

Zone 9 – Male Hormones

Men need and have both testosterone and estrogen. The primary androgenic hormone in a male is testosterone, while estrogen plays a role in connective tissue health and bone density. In men, when testosterone levels are low and/or estrogen levels are elevated, there can be many negative symptoms:

- Low libido
- Loss of “spark”
- Low mood
- Poor cardiovascular health
- Increased fat throughout the chest
- Poor motivation

Many males suffer from lower than optimal testosterone, higher than optimal estrogen, or both, and these imbalances can also have a significant effect on your ability to reach your goals.

You may experience:

- Loss of lean tissue or inability to gain muscle mass
- Midsection weight gain
- Poor recovery from exercise

Most annual exams do not assess sex hormones, and if they do, they're rarely compared against an optimal range. Without evaluation of your sex hormones, it is impossible to know your levels and the root of the dysfunction.

Based on the questionnaire, some recommendations to address this zone are:

KNOW IT: Understand your unique metabolism through lab testing.

FOUNDATIONAL PANEL (45 markers)

Gives insight to your potential metabolic barriers to success. This panel investigates unique markers that will provide necessary information about your individual metabolism and insights to metabolic issues that need to be addressed and are often upstream from hormone issues to help guide your programming in a more concrete, customized direction.

ADVANCED PANEL (70 markers)

Builds upon the information given in the Foundational Panel to take understanding your metabolism and barriers to the next level. Through consideration of additional markers, you will have a clear, concise understanding of your metabolism as well as an assessment of free & total testosterone, estrogen, progesterone, sex hormone binding globulin, cortisol, and DHEA to provide a higher degree of certainty of results.

COMPREHENSIVE PANEL (82 markers)

The comprehensive panel incorporates all the incredible markers found in both the Foundational and Advanced Panels, plus LH, FSH, leptin, and prolactin, in addition to several other critical pieces to ensure you have an all-encompassing picture of your metabolic functioning. Provides unparalleled information about your unique metabolism to custom-build your exercise, nutrition, lifestyle and supplement programming with the highest degree of certainty.

RECOMMENDED REASSESSMENT: Hormone Balance Panel (12 markers)

By testing free & total testosterone, estrone, estradiol, sex hormone binding globulin, progesterone, cortisol, DHEA, LH, FSH, prolactin, and leptin, you can get an understanding of where your hormone levels are at this point in time. This is an important follow up test to be done several months after one of the above tests, which provide more context to what metabolic imbalances may be contributing to disrupted hormone levels. All of these markers are included in the Comprehensive Panel, and, with the exception of LH, FSH, prolactin, and leptin, are in the Advanced Panel as well.

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NOURISH IT: GIVE YOUR BODY THE NUTRIENTS IT NEEDS TO FUNCTION OPTIMALLY.

- Reduce the amount of alcohol, sugar and refined carbohydrates in your diet
- Control your blood sugars
- Increase foods that contain zinc and magnesium
- Avoid xenoestrogens (estrogen like compounds in environmental toxins, such as some toiletries and cleaning products) and phytoestrogens (estrogen-like compounds in certain plants, like soy)

SUPPLEMENT RECOMMENDATIONS

FOUNDATIONAL

LIFE TIME FITNESS AM/PM MULTIVITAMIN

- Many adults fail to meet their requirements for key vitamins and minerals. Without adequate vitamins and minerals, it's difficult to achieve optimal health. A high-quality multivitamin makes getting better nourishment more convenient.
- 3 capsules twice daily with food.

LIFE TIME FITNESS OMEGA-3 FISH OIL

- Supplementing with fish oil rich in EPA and DHA is an easy way to increase metabolic rate, improve fat-burning and promote a normal inflammation response.
- 1 to 3 capsules twice daily with food.

LIFE TIME FITNESS PROTEIN POWDER

- Protein is needed to build and repair tissue, make enzymes and promote hormone balance. It is an important building block of bones, muscles, cartilage, skin and blood. Without optimal protein intake, we cannot be fully healthy.
- As needed to meet protein needs.

ADVANCED

DESIGNS FOR HEALTH AMINO-D-TOX

- Upregulates liver detoxification pathways resulting in excretion of excess and unnecessary hormones.
- 2 capsules 3 times a day with meals.

DESIGNS FOR HEALTH LV/GB COMPLEX

- Provides support for liver and gallbladder function by aiding in the elimination of fatty substances from the liver as well as promoting proper bile flow.
- 1 capsule 3 times daily with meals.

COMPREHENSIVE

DESIGNS FOR HEALTH MITO-PQQ

- Designed to help support optimal mitochondrial health by improving function, efficiency and density of mitochondria throughout the body.
- 1 capsule twice daily with meals.

DESIGNS FOR HEALTH MITOCHONDRIAL NRG

- Designed to support efficient mitochondrial metabolism and energy production for increased vitality.
- 2 capsules twice daily with meals.

MOVE IT: MOVE FREQUENTLY AND TRAIN WISELY.

- Get at least 10,000 steps in every day
- Prioritize strength training at least 3 times per week
- Be mindful of exercise intensity and duration