

MEN NO PAUSE

男性更年期 by Sam Tan, Nutritionist & Fitness Coach
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Introduction

Although not discussed quite as often as among our female counterparts, hormones (especially the “T” one) are an extremely important factor in a man’s life. Our testosterone levels (T-levels) affect almost everything – our moods, our sex drive, our aggressiveness (or lack of), our body fat / muscle levels, our strength, and of course our ability to reproduce.

Due to an increased exposure to female hormones such as estrogen in the environment, men these days are in danger of experiencing our own form of menopause – a condition known as “Andropause” that should strike fear into any man who values his manhood.

Andropause has been quite a controversial topic among doctors and health professionals, and some are still debating over whether or not it is a true health condition on the rise among men. It must be considered though, the impact this condition could have on a man’s life. At NewLife™ we believe that prevention is better than cure, and knowledge and understanding is power. The truth is, there are men among us who are or will be suffering from the symptoms of decrease T-levels but we believe that as terrible as this condition could be, there is hope in the fact that it is (like most degenerative health conditions) preventable in most cases.

Hopefully the following text will shed some light on what Andropause really is and what we can do about it!

What is Andropause?

“Andropause” is used to refer to a set of symptoms that some men experience as they age, which are similar to the way menopause affects women. Unlike the fairer gender, men do not have a marked point in life where their reproductive ability shuts down. In fact, men have been found to be able to reproduce well into their 80s!

It is quite normal for a man to experience a decline in the production of testosterone as aging occurs, but a premature or accelerated decrease in T-levels such as in the case of Andropause is becoming more and more common. Proponents suggest that premature andropause is caused by workplace exposure to estrogen – such as in the pharmaceutical industry, plastic manufacturing, pesticides, and others.

Some also suggest that the most likely cases of Andropause are among men who suffer from diabetes, hypertension, metabolic syndrome and certain genetic disorders.

介绍

虽然不像女人的话题般常被提及，但荷尔蒙（尤其是T）确实是男性生活中一种极为重要的因素。我们的睾酮水平几乎影响每样事情 – 我们的情绪，性冲动，积极性（或缺乏），我们的脂肪/肌肉指数，力气，以及我们的繁殖能力。

鉴于我们接触环境中的女性荷尔蒙如雌激素增加，现在的男性们都面临着更年期的风险 – 也被称为男性更年期，一个让男人闻之色变的大课题。

男性更年期在医生和健康专家中是个相当有争议性的话题，甚至有的还在争论男性更年期是否会影响到男性的健康。这点是必须被考量的，因为这确实确实是影响一个男人的一生。在新生命，我们坚信预防胜于治疗，以及知识的力量。事实是，在我们当中，确实是有男人受着因睾酮水平的减少所带来的征兆。就算情况有可能变得更糟糕，但只要我们相信，总有方法可以预防（就如一般健康退化的症状）。

希望以下的文章能为大家解答究竟什么是男性更年期，以及我们可以为此而做些什么。

什么是男性更年期?

‘男性更年期’指的是当男性达到一定的年龄层，当中有些会经历某种症状，类似更年期对女性作出的影响。介于性别之差，男性没有一个显著的要点来直接影响其生育能力。事实上，即使男性到了80岁仍然可以传宗接代！

当男性到了特定的年龄层，睾丸激素下降颇为正常。如今，男性的睾酮水平呈现过早或加速下降，已变得越来越普遍。一些人认为提早更年期是由于工作环境促使较多接触到雌激素的机会 – 如药剂行业，塑料制造，农业等等。

也有人认为，男性更年期的个案通常都发生在患有糖尿病，高血压，代谢综合症及某些有遗传病的男病患上。

Another symptom suspected to be associated with Andropause is an increased production of a hormone called sex hormone binding globulin. This hormone pulls usable testosterone from the blood, making it less bioavailable for the rest of the body.

What are the symptoms?

Although symptoms of low T-levels may vary, there are some that are considered rather consistent. They include:

- low energy levels
- mood swings
- depression
- irritability
- insomnia
- loss of strength and muscle mass
- increased body fat
- loss of libido and potency

Any man worth his weight would agree that these symptoms are rather frightening! So let's find out how we can protect our manhood the natural way without the need for hormone replacement therapy, which is not only expensive but also comes with a variety of side effects.

另一个被怀疑与男性更年期有关的症状就是性激素结合球蛋白的增加。这种激素是直接从血液中抽取可用的睾酮，并减少该物处于身体的含量及作用。

男性更年期的症状是?

