imbalance for men today.

Men are frequently sent home with a token prescription for antidepressants & viagra, rather than being offered real root cause solutions for a very real condition, which only offers symptomatic brief relief yet actually aggravates the condition adding to more severe symptoms later on.

In my practice, not only do I do testing to diagnose and correct hormone & nutrient deficiencies, but I also give you a lifestyle plan based upon your individual genetic mutations, deletions, and polymorphisms to set you up for excellent long term health.

Us men are typically suffering from covert depression and tragically suicide is actually a leading



cause of death for men under age 40 in the United States. We need more community as men and typically suffer silently out of the conditioning to appear tough, and this may prevent many of us from asking for help and reaching out when we actually need community, and tribe to support us through certain rough times in our lives and also to celebrate and share our wins. It is uncommon for men to speak about their struggles and ask for help. This is why I have created a ***Men's Only Facebook group - [Live Strong](#)***. I teach men how to build community for themselves, and discuss lifestyle modifications - lifting weights, eating healthy, testosterone therapy, herbs to improve mood, sleep and hormones, and more. And it's free to join!

## 14 Facts About Andropause

Before you move forward in seeking relief for your andropause symptoms, it's important to acknowledge a number of facts about low testosterone.

- ❖ Men today have about 10-30%+ less Total Testosterone than men 6 years ago.
- ❖ Andropause can occur at any age for adult men.
- ❖ Low Free & Total Testosterone, High Estrogen (Estrone & Estradiol), & High Dihydrotestosterone (DHT) with chronic localized inflammation can contribute to prostate cancer development.
- ❖ Long term Chronically Low Testosterone can contribute to dementia and Alzheimer's Disease.
- ❖ 1 in 4 men over age 30 has Low Testosterone, defined as less than 300 ng/dL Total Testosterone.
- ❖ Optimal Total Serum Testosterone is 700 ng/dL or higher; and Free Testosterone of 25-35 ng/dL.
- ❖ Main signs and symptoms to watch out for andropause are: muscle weakness, fatigue, erection dysfunction (ED), decreased sex drive (low libido), weight gain, hair loss, sleep apnea, memory loss, poor focus, depression, anxiety, low motivation, & hot flashes.
- ❖ Sleep apnea, Metabolic Syndrome, Lead Toxicity, Nutrient Deficiencies (Vitamin D3, Zinc, and magnesium), & Diabetes can cause low Testosterone.
- ❖ Consistently getting less than 7 hours of sleep can cause testicular atrophy (Mathew Walker, PhD, *Why We Sleep*).
- ❖ Zinc is a common mineral deficiency in men today, and Zinc is needed to synthesize Testosterone.
- ❖ Statin medications (Lipitor, Crestor, etc.) can cause low testosterone & erectile dysfunction.
- ❖ Opiates, NSAIDS, such as ibuprofen, and prednisone can also cause low Testosterone.
- ❖ Most men today today don't know they have low testosterone and haven't found the root

cause(s).

- ❖ Treatment of andropause symptoms can include prescription medications, botanical medicines, bio-identical hormone therapy (BHRT) - Testosterone Optimization Therapy, and lifestyle changes, such as, zinc, vitamin D3, sunshine, red light therapy 5-12 minutes per day, diet, exercise, sleeping 8 hours per night, treatment for sleep apnea with the appropriate C-PAP machine or similar medical device, & weight loss..

Fortunately, there are a number of treatments can help lower the risks that are linked with these conditions. And that's great news for you.

In the next section, you'll learn all about the most common ways to seek relief from your andropause symptoms.



# 13 Signs and Symptoms to Watch

Symptoms of andropause can begin as early as 17 years old. Typically with men in their late 40's and early 50's are more experiencing the most severe symptoms. However, men in their 30s have reported one or more of the symptoms listed below.

If you are currently experiencing one or more symptoms, such as:

1. Low libido
2. Weaker erections
3. Diagnosed erectile dysfunction
4. Fatigue - aka lower energy
5. Sleep disruption
6. Decreased muscle strength & endurance
7. Anxiety
8. Depression
9. Low motivation
10. Memory loss
11. Decreased work performance (mental and/or physical work)
12. Lack of confidence
13. Poor focus or concentration

You may be relieved to know that these are all common signs of andropause (low testosterone).

Typically, when **men** are diagnosed with low testosterone by their general practitioner they are prescribed androgel. From my clinical experience **androgel** does not get these men into optimal testosterone levels that are high enough to make a difference, and their testosterone is being converted to estrogen causing more problems - mood swings, fatigue, enlarged breasts, hot flashes, even night sweats in some cases.

There are many other problems with androgel - it's lack of bio-availability, and it has a hard time getting into your bloodstream via your skin.

