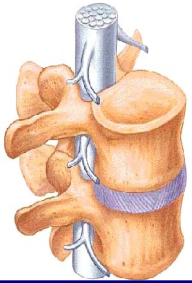


## Wellness News You Can Use

Inspiring Health and Wellness



### DOCTORS CORNER...



**Dr. Joseph Chisari**  
Family Chiropractor

~  
Fryeburg Chiropractic Clinic  
*Increasing Life Expression  
and Potential*

#### Dear Patients,

When you hear the word testosterone, what image comes to mind? Do you picture muscle-bound Mr. Universe contestants, showing off their unbelievably enormous biceps? While testosterone does work to build muscle mass—and, rather notoriously, contribute to aggressive behavior—there's much more to this famed hormone. Testosterone plays an important role in sexual health. It stimulates desire, increases libido, heightens arousal, and increases sexual satisfaction. According to the National Institutes of Health (NIH) 5 million men have low testosterone (NIH, 2009). Low testosterone is defined as less than 300 nanograms/decileter (ng/dL). What causes low testosterone? Men with low testosterone may experience decreased sex drive, erectile dysfunction, fragile bones, and other health issues. Men with diabetes are particularly prone to

low testosterone. According to the American Diabetes Association, a man with type 2 diabetes is twice as likely to suffer from low testosterone as a man without diabetes (ADA, 2013). Why? Low testosterone is often associated with insulin resistance. Insulin resistance means that your body uses insulin less effectively. This causes blood sugar and fat levels to rise, which causes diabetes. If you have diabetes, it's vital to monitor your testosterone levels. We all know that testosterone helps build muscle and boost sex drive. However, did you know that testosterone is also good for your blood? The hormone plays a key role in erythropoiesis, which is the production of red blood cells. If you have low testosterone,

your body won't produce as many red blood cells. In addition to building muscle and making red blood cells, testosterone also helps to maintain bone density. If your testosterone level decreases, your bones may become more fragile. Because testosterone works to maintain bone density, low testosterone can cause osteoporosis in men. Testosterone also plays a vital role in mental health: it helps to maintain energy and a sense of well-being.



### Men's Health Awareness: Low Testosterone

Testosterone levels decline steadily after age 40. The decline is relatively small, at an average rate of about 1% to 2% percent per year. By middle age and older, virtually all men experience some decline in testosterone—but only a small percentage of aging men have levels far below those considered normal for their age.

Low testosterone is associated with heart disease, depression, Metabolic Syndrome, diabetes, cognitive disorders and even osteoporosis. A 2007 study found that low testosterone was associated with increased risk of death from heart disease, cancer and all other causes. One of the reasons that low testosterone is so deadly is that it somehow affects all the major cardiovascular markers.

One recent large scale epidemiological study found that men with low testosterone were 1) fatter, 2) had lower HDL (good cholesterol), 3) higher triglycerides (Bad Cholesterol), 4) higher blood pressure and 5) higher blood glucose. The low testosterone men were tracked over 18 years and it was found that they had a 40% higher death rate from all causes!

The symptoms of low testosterone usually creep up upon you slowly and quietly. Because of this, many men ignore their low testosterone symptoms for months or even years: they get used to feeling below par and functioning poorly.

Causes include:

- \*Poor nutritional choices on an ongoing basis.
- \*Lack of exercise.
- \*Lack of sleep

- \*Alcohol consumption on an ongoing basis.
- \*The overuse of drugs.
- \*Obesity
- \*Stress
- \*Depression

An increased risk of Prostate Cancer in aging men with Low Testosterone has been recently suggested in certain medical circles, yet to date there is not enough scientific evidence to support these claim at this point.



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Those with low testosterone often experience a decreased sense of well-being, a depressed mood, and low energy. How can you take control and increase testosterone naturally? Diet and exercise. Men can boost testosterone levels naturally by increasing their intake of certain foods such as: **Oysters**– Oysters contain zinc, which in addition to increasing testosterone, increases muscle growth, physical endurance, and sperm production. Other foods high in zinc include chicken liver and pumpkin seeds. Zinc also helps wounds to heal. **Broccoli**– Increasing the amount of cruciferous vegetables in your diet, which include broccoli, cabbage and cauliflower, rids the body of excess estrogen, thus increasing testosterone. A study found that diets high in indole-3-carbinol, a component of cruciferous vegetables, increase the excretion of estradiol (one of the most important estrogen hormones) in men by up to 50 percent. Crucifers are also high in fiber, which can help with weight control, and losing weight can also increase your body's production of testosterone. **Eggs**– Eggs are rich in vitamin D, which is essential for optimal testosterone levels. One study found that men who were deficient in vitamin D had lower levels of testosterone and higher levels of estrogen than men who weren't deficient. Although vitamin D supports the production of testosterone, researchers believe it also hampers a process in which testosterone is converted into estrogen in men (aromatization). A second study gave vitamin D supplements to men with both vitamin D deficiency and low testosterone levels. At the end of a year, the men who were given vitamin D saw their testosterone levels rise by 20 percent when compared to a placebo group. **Garlic**– Garlic contains the chemical diallyl disulfide, which stimulates the body to release a hormone that spurs the production of testosterone. **Bananas**– Bananas contain the enzyme bromelain, which some studies have found boosts a man's libido. They are also rich in B vitamins, such as riboflavin, which are essential for the manufacturing of testosterone. **Brazil nuts**– Brazil nuts are high in magnesium, which helps raise testosterone levels. A recent study found that athletes given about 750 mg of magnesium daily for four weeks increased their free testosterone by 26 percent. **Moderate exercise** can raise testosterone levels. It's also true that low testosterone makes it harder to exercise, which can lead to a vicious cycle of inactivity and reduced hormone levels. You should build an overall exercise plan that also includes cardio and flexibility training, so you're helping your overall health.

Dr. Joe

**Patient testimonial:**

“From the front desk to the therapy room, the staff at Fryeburg Chiropractic is the definition of excellence. Whenever I visit, they are always friendly and more than willing to help me with whatever problem I may have. The treatment and knowledge that I receive from the compassionate Dr. Joseph Chisari happens to be outstanding. The motto they use is right on key as well: they listen, they diagnose, they care, they treat.”

E.G. Fryeburg

**About Fryeburg Chiropractic & Wellness Center**

**At Fryeburg Chiropractic & Wellness Center, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies, and minds through our supplement line, exercise and fitness products, and educational material. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at 207.935.3500 or stop by our office at 568 Main Street in Fryeburg or visit our web site at [fryeburgchiropractic.com](http://fryeburgchiropractic.com).**

**Our Mission Statement:**

Continuously providing Chiropractic service and wellness care. Having a true understanding of both, with uncompromising personalized service, increasing life expression and potential.

Our lasting purpose is helping you and your families express and maintain complete health naturally, without drugs, without surgery, by correcting subluxations. Helping you maintain your overall wellness, bringing new vitality to your life.



Fryeburg Chiropractic & Wellness Center  
568 Main Street  
Fryeburg, Maine 04037  
Phone 207.935.3500  
[fryeburgchiropractic.com](http://fryeburgchiropractic.com)