虽然不同的睾酮水平所引发的症状不同，但这些都是比较普遍的症状，它们包括：

- 不想活动
- 情绪波动
- 忧郁症
- 烦躁
- 失眠
- 力量和肌肉质量减少
- 体内脂肪增加
- 性欲减退

任何注重自己的体重的男性皆会认同这些症状是非常可怕的！因此，让我们来找出最自然的方法来代替使用雌激素治疗（不仅昂贵，更会带来种种的副作用）以及捍卫我们的男子气概吧！

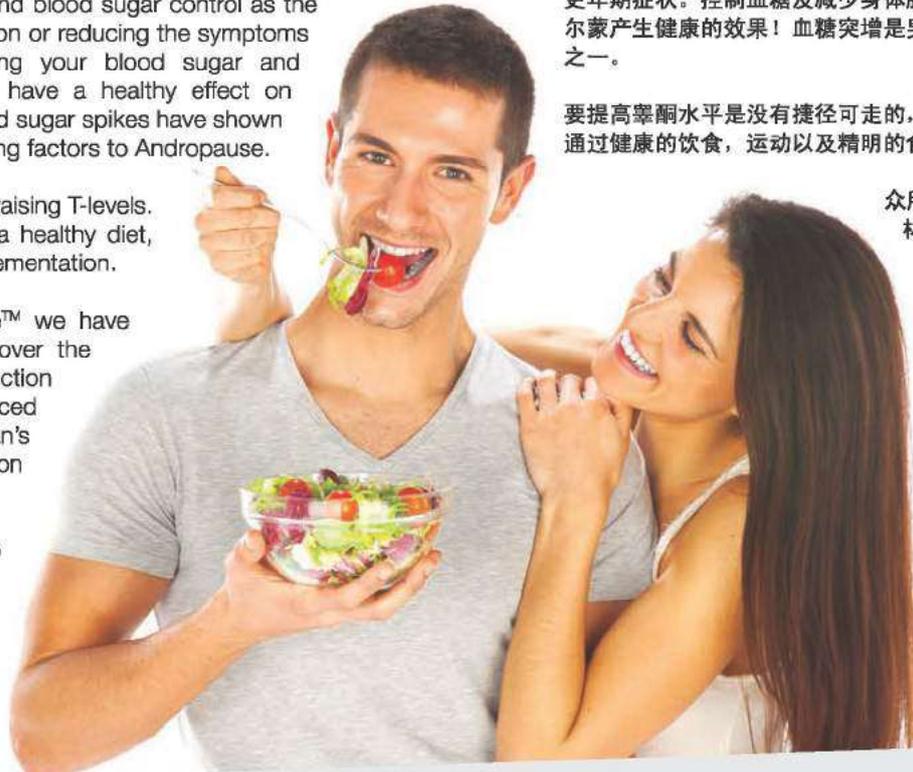
Nutrition

Many therapists recommend blood sugar control as the first step towards prevention or reducing the symptoms of Andropause. Controlling your blood sugar and reducing body fat levels have a healthy effect on hormone production! Blood sugar spikes have shown to be one of the contributing factors to Andropause.

There are no shortcuts to raising T-levels. The only way is through a healthy diet, exercise, and smart supplementation.

Knowing this, at NewLife™ we have seen remarkable results over the years in hormone production being restored or balanced through Datin Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP).

The DRP is designed to support the body in restoring balance to its systems through the removal of toxins and nourishment through herbal and nutritional supplements.



营养

许多治疗师都推荐以控制血糖为先来预防或减轻男性更年期症状。控制血糖及减少身体脂肪指数确实能荷尔蒙产生健康的效果！血糖突增是男性更年期的症状之一。

要提高睾酮水平是没有捷径可走的，唯一的方法就是通过健康的饮食，运动以及精明的食用保健品。

众所周知，在拿汀陈林希珠研究的体内排毒与活力程序（DRP）下，对于平衡荷尔蒙的生产有了显著的功效。

DRP是用于清除体内的毒素，以及通过草药和营养保健品来滋养身体，以便身体系统得以恢复平衡。

Testimonial:

MANHOOD REGAINED!

I feel very lucky to have this opportunity to share with you my experience in body tissue rejuvenation. I am over 70 years old and I have had hypertension for several years.

