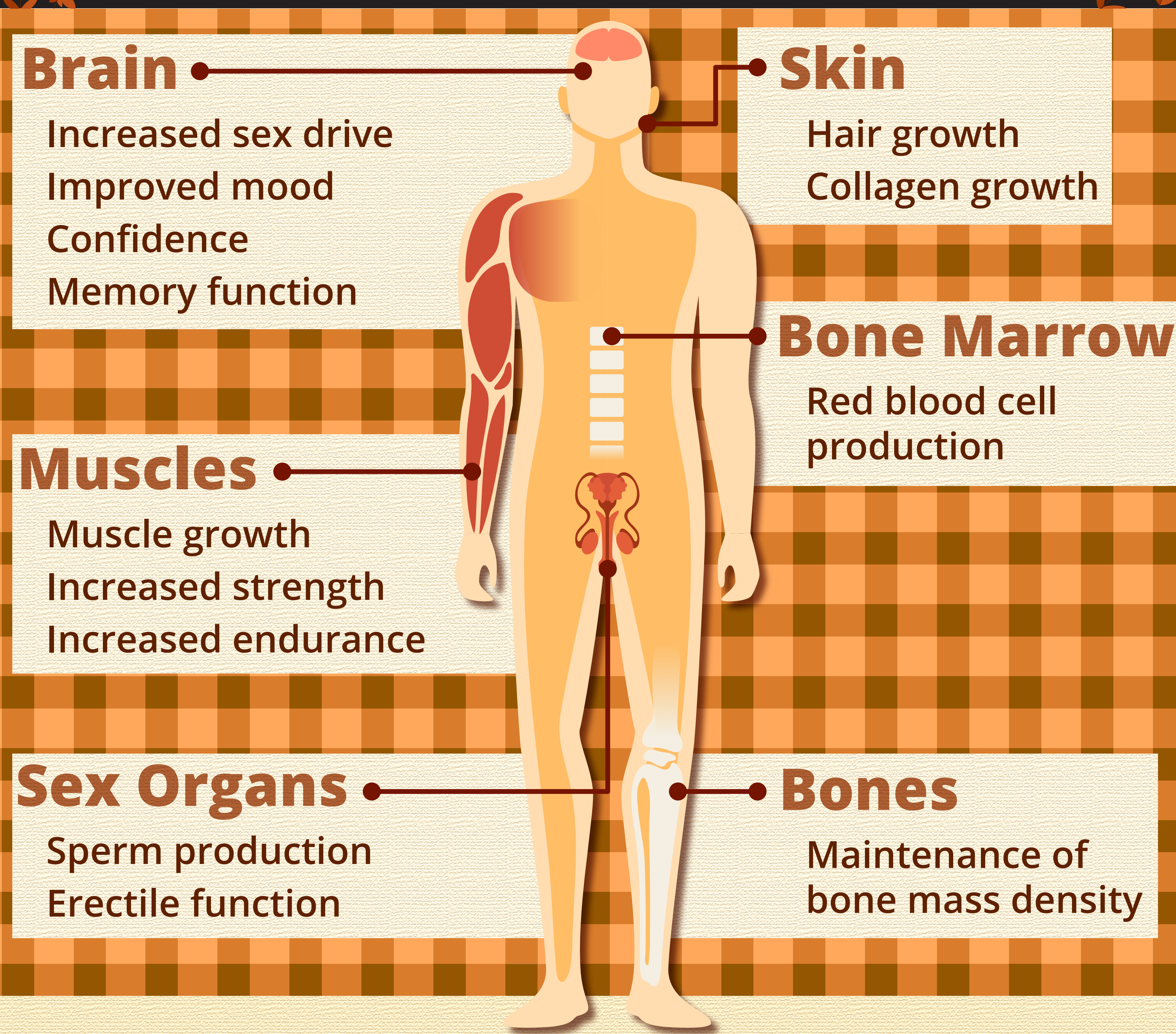


TOP TIPS FOR MEN'S HEALTH

Men's life expectancy is currently 3.7 years shorter than women's, although thankfully the gap is getting narrower. There are specific physical and mental health risk factors which are higher in men. Here are some top diet and lifestyle tips to help reduce them.

THE EFFECTS OF TESTOSTERONE (T)



Men produce around 10x more T than women

24 HOUR CYCLE

Highest in the morning, drops at the end of the day

RISK FACTORS WHICH ARE HIGHER IN MEN

Fertility

Global sperm health down by 50-60% in the last 40 years

Heart disease

Leading cause of death for men aged 50-64

Sexual health

Men's testosterone levels have dropped 20% in the last 20 years

Mental health

Fewer mental health conditions diagnosed but higher suicide rates

Liver disease

Fatty liver, can be due to high alcohol intake or high fructose / sugar intake

Flu, pneumonia, Covid-19

Men 25% more likely to die from flu and pneumonia
Higher risk of complications from Covid-19

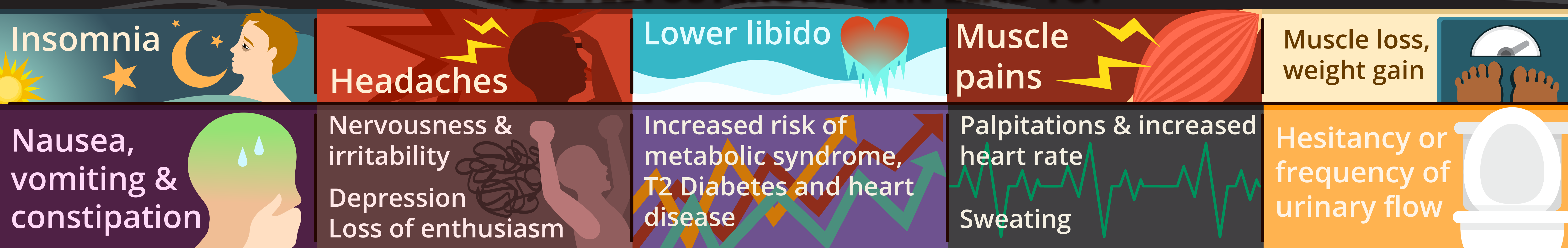
Cancers most common in men

Prostate, lung, colorectal, bladder, melanoma, testicular cancer, penile cancer

Metabolic conditions

Obesity, high blood pressure, high cholesterol T2 diabetes

TESTOSTERONE DECLINES BY 1-2% EACH YEAR FROM AGE 30/40 (ANDROPAUSE).
LOW TESTOSTERONE CAN LEAD TO:



TOP TIPS FOR REDUCING RISK FACTORS AND BOOSTING TESTOSTERONE NATURALLY



KEY NUTRIENTS FOR MEN