**Androgel** and the **blue pills** (viagra) are not the solutions to low testosterone and erectile dysfunction, but an expensive band-aid. And erectile dysfunction is not a disease but a symptom of vascular disease and low testosterone.

**Men** typically have low testosterone because their **HPA Axis** might have some dysfunction (**Hypothalamus-Pituitary Adrenal Axis (HPA)** and their **Hypothalamus-Pituitary-Testes Axis (HPTA)**, aka - they are overworked and stressed out to the max!

Most doctors today are not diagnosing the root cause issue with low testosterone for men.

## **15 Commonly missed causes of Low Testosterone & Fatigue include:**

1. **Stealth Infections:** EBV, CMV, Parasites, Lyme Disease, HHV6, etc.
2. **Chronic Blood, Heart and Gut Inflammation.**
3. **Immune Dysregulation** - Autoimmunity: Type 1 Diabetes, Hashimoto's or Crohn's.
4. **Gut Dysbiosis and Microbial Overgrowth with inflammation.**
5. **Thyroid Diseases:** Hypothyroidism.
6. **Mitochondrial Disease or Dysfunction.**
7. **Toxins & Heavy Metals** (Lead, xenoestrogens, plastics, etc.)
8. **Nutrient Deficiencies:** Fatty acids, Cholesterol, Protein, Vitamin D3, Magnesium, & Zinc.
9. **Chronic Stress:** HPA Axis Dysregulation, aka - "*adrenal fatigue*".
10. **Poor Sleep:** less than 7 hours of sleep & sleep apnea cause low Testosterone.
11. **Diabetes or Metabolic Syndrome.**
12. **Overweight:** increased visceral fat increases aromatase (an enzyme) that converts testosterone to estrogen.
13. **Traumatic Brain Injuries (TBIs) & Concussions.**
14. **Medications:** Statins, NSAIDs (Ibuprofen), Opiates (vicoden, oxycodin), finasteride, & more.
15. **Genetics & Epigenetics** – contact Dr. Madeira to get saliva functional genomics testing and your cutting edge lifestyle, nutrient repletion plan, and more!

The solution to low testosterone lies in finding the cause.

So, what are the next steps?

## **Get your Advanced Cardiovascular Disease markers checked!**

### **Make sure you check to rule out Cardiovascular Disease, & Metabolic Syndrome:**

- **Lp(a).**
- **ApoB.**
- **Comprehensive Lipid Panel with fractionated lipids & ratios (particle number & size):** Total Cholesterol, HDL, LDL, HDL/Total Cholesterol Ratio.
- **Inflammation panel:** LpPLA2, MPO, hsCRP, & Fibrinogen.

- **MTHFR variants** genetic testing
- COMT variants (genetic testing)
  - **Clotting genetics: Factor Leiden V and Factor II:** Specifically this is to make sure you can handle testosterone replacement therapy without throwing a clot & causing stroke, heart attack, or pulmonary embolisms!

**Check the other following blood tests:**

- **Complete Blood Count with platelets and WBC differential.**
- **Comprehensive Metabolic Panel:** for liver & kidney function, & albumin to calculate bio-available testosterone levels.
- **Fasting blood glucose & Insulin:** to rule out diabetes, and insulin resistance.
- **DHEA-Sulfate** for Adrenal Health.
- **AM Cortisol** between 7-9 AM for Adrenal Health.
- **HbA1:** the gold standard for diagnosing prediabetes and diabetes diagnosis.
- **Complete Testosterone Hormone Panel (tested by 9 AM):** blood levels for Total Testosterone, Free Testosterone, SHBG, Ultrasensitive Estradiol, & Estrone.
- **Dihydrotestosterone (DHT):** 70 ng/dL is ideal.
- **Ideal Total Testosterone for men** = 700 - 1,000 ng/dL.
- **Your Free Testosterone** = 25-35 ng/dL.
- **Ultrasensitive Estradiol** = 25 pg/dL, no higher than 32 pg/dL without TRT.
- Ideal testosterone to estrogen ratio to be high, it's not good for you to have high estrogen levels.
- **Leptin.**
- **Complete Thyroid Panel:** TSH, T4 (free & total), T3 (free & total), Antibodies (Anti-TG & Anti-TPO), TSI, reverse T3.
- **Prostate Specific Antigen:** Total PSA with reflex to free PSA. This is needed to rule out Prostate problems & *it's a contraindication to do Testosterone Therapy with a Total PSA higher than 3.0.*

**Click Here To Order Your Initial Testosterone Lab Panel Today:**

[www.UltaLabTests.com/apollohealthclinic](http://www.UltaLabTests.com/apollohealthclinic)

**Always get blood tests to establish a baseline before changing lifestyle and starting any new treatments with myself or other doctors.**

The good news is that there are natural, healthy things you can to improve (or even eliminate) every one of these symptoms.

