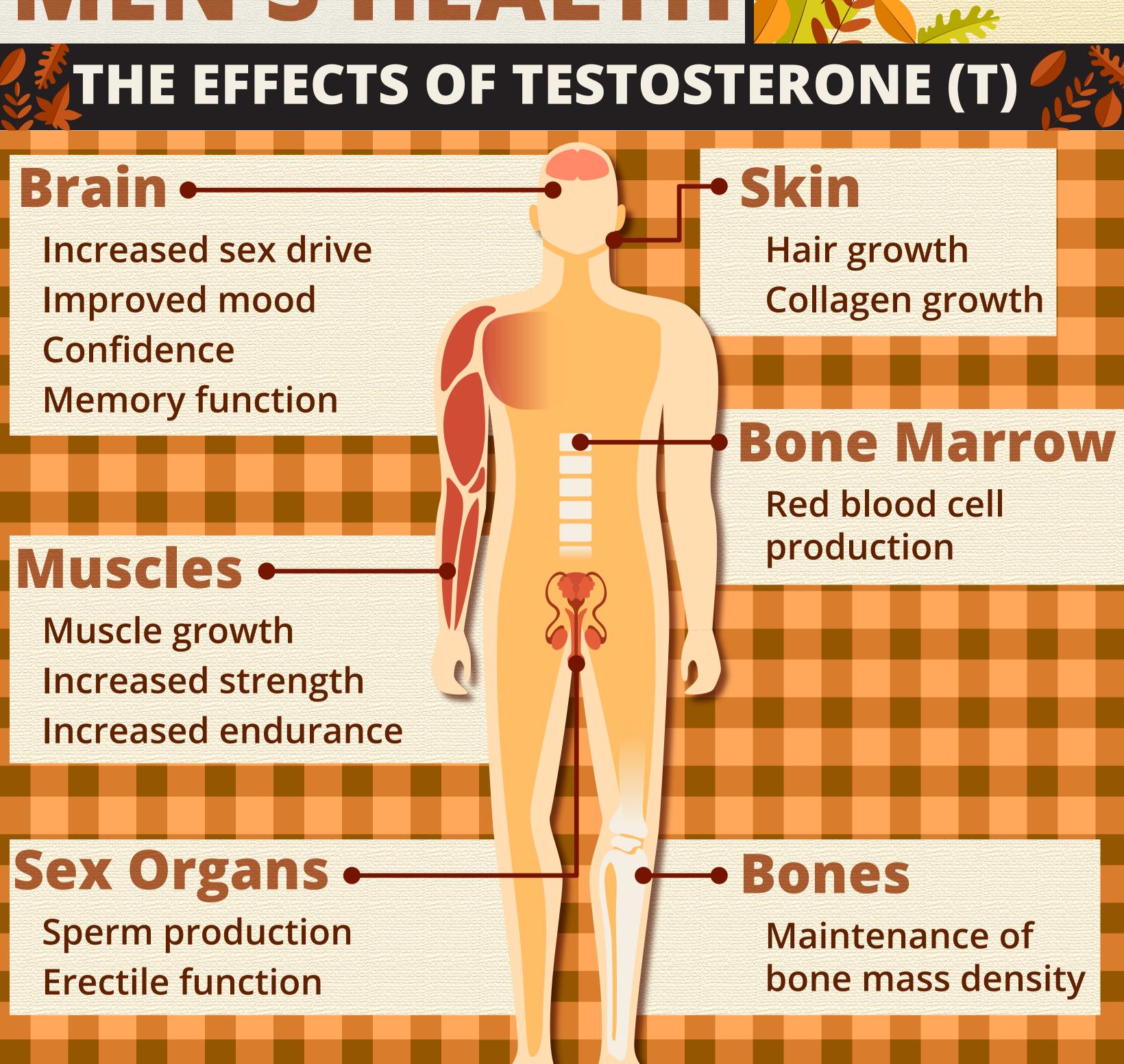
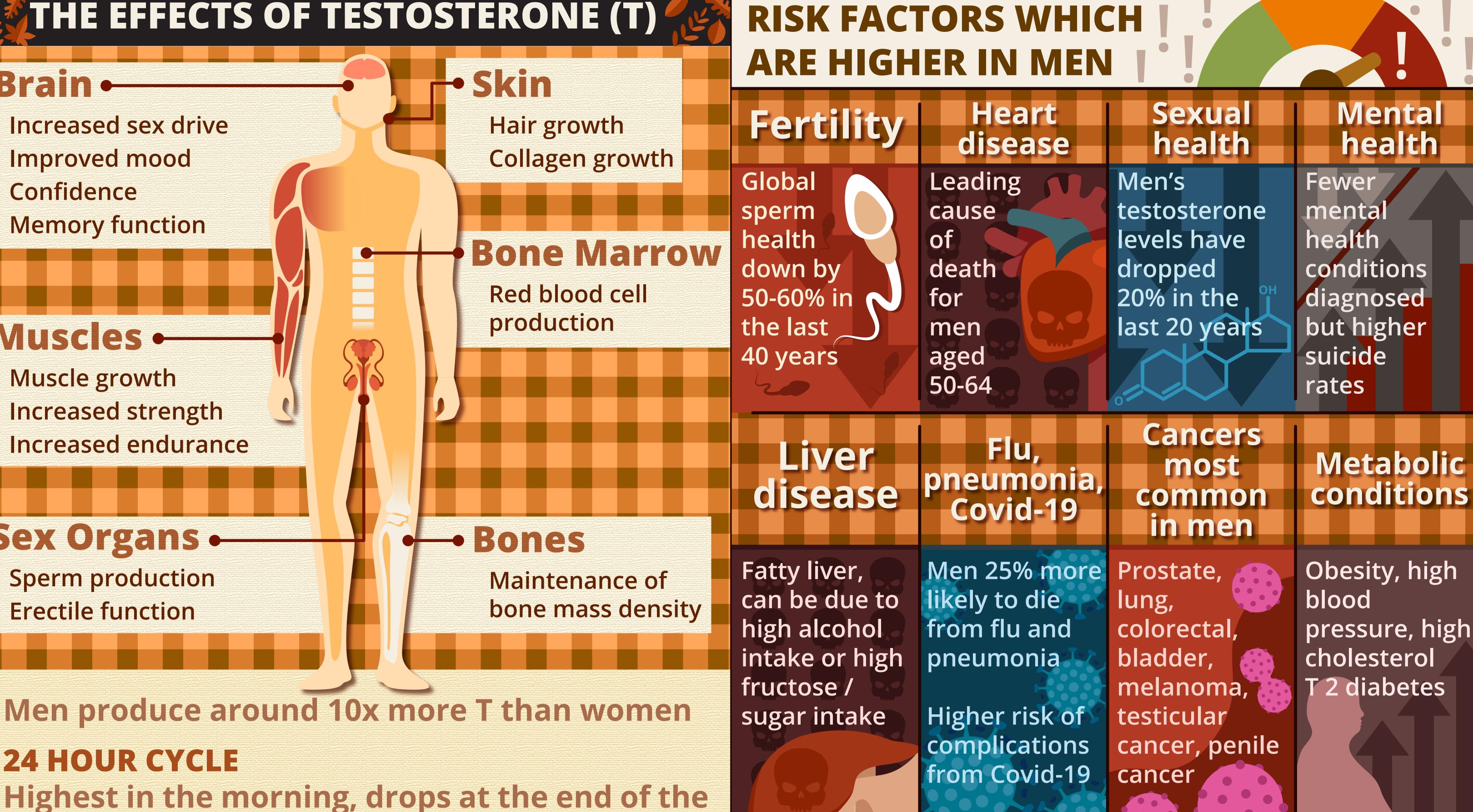
TOPTIPS FOR