But worse of all, I lost my purpose in life when my masculinity diminished. Recently Tuan Hj. Abdul Razak recommended that I do the Detoxification & Rejuvenation Programme and after that I managed to walk briskly up to my daughter's apartment – something I was unable to do before. Furthermore, I have regained my manhood.

- Tuan Haji Kamanuddin, Melaka

见证:

我的男子气概回来啦!

我觉得自己很幸运，因为有机会可以和大家分享我身体的修复经验。我已经70余岁，还患有高血压多年。

最糟糕的是，当我发现自己的男子气概减退时，真的失去了人生意义。直至到亚都拉萨先生介绍我做DRP，我现在可以轻快地走到我女儿所居住的公寓—此乃我以前办不到的事。此外，我已经恢复了男子气概。

- 哈芝卡马庐丁，马六甲

There are a few other supplements that could be helpful in supporting T-production in the body;
 以下是一些能帮助身体产生睾酮水平的保健品:

Vitamin C indirectly boosts T-levels in the body by suppressing the production of stress hormones, particularly cortisol, which inhibit the production of testosterone. It is also a powerful antioxidant, which plays an important role in balancing hormones in the body.
维生素C间接地提高体内的睾酮水平，通过抑制应激激素的生产，尤其是皮质醇，能抑制睾酮的产生。这也是有效的抗氧化剂，对于平衡体内激素起着重要作用。

CoQ10 helps to protect against mitochondrial damage. Mitochondria are the power producing part of each cell, and mitochondrial damage has been suspected as one of the causes of low testosterone production. CoQ10 is also useful in the prevention of erectile dysfunction and improving heart health!
生物源性CoQ10有助于防止线粒体的损伤，线粒体是每个细胞的产生力量的部分，线粒体损伤一直被质疑促使睾酮产量减少的原因。生物吸收CoQ10也能治疗勃起功能障碍以及改善心脏健康。



Colostrum
 In a study during which colostrum was supplemented to athletes performing a strenuous training regimen notorious for negative impacts on the nervous system, some potential was shown for colostrum being able to support T-levels in the body. Colostrum is also a powerful immune booster and anti-aging supplement!
初乳奶粉
 运动员在执行艰苦的训练课程期间，难免会为神经系统带来负面影响。一些研究证实初乳奶粉能支持体内的睾酮水平，并且还可以强化免疫系统以及抗衰老。

Bee Pollen
 Many men have experienced an increase in T-levels through supplementing with bee pollen. It is rich in antioxidants and other nutrients. In a study by the University of Wales, men with prostate problems were given a daily dose of bee pollen for 6 weeks. Over 90% of them experienced positive results and relief from symptoms after the period.
蜜蜂花粉
 许多男性都曾通过食用蜜蜂花粉，而得以提升睾酮水平。它含有丰富的抗氧化剂和其他的营养。根据一项威尔士大学的研究证明，每日给予患有前列腺问题的男性服用蜜蜂花粉长达六周，他们当中超过90%都有显著的效果以及减缓了该症状。

Kelp
 While rich in iodine, which helps to improve thyroid function, some studies have shown kelp to have anti-estrogenic properties. Some attribute the low breast cancer statistics among Asian women to their high kelp intake.
海藻
 含有丰富的碘，有助于提高甲状腺功能。有研究显示海藻含有抗雌激素的特性。一些统计分析摄取高量海藻的亚洲女性当中，患有乳腺癌的机率较低。

What is the DRP?

Dr. Lynn Tan's Detoxification & Rejuvenation Programme (DRP) is a complete programme that is aimed at removing poisons and toxins from the body while restoring hormonal, nutritional and metabolic balance. There are countless of people who have benefited from the DRP over the past two decades. The incredible benefits comprise of regaining hormonal health, improving cardiovascular function, strengthening the immune system, overall health and also libido or manhood.

The liver is constantly working to break down environmental toxins in order to maintain optimal metabolic function in the body. Over time, toxins build up and the liver becomes clogged and sluggish, which in turn leads to many health problems, including early onset of andropause. Doing the DRP helps to improve overall health by detoxifying the liver and cleansing the blood. This not only improves the body's ability to detoxify itself, it also enhances the absorption of nutrients from our diet!



什么是体内排毒与恢复活力程序?