# 5 Healthy, Natural Ways to Relieve Andropause Symptoms

In our fast-food culture, most men tend to be operating with an internal hormonal balance tipped toward the estrogen side of the scale or at least with low DHT and Low Free or Total Testosterone for reasons mentioned above. This tilt is often the result of a diet high in simple carbs and low in quality protein, a lack of vital nutrients and healthy fats, and chronic exposure to environmental toxins (xenoestrogens), and artificial hormones, such as endocrine disruptors.

Prolonged emotional and physical stress, defined as anything that works against your state of balance, will also tip the hormonal applecart. In today's fast-paced, disconnected, eat-and-run world, it is no surprise that younger and younger women are experiencing symptoms of hormonal imbalance and perimenopause.

With that in mind, as long as you follow these five crucial steps, you can count on some – perhaps complete – perimenopausal relief.

## 1. Maintain a healthy diet and optimize the foods you eat.

The most effective medicine that exists is in the food that you eat. A nourishing, unprocessed diet is key for boosting your intake of essential nutrients, helping your body adjust to changing hormones, managing your weight and reducing your intake of empty calories.



Foods that are most helpful during andropause include organic fruits and veggies, high-fiber foods like nuts and seeds, omega-3 foods (sardines & wild salmon), probiotics, clean and lean proteins like fish or grass-fed meat, healthy fats such as extra virgin cold-pressed olive oil, and coconut oil, and foods that supply natural androgens, such as pine nuts.

Here's a more complete dietary suggestions for optimizing endogenous androgen production:

## 9 Androgenic Foods

**Cucumber:** 1 whole cucumber blended in a drink per day or eaten whole with the cucumber skin and make sure to wash the skin well. Cucumber helps keep skin healthy by reducing wrinkles and keeping it elastic.

**Kale:** 2-3 large leaves with stems per day lightly steamed. 1 large leaf with stem blended in juice daily.

**Spinach:** ½ cup of spinach per day. Avoid if you are prone to kidney stones since it is high in calcium oxalates, which can contribute to kidney stone formation. Ideal to cook your spinach to decrease oxalates. Do not blend them into your smoothie since it will put your oxalates through the roof, which can contribute to joint pain, and kidney stones.

**Radish:** A thyroid tonic herb. 1 – 3 medium sized red radish, blended or the equivalent amount of blended daikon or black radish, daily. Since they are spicy start with one and work your way up to three per day.

**Oats:** Oats increase Luteinizing Hormone (which stimulate testosterone production in the testes). Eat ½ - 1 bowl of gluten-free oatmeal per day to optimize endogenous production of testosterone. It can be before bed with blueberries. No sugar added.

**Garlic:** Garlic and its “cousin” onion should be added to your nutritional regime liberally. 1 crushed clove of garlic per day is helpful for circulation to the penis and brain. Garlic supplements can be added in moderation. Follow the directions on the bottle. **CAUTION:** Avoid garlic if you are taking any anticoagulant medications, such as paracetamol (acetaminophen), or chlorpromamide. Discontinue all garlic consumption and supplementation if you are going in for any surgical procedure at least 5-7 days prior because it decreases clotting factors and increasing bleeding time.

**Red Meat:** Consume organic grass-fed or wild red meat three times per week (palm sized portions and do not over cook or charbroil to prevent). This will

increase testosterone. Studies have shown that men that reduce their red meat consumption and lower their ratio of polyunsaturated fats to saturated fatty acids had reduced total serum testosterone, androstenedione (a testosterone metabolite), and free testosterone (active form of testosterone) by 10% after just 6 weeks.

**Pine Nuts:** Pine nuts are aphrodisiacal food. They contain testosterone. All pine nuts are high in nutrients and especially omega-3 oils and amino acids, such as arginine (vasodilator).

**Avoid** pine nuts if you have herpes simplex 1 or 2 or if you have any nut allergies.

Refrigerate your pine nuts and discard after 6 months if you do not consume them in time since they can go rancid.

Dosage: eat as much as you like and often as you like if they are not rancid.

**Healthy Fats & Oils:** Use **coconut oil** for high heat cooking & **olive oil** and **grassfed cow butter** for low heat cooking in moderation. Put olive oil liberally on your vegetables daily. It's best to not overheat olive oil and grass fed butter. Buy oils that are stored in glass containers and store in a cool dark place. Do not use oils in plastic containers since they leech the plastic into the oil and these plastics are xenoestrogens and toxic to your endocrine system. Do not use corn oil, safflower oil, or canola oils. If you must use another high heat oil use organic canola oil or safflower oil in a glass container in small amounts. If you watch chefs at most restaurants they are storing their oils in plastic containers and cooking with soybean oil or corn oils, which are not healthy.