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 🛺



Men produce around 10x more T than women



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



Insomnia *

24 HOUR CYCLE

day

Headaches

Nervousness &

irritability Depression Loss of enthusiasm

Lower libido

Increased risk of metabolic syndrome, T2 Diabetes and heart disease

Muscle pains

Palpitations & increased heart rate Sweating

Muscle loss, weight gain

Hesitancy or frequency of urinary flow

TOP TIPS FOR REDUCING RISK FACTORS AND BOOSTING TESTOSTERONE NATURALLY



Boost fibre Healthy digestion, lower cholesterol, weight, diabetes risk

Resistance training to build muscle

Benefits for metabolism, T and mental health

Meat-savvy diet Focus on quality, include meat-free days

Limit red and processed meat protein seeds

Legumes, nuts and Beware highly processed vegan foods

Increase plant-based

Know your numbers

SYS | IE Regular blood pressure checks

Stress management strategies

Daily run, meditation app

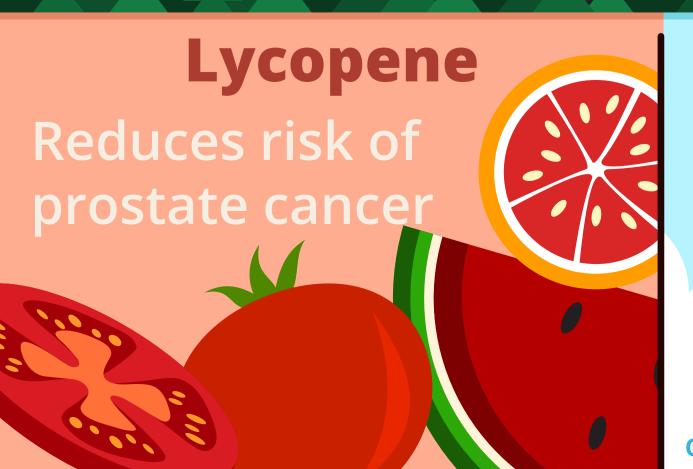
Regular check-ups and self-checks for warning signs



Reduce sugar & alcohol

For liver and metabolic health **Prioritise sleep Essential for healthy** T production

KEY NUTRIENTS FOR MEN



Vitamin D Influences T levels

Zinc T production, sperm count, hair growth Dark green leafy veg, pumpkin seeds, seafood

Magnesium May support T levels and help relaxation Whole grains, leafy

greens

Omega-3 fatty acids Best from

food sources Oily fish, flaxseed

SUPER WELLNESS