拿汀陈林希珠的DRP是个完整的活动，主要是排出体内的毒素，以及修复荷尔蒙，营养和代谢的平衡。在过去的20年，DRP造福了无数的人。种种难以置信的益处包括恢复荷尔蒙的健康，改善心血管功能，增强免疫力，促使整体的健康状况，以及性欲和男子气概。

肝脏长时期在运作，以便可以分解环境所导致的毒素，以及让身体可以保持最佳的代谢功能。日积月累，毒素堆积在肝脏，以致肝脏变得阻塞和不顺畅，从而导致许多健康问题的衍生，包括过早男性更年期。DRP有助于肝脏排毒以及清除血液中的毒素，从而改善整体的健康。这不仅提高了我们身体的排毒能力，也能促使营养的吸收!

Exercise

The relationship between exercise and T-levels is far from simple. It is important to know what to do and how much to do it, as too little or excessive exercise can actually have a negative effect on T-levels.

Here are a few quick tips on the kinds of exercise to focus on to boost T-levels while getting fit and strong in the process!

1. Lift Heavy 举重-

Heavy resistance training has always been the mainstay for an exercise regimen to boost T-levels. Big, compound movements such as the back squat, bench press, deadlift, and the Olympic lifting movements, work best. 2-3 weight-training workouts per week should have positive results on your T-levels. Technique is important when training with big weights, so if you're just getting started the best thing would be to work with an experienced, qualified trainer, or start off with just resistance training machines to build up your basic strength and confidence.

阻力训练经常都属运动养生的支柱以提升T型水平。大量及复合运动如后深蹲，卧推，硬拉和奥运提升运动的效果最好。每周2-3次的重量训练对您的睾酮水平会有很好的效果。重量型的训练技巧是非常重要的，因此如果您是入门者，最好是找一位有经验及合格的教练，或可先从阻力训练开始着手，以建立基础的力量及信心。

3. Avoid long cardio sessions

避免长时间的有氧运动-

The key to exercising to boost testosterone is short, intense training. Long cardio sessions don't really support the body in building muscle, and a study in 2003 showed lower T-levels in endurance athletes when compared with age-matched weightlifters. So stay away from long sessions on the treadmills and focus on working out with weights instead!

提高睾酮激素的训练关键在于短而密集。长时间的有氧运动并不真的有助于身体建立肌肉。在2003年的一项研究证明，耐力运动员的睾酮指数比起同年龄的举重运动员来得低。因此，与其花长时间于跑步机上，倒不如着重于重量训练吧！



运动

运动和睾酮水平的关系其实很简单。最重要的是须知道运动的方法以及次数，因为运动量无论是少或过多健康的水平都会对睾酮水平带来负面的影响。

这里有几种运动的建议，着重于提高T型水平，同时也可以使男性们在运动的过程中重获健康以及强大！

2. Sprinting 疾跑-

Finishing off a weight-training workout with a series of short, intense sprints is another great way to boost testosterone production! Multiple studies among athletes have proven sprints as an effective way to boost T-levels. You could sprint outdoors, or on a treadmill, or even on an indoor bicycle.

A sprint is typically 5-10 seconds of intense exertion followed by a rest period and repeated several times.

经过一系列的阻力训练，短而激烈的冲刺也是另一个可以提高睾酮水平的方法。多个关于运动员的研究证实，疾跑是提升睾酮水平的最佳方法。您可以在户外，跑步机上，甚至室内健身车上疾跑。只需5至10秒的疾跑，休息片刻，再继续重复几次。

4. A cellular exercise 细胞运动-

Rebound exercise is a cellular exercise, which involves the entire body's cells. It accelerates the absorption of oxygen and nutrients, while hastening elimination of trapped proteins and other toxins. Moreover, it is suitable for individuals from all walks of life. For example, in cases where movement is not possible, someone can sit on the rebounder while a companion bounces on it. Apart from building muscular and skeletal strength, rebound exercise also builds a strong immune system by pumping lymphatic fluid throughout the body. The best part is that it only takes a few minutes per day to get a great workout with rebound exercise!

弹跳运动是细胞运动之一，它涉及整个身体的细胞。它不仅加速氧气和营养的吸收，并且可以去除阻塞在体内的蛋白质和其他毒素。任何年龄层的人士都可以做弹跳运动。譬如，在没办法移动的情况下，只要坐在弹跳床上，再由另一个人在弹跳床上弹跳方可。除了可以建立肌肉和骨骼的强度，弹跳运动有助于促使淋巴液循环，进而强化身体的免疫系统。最重要的是，每天只须花几分钟的时间来做弹跳运动就能获得很棒的效果！