**Follow THE 5-POINT DIET PLAN** by Professor Kerry Bone

MediHerb founder & R&D, & internationally famous Medical Herbalist (Phytotherapist), author, and researcher.

*This will improve blood circulation to your brain, eyes, muscles, organs, testes, penis - erection health, and much more. It helps with microcirculation of vasculature.*

1. **Boost Dietary Nitrate:** eat organic green leafy vegetables, especially beets as a juice or a supplement - beet powder (they use this in pre-workout drinks because it increases nitric oxide and vasodilates blood vessels in your skeletal muscles).
2. **Increase cocoa intake:** 85% chocolate (dark chocolates only), about 2/3 ounce per day - 8 hours before bed otherwise it can disrupt sleep.

3. **Increase berry anthocyanin intake:** 2-3 ounces of organic berries per day. Blueberries, strawberries (when in season), blackberries, & raspberries.
4. **Raw crushed garlic:** 1 raw crushed clove per day. Not cooked. It must be raw to have the allicin constituent and crushing it activates this phytochemical, which benefits your heart, hormones, blood cholesterol levels, and helps dilate your arteries, much more!
5. **Increase herbs & spices in your recipes and diet:** Especially organic green tea (3 - 4 cups per day), Turmeric with black pepper, and Ginger with raw organic honey.

## Testosterone Antagonists

**Avoid the following herbal medicines, foods and medications, which decrease testosterone production.**

1. **Black Cohosh** (*Cimicifuga racemosa*): Black cohosh is estrogenic. It is a Luteinizing Hormone antagonist, which decreases testosterone production. It is a great antispasmodic so some men use it for muscle pain, and all men to optimize endogenous testosterone production should avoid it.
2. **Hops** (*Humulus lupulus*): Hops is a phytoestrogen as well. It is one of the powerful estrogenic plants on Earth. It has mostly estradiol, which is the most potent form of estrogen and causes direct lowering of testosterone levels in the testes and increase in Sex Hormone Binding Globulin levels, which then binds up free testosterone in the blood. This is not good. It can cause “man boobs” (*gynecomastia*) if you drink enough beer. **Beer** inhibits sexual strength in men, especially hoppy beers. It increases estradiol in the blood and decreases free testosterone. Generally speaking, drinking large quantities of alcohol exhaust the body’s androgen levels and interfere with their production. High alcohol intake over short time spans causes the leaching of all DHEA from the brain (a precursor to testosterone).

I have seen this clinically as well as in my patients’ lab reports. I had a patient who was drinking a 6-pack every night, and they had severe erectile dysfunction. Their serum total and free testosterone were low and their estradiol was elevated, which is



a risk factor for prostate cancer, mood disorders, and cardiovascular disease in men. I asked them to start cutting back and to stop drinking beer all together. This is a hard thing for many men.

As an alternative, healthy forms of alcohol in moderation are organic red wines (1-2 glasses of wine 5 days a week or less) or bottle-conditioned beers without hops. Take at least 2-3 days off from drinking all alcohol per week to give your liver a break from processing alcohol so it can process and get rid of the estrogens & toxins in your body (Cytochrome P450 system enzymes are responsible for removing the estrogen from your body).

3. **Grapefruit** (*Citrus paradisi*): Grapefruit impacts the cytochrome P450 system that breaks down estrogens in the liver, which results in increased estrogens in the body. All men should avoid grapefruit and grapefruit juice, and anything with grapefruit in it.

4. **Coffee**: Three or more cups of coffee per day can increase serum estradiol levels and decrease free testosterone levels. I have seen this clinically many times. Soy late is very estrogenic for men. For some people even two cups of coffee can drastically spike their cortisol and high cortisol decreases testosterone since there is a “pregnenolone steal” to cortisol instead of using pregnenolone to make testosterone in our bodies.

5. **Cannabis**: Although, it is a great alternative to pain medications it adds another substance for the liver to remove from the body, and when smoked is toxic to our lungs. There are research studies showing that excessive marijuana use can cause lactation in younger men smoking copious amounts. It is another phytoestrogen plant in the same botanical family as Hops. There is no Quality Assurance and Quality Control (QAQC) for recreational cannabis (non-medical cannabis products). It has many pesticides, herbicides and is soaked in formaldehyde (formalin – aka embalming fluid) to kill mold before the harvest, which are all carcinogenic and some are xenoestrogens (toxins that act like estrogens in our body and cause cancers – prostate in men, for example). The state of Washington allows up to 102 herbicides and pesticides in recreational cannabis products sold at recreational dispensaries. This is starting to change, but it hasn't been regulated yet. Due to the lack of QAQC, the phytoestrogenic effects, and added burden to the liver it is best to avoid all marijuana to optimize testosterone production. Hemp full spectrum CBD is



fine.

