

DR.GEO

Male Successful Aging (Over 40)

- Dr. Geo Espinosa

OVERVIEW

Men die about eight years younger than women, suffer more heart problems than women, and have a higher risk of developing cancer than women.

If a man is not carefully taking care of himself, his health diminishes steeply starting at forty years old.

WHAT CAN YOU EXPECT TO HAPPEN AS YOU AGE

Individuals age at variable rates due to genetic and environmental factors such as nutrition, exercise, stress, smoking and alcohol and various diseases such as obesity, high blood pressure, high cholesterol and diabetes mellitus.

Regardless of the rate, however, these are the facts:

- There is a loss of cognitive function, focus, and memory;
- Vision worsens
- Hearing is impaired
- The skin loses elasticity and collagen, begins to wrinkle, thin, and it heals slower and bruises easier
- Fat increases as lean muscle mass and bone mass decrease
- The incidence of heart attack and heart failure increase;
- The lungs lose elasticity and breathing capacity is reduced by over 20 percent
- Diabetes mellitus is more common.
- Testosterone production declines
- Erectile problems and sexual health declines
- Urinary problems set in

- The prostate becomes a problem
- Muscles wasting occurs during a process called sarcopenia

WHAT CAN MEN DO TO AGE SUCCESSFULLY

Getting old is a choice, aging is not, but we can age successfully by making lifestyle, behavioral and nutritional modifications that keep our body strong as the years set in.

Successful aging is to the maintenance of physical and mental well-being and functional independence in the absence of chronic disease, the ability to adapt to change, and the ability to compensate for limitations.

Make no mistake about it. For men to age successfully he must put in the work. There is no silver bullet. The work required includes clean eating, exercise with emphasis on strength training, key nutraceuticals and good sleep.

EXERCISE, FITNESS, STRENGTH, AND AGING

A blend of cardiovascular fitness, flexibility, and physical strength is the goal.

A low level of cardiorespiratory fitness and physical weakness is a powerful predictor of mortality in healthy as well as diseased men.

Physical activity alone can reduce the risk of both all-cause and cardiovascular (CV) mortality in by up to 30%, (Nocon et al. European Journal of Cardiovascular Prevention and Rehabilitation; 2008)

But that's not all. Regular physical activity has unequivocally been shown to reduce the risk of cardiovascular disease, stroke, hypertension, type 2 diabetes, osteoporosis, obesity, colon cancer, breast cancer, anxiety, and depression

Lastly, exercise reduces the risk of falls and injuries from falls

Strength training is a must as stronger people live longer than weaker people. It's that simple. (Cooper et al. BMJ, 2010)

DIET, FOOD AND SUCCESSFUL AGING

- Mediterranean / Plant-based diet is best to age successfully.
- Eat fresh nuts like walnuts, almonds, and cashews.
- Consume meats from quality fish, meats, and poultry.
- Eat plenty of all sorts of vegetables, kale, spinach, bok choy, Swiss chard, collard greens, broccoli, Brussels sprouts, and all kinds of cabbages, think colorful veggies.
- Eat plenty of low glycemic, colorful fruits like apples and berries
- Eat your last meal as early as possible and try to avoid night-time snacking.

INTERMITTENT FASTING AND SUCCESSFUL AGING

Intermittent fasting is a form of calorie restriction where the body does not eat any calories (or very low-calorie intake) for a period of time.

It turns out that people in developed countries simply eat too much. The idea of three meals a day plus snacks is ingrained in our heads and, in short, leads to aging faster.

Studies show intermittent-fasting improves aging health problems like obesity, insulin resistance, high cholesterol and triglycerides, high blood pressure, inflammation, brain health, and memory.

HOW TO DO INTERMITTENT FASTING

There are several methods:

- 5:2 intermittent-fasting diet - consumes 500 calories 2 days per week then eat a normal, healthy diet five days a week.
- Time-Restricted Eating - where one would not eat for 12 to 16 hours every day. One cup of coffee, unlimited water, and tea is allowed during the 12 to 16 hour fast but no milk or sugar in any of those drinks.
- Fasting Mimicking Diet (FMD) - is a program developed by Dr. Valter Longo where this package is sent to you and for five days you only eat what's in the box. That's it. FMD is a great method of "resetting" your body and promote longevity.

It is a good idea to do FMD once a month or once every three months. I like to do it at the beginning of every season (once every three months).

After the five days of FMD, return back to your normal, healthy diet which should include some form of intermittent fasting.

NUTRACEUTICAL SUPPORT

In general, dietary supplements complement a healthy lifestyle for successful aging, and it doesn't replace it.

RECOMMENDED NUTRIENTS

Male Multi 45+

Instructions: Take three pills, with or away from food, in the morning and at night, or as directed by your healthcare practitioner.

OmegAvail Ultra with vitamin D3, K1 and K2

Instructions: Take two pills, with or without food, two times a day.

XYVGGR

Instructions: Take two pills, away from food, in the morning and at night, or as directed by your healthcare practitioner.

SUMMARY OF NUTRACEUTICAL INTAKE

	AM away from food	AM with or without food	Midday away from food	Midday with or without food	PM away from food	PM with or without food	Bedtime- 30 to 60 minutes before bedtime	Comment / Purpose
XYVGGR	1	X	X	X	1	X	X	Improve blood flow, increase energy, Sexual Vitality
Men's 40+ Multivitamin	X	3	X	X	X	3	X	Essential nutrients for men over 40
Omega Avail Ultra D3, K1, K2	X	1	X	X	X	1	X	Brain health, cardiovascular health, decrease inflammation

AWAY FROM FOOD = 30 minutes before a meal or two hours after a meal.

Number of pills per day: 8

AM – 4

PM – 4

60-day supply

THE PRODUCTS DESCRIBED HERE ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR MEDICAL CONDITION. THESE STATEMENTS HAS NO BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.

RECOMMENDATIONS ARE INTENDED TO BE PART OF AN OVERALL HEALTH PROGRAM THAT INCLUDE DIET AND EXERCISE TO COMPLIMENT AN EVALUATION BY A QUALIFIED HEALTH CARE PRACTITIONER.

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