

Module 9 Lesson 1

Transcript

Today we're talking men's health. Keep all the men you care for or yourself in mind as you learn today and set an intention to share your knowledge. Let's start off with hormones. This time we're going to hone in on testosterone. Specifically, we're going to discuss the role of testosterone and weight management in men; the effects of low testosterone; different types of testosterone supplements, replacements, and boosters; and how you can work with male clients to boost testosterone naturally. Okay, let's talk testosterone. Who among us hasn't had a client or a friend who decides he's put on a little extra weight, then decided to swap the burger for turkey sandwiches or maybe cut back on the late night ice cream? And what happened? He dropped a pound without even breaking a sweat. More than once I've put couples on a cleanse together, had them support each other to lose some weight so they could look and feel great for a big event or maybe a vacation.

Almost every time the guy loses twice as much as the woman. What's that about? Well, it's about testosterone. I know you know that testosterone is the male hormone responsible for fertility, muscle mass, fat distribution, and red blood cell production, and also that it's controlled by the brain and the pituitary gland. In this lesson, I want to talk specifically about the role of testosterone and weight management in men. Testosterone is this gorgeous hormone that promotes muscle mass and suppresses fat increases in men. Researchers think this increase in lean body mass is responsible for suppressing fat storage because muscle burns calories so much more readily than fat mass. Lots of research supports that a lack of muscle mass is what leads to increased fat mass and suppressed testosterone, and that may very well be.

Think of any male chained to a desk for a 10-hour work day. Their muscles aren't getting put to work, and they atrophy making their bodies ripe environments to store fat. Testosterone deficient men may also store more fat for the very same reason. On average, obese men have 30% lower testosterone levels than those who are normal weight. More than 70% of morbidly obese men suffer from male hypogonadism or testosterone deficiency, which is a fancy way of saying abnormally low levels of testosterone. The good news is that male hypogonadism may reverse with weight loss. Research finds that decreasing body weight increases testosterone in overweight and obese. It's not unusual to have clients who are taking testosterone for their sex drive or a whole host of other medical issues, and a positive side effect usually is an increase in muscle mass and weight loss. Just to clarify a point, you may be wondering about. Anabolic steroids like the kinds athletes use for bodybuilding and sports performance enhancement are largely testosterone in nature, and they are illegal and not advised.

Side effects may include sexual dysfunction, aggressive behavior, liver problems, and heart disease, not to mention acne and hair loss. So, make sure you know the difference between testosterone replacement therapy, which is prescribed and managed under the care of a doctor, and the easy to get, media-advertised, over the counter or black market anabolic steroids which are not linked to weight loss. In fact, they can even cause weight gain and may have synthetic ingredients that can cause damage and are often misused and abused. You may want to know about testosterone boosters such as ashwagandha, D-aspartic acid, and fenugreek seed extract, which may raise testosterone levels and improve muscle growth in men who have low levels. But the evidence is inconsistent and the supplements are not regulated. So, I don't generally recommend them for my clients, but it may be something that your clients bring to you. So, you'll want to be aware of.

If you have a client who really wants to try something they hear about, offer to do the research and give your honest feedback if you feel confident or point them to a doctor and have them run it by a medical professional who knows them. If you suspect that you're working with a client who has low testosterone, definitely send them to a doctor for a blood test. Some things they can do to improve their testosterone levels that are in their control and also which you can support them in are strength training to build muscle. Many studies show that strength training can increase testosterone levels. Eating vitamin D rich foods and/or taking a vitamin D supplement. Vitamin D deficiency is associated with low testosterone as well. Upping the dietary zinc this person consumes. Eating plenty of zinc rich foods such as meat and nuts and seeds to normalize levels. Sleeping deep. Poor sleep is associated with a drop in testosterone. In fact, getting enough sleep may be paramount in treatment.

And, of course, stressing less. Chronic stress raises the levels of cortisol which may suppress testosterone levels. So, let's take a minute to recap this lesson. Testosterone is the male hormone responsible for fertility, muscle mass, fat distribution, and red blood cell production. It's controlled by the brain and the pituitary gland. Testosterone promotes muscle mass and suppresses fat increases in men. Research supports that a lack of muscle mass is what leads to increased fat mass and suppress testosterone. You can work with clients to naturally boost testosterone by adding strength training to their routine, promoting vitamin D rich foods or possibly a supplement, incorporating zinc rich foods, working on sleep hygiene, and finding ways to reduce stress. I will see you in the next lesson.