6. **Soy:** Soy is a phytoestrogen. It acts similar to hops by adding estrogens to our body. Avoid all soy products (soy milk, tofu, & veggie burgers), especially non-fermented soy products such as tofu and soymilk. Instead switch to unsweetened coconut milk and almond milk, and rotate these milks.

7. **Flaxseed and Flaxseed oils:** Flaxseed increases Sex Hormone Binding Globulin (SHBG) in the blood, the main hormone carrier protein besides albumin, shuttling hormones around the body (Thyroid, Testosterone, estrogens). When there is too much SHBG Free Testosterone and bio-available Testosterone decrease in number drastically and cause severely low libido. I was blending 1 tablespoon of flaxseeds into my smoothie daily for a week and my libido crashed hard. I was very focused with my work but not much on my relationship with my girlfriend. Something to consider. Just take fish oils or eat fish 2-3

8. **Other foods and condiments to avoid:** high amounts of vinegar, caffeinated drinks (unless bulletproof coffee and organic green or black teas in moderation – 2 cups max/day), sugar, sweets, soft drinks, cookies, bread, pastas, and other cereals, cereal fiber (whole grain bread and bran flakes), & cow milk products. Stick to real maple syrup and raw organic honey in moderation.

**Follow the Dirty Dozen & Clean 15 from the Environmental Working Group** when shopping for fruits and vegetables to avoid pesticides and optimize hormone levels. EWG: <http://www.ewg.org/foodnews/list.php>

Get the Dirty Dozen & Clean Fifteen lists:

[https://donate.ewg.org/p/salsa/donation/common/public/?donate\\_page\\_KEY=7354&track=FNBagTopNav&\\_ga=1.219690960.857239948.1454616807](https://donate.ewg.org/p/salsa/donation/common/public/?donate_page_KEY=7354&track=FNBagTopNav&_ga=1.219690960.857239948.1454616807)

Some other pointers to improve testosterone levels from Mark Sisson from Mark's Daily Apple Blog: <http://www.marksdailyapple.com/how-to-increase-testosterone-naturally/#axzz43WCqQHZJ>

You can optimize your nutrition by making sure that you consume enough vitamins, minerals and essential nutrients. There are natural supplements you can add to your daily regimen to help on this front.

## 2. Use herbal remedies to supplement your own hormones.

Food is a form of medicine and there is incredible strength in plants and herbal remedies that have been known for centuries to prevent perimenopausal symptoms. It's amazing that many plants and herbs can adapt to the needs of your body. They can do this because they share various molecular features with our own hormones, allowing them to actually support our hormone production, make it slower, or even mimic what our own hormones do depending on your own body's unique needs.

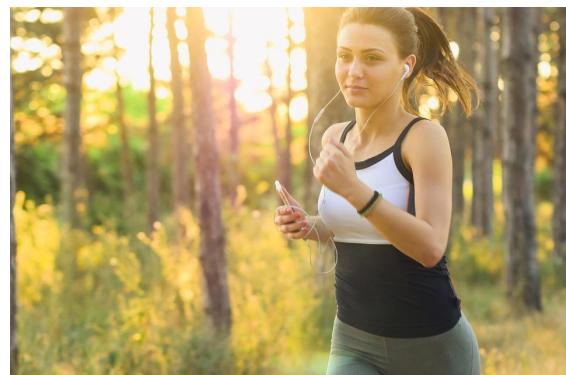


Herbs and supplements that can help mitigate certain symptoms of andropause (such as anxiety, depression, fatigue, and sleep-related problems) include omega-3 fatty acids, adaptogen herbs such as Maca or Korean ginseng, Ashwagandha, and Pine Pollen. Consult with a professional clinical medical herbalist or highly trained Naturopathic Doctor who specializes in botanical medicine.

Four grams of high quality ashwagandha per day is proven to increase muscle strength and testosterone levels in otherwise healthy men (Professor Kerry Bone, phytotherapist & researcher)!

## 3. Exercise regularly to reduce visceral fat and rebalance your hormone ratios.

Most men tell us that they feel as if they're steadily gaining weight during andropause, especially around their abdomen. This can be particularly frustrating because the weight sticks to unusual places and their scales refuse to budge.



One of the reasons that this weight gain is so common is because declining testosterone,

higher cortisol levels, & higher estrogen levels tend to cause your body to grab onto fat. On top of this, fat actually produces estrogen, which can create even more fat. It can become a vicious cycle.

