

Hormonal Men

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If ever the words “hormonal man” cross your mind or lips it is likely related to an athlete abusing steroids, or a recent case of road rage. The massive advertising for Viagra and its competitor drugs is strong evidence that something is going very wrong with men’s hormones in our country.

The problem with men’s hormones is more insidious than the extremes above might indicate. Most men do not abuse steroids and only 5-6% of men with measurably low testosterone have sexual dysfunction to the degree that a performance drug is required.

What we more commonly witness are grumpy, semi-depressed middle aged men wondering where the clarity, motivation and desire of their youth has gone. Lest women think body image issues belong to them only, loss of muscle mass and physical endurance, increased

belly fat and “man boobs” are common physical features of hormonal men. But its not just happiness and vanity that are at issue here. Hormonal men with low testosterone are also at greater risk for cardiovascular disease, diabetes, cancer and death for all reasons when compared to men maintaining hormone balance.

Why is this happening and what can be done about it?

After age 40 the average man has an annual decline in testosterone production of 1-2%. Excess body fat increases the rate testosterone is converted to estrogen. Excess estrogen causes the body to gather more fat and breast tissues to swell. There are other interactions too. Overweight men are more likely to acquire diabetes. Suffering diabetes further lowers testosterone as though the man had yet another 20 lbs of excess body fat.

The role of man-made chemicals that disrupt hormone balance is a concern for everyone, needs to be taken seriously, and to be much better understood. Bis-phenol A (BPA) in plastics is a notable

concern because of its estrogen effects and its common use in water bottles, food storage containers and food packaging. In the male diet brewers hops loom large for their plant estrogen effects. We love our hoppy micro-brews in the NW, but all that IPA is contributing to belly fat and the plague of “man boobs”.

Eating nutritious foods that are easy on the blood sugar with just enough calories to maintain body weight, along with consistent muscle toning exercise are a man’s foundation for maintaining his hormone balance, healthy body weight, and overall health. To get back on track a hormonal man will typically need to change his diet, lose weight, incorporate exercise into his routine and seek testing and treatment to balance nutrients and hormones until he can once again self-regulate.

Pharmaceutical treatments include giving testosterone and drugs that block the conversion of testosterone to estrogen. Giving testosterone to an intact man is a mistake. Apparent masculinity can be increased in every feature of a man except the one organ

that uniquely defines him as a man. That organ instead quits producing testosterone, becomes infertile, and a dependency on drug testosterone is created. Indirect methods of increasing a man’s own testosterone production and to slow the conversion of testosterone to estrogen through nutrition, herbal medicine, and pharmaceuticals is a wiser strategy that can lead to a restored and self-regulating natural balance.

The naturopathic physicians at True Health Medicine can assist a man in restoring his hormone balance so he can reclaim his masculinity, vitality, and hope for a desirable long life. True health looks good, feels great, and is not drug dependent.



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