Keeping up with an exercise routine that you like – one that consists of a mix of aerobic and strength-training exercises – at least three or more times per week for a minimum of 30 minutes can result in improvements in body weight, sleep quality, insomnia or depression symptoms, bone density, muscle mass, and inflammation. Even if you haven't been active in the past, it's never too late to start getting the benefits of exercise. The latest research compiled in the book, *The Longevity Diet* states we should be exercising at least 150 minutes per week!

Remember to pick something you like, such as walking up and down hills in nature, urban trekking, hiking, skiing, dancing, yoga, swimming or biking – your enjoyment is key to sticking with it!

#### **4. Get a proper amount of sleep every night.**

Sleep is important for a great number of bodily functions. A healthy amount of sleep is essential for restoring energy, balancing hormones, brain health, digestive health, and keeping cortisol levels under control, and reducing anxiety or depression.



You should aim for seven to nine hours a night during andropause, even if you've functioned well before on less sleep. If you have trouble sleeping (as many men do), try using hormone-balancing essential oils such as lavender, reading or writing in a journal, taking magnesium supplements, avoid screen time 1-hour+ prior to bed, using Epsom salts in a warm bath prior to bed, turning down the temperature in your room to 65 F, and practicing mind-body practices such as yoga and meditation. It's ideal to keep the same sleep schedule throughout the week, and to keep the bedroom gadget free. Avoid ambien since it disrupts your sleep. In some cases, you may benefit from wearing an eye mask or investing in blackout curtains to make the room dark enough to sleep.

#### **12 Evidenced Lifestyle Changes to Optimize Your Sleep!**

**By Mathew Walker, PhD in his book, *Why We Sleep***

Sleep scientist.

Transcribed by Dr. Sam Madeira

1. **Always follow the same sleep schedule, even on weekends.** Set an Alarm for

bedtime and wake up time. 10:15 pm. Sleep by 10 or 11 pm at the very latest.

2. **Exercise 30 minutes per day, but no later than 7 pm.** Late night exercise can disrupt sleep cycles.
3. **Avoid chocolate and coffee tea and nicotine after 11 am.** These stimulants can disrupt sleep and even 8 hours after consumption, especially if you are a slow metabolizer of caffeine, which 50% of the population is.
4. **1-hour exposure to morning sunlight first thing in the morning is recommended by sleep experts for insomnia.** Have the right sunlight exposure every morning. Wake up with the sun or use very bright lights in the morning. 30+ minutes sunlight exposure upon awakening is ideal for all, even if you do NOT have insomnia.
5. **Avoid alcoholic beverages before bed, such as a nightcap.** Alcohol can impair breathing and cause disrupted sleep.
6. **Avoid large meals 2 hours before bed or large amounts of water or fluid intake before bed.**
7. **Avoid medications which disrupt sleep:** heart, blood pressure and asthma medications can disrupt sleep. Ask your prescribing physicians if any medications you are currently taking have side effects that would disrupt your sleep and if they do ask for an alternative prescription. Never stop prescription medications without discussing with your prescribing physician first. There can be dangerous effects especially if they are heart or blood pressure medications, for example.
8. **Don't take naps after 3 pm.** Late afternoon naps make falling asleep at night more challenging.
9. **Relax before bed.** Reading or listening to music with most of the lights off in the house.
10. **Take a hot bath before bed.** The hot bath will drop your body temperature.
11. **Create a dark, quiet, and cool bedroom for ideal sleep.** Ideal bedroom temperature is 65F. Your bedroom should be Gadget free with no visible clocks.
12. **Don't lie in bed awake at night.** Get up and do some relaxing activity without computer or cell phones. Such as Hatha yoga or meditation. The anxiety of trying to fall asleep can make it harder to fall asleep.

## 5. Reduce your stress through mind-body practices.

Because sleep problems, anxiety, fatigue and depression tend to climb during the transition into andropause, it's important to manage stress as best you can.

Stress can be the culprit behind additional imbalances in hormones and neurotransmitters that affect mood as well as mental function, thyroid function, digestive function, and especially blood sugar imbalances (prediabetes & diabetes). Stress has also been linked to symptoms such as erectile dysfunction, premature ejaculation, fatigue, and low libido.

When it comes to lowering stress, different things work for different people. There are natural

stress relievers, like aerobic exercise (walking, jogging, dancing and swimming), spending time outdoors, meditation or prayer, seeking social support, joining a helpful cause or volunteering, reading something inspirational and uplifting, and doing something creative.

Too much cardiovascular exercise can decrease testosterone. The evidenced based **exercises that increase testosterone** are: full body exercises with heavy weight at 85-95% of 1 rep maximum weight. Specifically, 5x5 back and front squats, deadlifts 5x5, bench press 5x5, olympic weight lifting with larger body muscles at a 3x5 or 5x5 with 2-3 minute rest periods, and sprinting intervals (6 sets of 10 second sprints twice per week). High intensity interval training is also helpful for increasing Growth Hormone but does not increase Testosterone.

Here's some more examples of weight lifting exercises with reps and sets:

#### **Workouts to increase Testosterone:**

1. Squats
2. Deadlifts
3. Military Press
4. Clean and press
5. Pull Up

Leg Day to increase testosterone

1. Front Squat: 4 sets x 12 reps.
2. Barbell Lunge. 4 sets x 10 reps.
3. Hack Squat. 3 sets. 15 reps.

#### **An example workout for your week:**

1. Squat. 4x12
2. Deadlift. 5x5 for strength or 4x12 for hypertrophy.
3. Bench press. 4x12.
4. Bent over Row. 4x12
5. Pullup/Chinup: do as many as possible in 10 minutes at beginning of workout.
6. Overhead press. 4x15.
7. Pushup. 4x25

Rest 1-2 minute between each exercises.

The trick is you need to eat enough nutrient dense calories (usually 3,000 calories per day), balance your macronutrients, get enough sleep, and take 3 consecutive days off the booze too!

You might also try taking detox baths with epsom salts, cross training (yoga, Jinjitsu, boxing, weight-training, pilates, running, cross training, CrossFit), stretching daily, reading personal growth books, and fostering good relationships. These are all proven stress relievers.

# 9 Prescription Medications that can cause lower Testosterone

**Some finer points on the Medications to avoid:** Some of these medications can increase estrogen levels by inhibiting the P450 enzyme in the liver that breaks down estrogens (estrone, estradiol, and estriol) to excretion by the kidneys. Without proper liver function estrogens stay in the body longer and cause problems for men such as gynecomastia, mood disorders, and chronically high levels causes erectile dysfunction, cardiovascular disease and cardiovascular incidents, and even prostate cancer).

Also some of these medications can cause liver damage, renal damage, and damage to the gastrointestinal tract - NSAIDS!

Statin medications can cause erectile dysfunction. And antidepressants can cause issues with lack of sensation during sex, impotence, weight gain, inability to orgasm, and erection problems even up to 6-12 months after discontinuing the medication.

Please speak with your prescribing doctor to see if there is an alternative, never go off a medication without supervision from your physician:

1. **Anti-inflammatories** (Non-Steroidal Anti-Inflammatories, aka NSAIDs): ibuprofen, ketoprofen, diclofenac, acetaminophen, aspirin, & propoxyphene.
2. **Antibiotics:** sulfa drugs, tetracyclines, penicillins, cefazolins, erythromycins, floxins, isoniazid.
3. **Antifungals:** miconazole, itraconazole, fluconazole, ketoconazole.
4. **Statins** (cholesterol-lowering drugs): lovastatin, simvastatin, atorvastatin (Lipitor). All statin medications lower cholesterol (the “grandmother” hormone) and in-turn can lower testosterone and other hormones, which we need in optimal levels for healthy hearts, brains, testes, and sexual health.
5. **Antidepressants:** fluoxetine, fluvoxamine, paroxetine, sertraline.
6. **Antipsychotics:** chlorpromazine, haloperidol.
7. **Heart & Blood Pressure Medications:** propranolol, quinidine, amiodarone (this also inhibits testosterone production), warfarin, methyldopa.



8. **Calcium Channel Blockers:** Antacids, omeprazole, cimetidine.
9. **Opiates:** Oxycodone, oxycontin, heroin (street drug of morphine derivative), morphine, Tylenol-3, codeine cough syrup, Percocet, and other opiates. Typically patients are prescribed opiates post-operation for pain from surgery and for chronic pain management. I have seen patients after surgery with very low testosterone on prescription opiates. These medications are also highly addictive and require supervision, and often men can benefit from testosterone therapy while on even low dose opiate since the medication is causing hypogonadism.

## Reclaim Your Life, and Your Health

When men make natural adjustments to their lifestyles, not only do they feel much better about themselves, but they also feel in control of their health. It's time for you to feel inspired and take control over your andropause symptoms.

Start to make these small yet very important changes, as they can create some remarkable results. Add a morning veggie/fruit smoothie, start your day with a morning ritual (such as interval sprints and a 10 minute meditation), decrease screen time (blue light decreases hormones), ensure that you remember to breathe each day (set reminders in your smart phone if needed) and make a commitment to take helpful high quality herbal supplements every day.

With a little bit of time and (and perhaps a little bit of outside help from Testosterone optimization experts), you'll discover the combination of natural steps that works to relieve your andropause symptoms!

## Apollo Health Clinic: Helping You Start Your Andropause Relief Today

If you're ready to begin a natural therapeutic way to address your andropause symptoms, Apollo Health Clinic is an excellent place to start. We believe in guiding you through all five of the necessary steps toward relief to help correct the symptoms you are experiencing.

### **We have a strong reputation.**

We have an excellent reputation in treating (and eliminating in some cases) andropause symptoms. We run a cutting-edge clinic within our naturapathic, functional medicine and regenerative medicine practice. Talk to any of our patients – they'll tell you they agree.

**We know men's health!**

Our practice treats men almost exclusively. We have a long history of understanding the unique health needs of men. By taking your whole body into account, we're able to pinpoint and treat the discomfort caused by andropause without the need for daily synthetic pills or risky synthetic hormone replacement therapy.

**Dr. Madeira is a specialist and expert in andropause.**

We are best qualified to understand your particular perimenopausal symptoms and needs. At Apollo Health Clinic, Dr. Madeira is Board Certified in Naturopathic Medicine and is available on site and virtually via phone, text, & video consultation. You can rest assured that we know how to take care of you and your needs better than any other clinic around.

**We consider your medical history.**

We care about your health and we'll fight to get you the best possible results. This is important to you, of course, but it's equally important to us to maintain our exemplary reputation. Not every place will review and consider your unique medical history. Our clinicians will ensure you're able to get the most targeted natural treatment for your perimenopause symptoms.

**We offer ongoing support.**

You can count on Dr. Madeira to continue to work with you to help you balance your nutritional needs with the recommendations for minimizing your andropause symptoms. With this level of ongoing support, you'll progress faster and more quickly achieve a thriving life. Your andropause will eventually feel like a distant memory.

If you're ready to hop on a no-obligation call to find out what we can do to help you treat your andropause before it gets any worse, **call us at 206-779-7747**.



# Your Next Steps

Now you've learned everything you need to know about finding relief for your andropause symptoms.

Conventional approaches to treating andropause traditionally involve prescribing medication (SSRIs or benzodiazapine medications), and synthetic hormone replacement. Neither of these options come without strings and risks.



But all-natural andropause therapy is among the quickest, least invasive and most effective treatment options available today. Treating the root cause of your symptoms is less invasive and extremely advantageous to your overall health.

Schedule a free, no-obligation phone consultation with **Apollo Health Clinic** to learn exactly what we can do to alleviate your andropause once and for all.

**CALL OR TEXT NOW: 206-779-7747**

Put your fears to rest – treatment is possible. Call now to discover the ways we can work with you to keep your perimenopause in check and maximize your wellbeing.

Remember – your health is worth it, *and so are you!*

We look forward to helping you.

Samuel Madeira, ND  
Chief Physician  
Apollo Health Clinic  
Seattle, WA

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# About Samuel Madeira, ND

Dr. Madeira's mission, passion, and life work is to help you find your unique and transformative path to healing and guide you to maintain a state of health and vitality throughout your life. He accomplishes this by using Functional Medicine, Blood Type Diet & Exercise Programs, Lifestyle Medicine, Botanical Medicine, Functional Endocrinology, Anti-Aging & Regenerative Medicine, and Natural Orthopedics and Physical Medicine with a focus in Corrective Pain Care. He also uses IV Therapy, Injection Therapies (including: Trigger Point Injections, Prolotherapy, Perineural Injection Therapy (PIT), Platelet Rich Plasma Injection (PRP), & Neural Therapy), Bio-Identical Hormone Replacement Therapy (BHRT), and Biofeedback Therapy when medically indicated with his clients.

Dr. Madeira has successfully treated over 10,000 adults. Consistent treatment outcomes in his patients include improved energy, deeper sleep, consistent vitality throughout the day, improved mood stability, weight loss, decreased pain, looking and feeling younger, and increased activity and enjoyment of sports, a greater overall sense of well being, and improved libido & sexual function.

Dr. Madeira holds his medical license in Washington State and is Board Certified with the North American Board of Naturopathic Examiners (NABNE). Dr. Madeira obtained his Doctorate in Naturopathic Medicine at Bastyr University. He also received his Bachelor of Science degree with a Major in Herbal Sciences from Bastyr University.

Other than focusing on his clinical work, Dr. Madeira has been the blog contributor for WishGarden Herbs Men's Health column. He is a current member of the EndoANP, The Endocrinology Association of Naturopathic Physicians. He is a past member of the American Academy of Anti-Aging Medicine (A4M), American Botanical Council (ABC), American Herbalist Guild (AHG), and past member of the Washington Association of Naturopathic Physicians (WANP).

Dr. Madeira believes the following are paramount for lasting health:

- A well-functioning healthy neuroendocrine system and gastrointestinal system
- A healthy endocrine system creates a state of vitality
- A supportive network of relationships with friends, family, and medical practitioners.

Dr. Madeira is proud specialized medical knowledge to his own clinic, Apollo Health Clinic.