



## **HRT Consult: Dietary**

Please regularly self-examine your testicles. Testicular cancer is the number one cancer in men your age. It is very bad when it goes undetected, but quite curable when caught early. On the first of the month, every month, in the shower, is a good time. DO NOT FORGET TO DO THIS! Here is a website telling how:

<http://www.sex-ed101.com/tse.html>

Please add more vegetables to your diet—the more the better. You can achieve nominal health with vitamins, but to optimize same you must consume vegetables. Fruits are wonderful (and are better than, for instance, a cookie) but are quite filled with simple sugars.

Pasta is not good for your health. It induces insulin resistance, like simple sugars. Try to substitute whole grains instead where possible/convenient/appropriate (granted, a guy has to be able to enjoy his life, and food is one of life's great joys!).

Please make sure you also get:

Multivit/mineral (Non-iron)  
1000mg of Vit C (in divided doses)  
400IU of NATURAL Vit E (make sure it includes gamma-tocopherols)  
3mgs Melatonin (30 mins. before bed)  
3 gms of Omega-3 fatty acids (from fish oil)  
50mg zinc/2mg copper

...each day.

Purchase a multi vitamin/mineral which contains no iron. Most American males, unless they suffer a GI bleed, already have too much iron in their bodies, and this increases the risk of cardiovascular disease.

Start the melatonin out at 1mg per night, and work your way up, IF YOU CAN, in 1mg increments every few nights. If you notice you are having a difficult time with grogginess in the morning, cut back.

If you suffer Adrenal Fatigue, melatonin MAY make it worse.

The fish oil is HUGE for cardiovascular health. It also has amazing properties for reducing inflammation (it has in me as well). It also staves off Alzheimer's disease and cancer.

MAKE SURE TO TAKE YOUR VIT E AT THE SAME TIME AS YOUR FISH OIL. THIS IS VERY IMPORTANT.

I have been taking a fish oil provided by Carlson's, available at health food stores or [www.carlsonlabs.com](http://www.carlsonlabs.com). It doesn't taste bad at all (lemon), and induces no fishy burps. Within a month of starting it I noticed my joints feeling better, and less muscle pain following intense workouts.

Please note I do not recommend soy products, or flax supplements, for my male patients. Both act as estrogen mimics. In addition, the "omega-3's" provided by flax are shorter chain, not the long chain we need (supplied by marine sources).

You need to consume a gallon of water per day, unless you suffer BPH. We have a saying in medicine: "The solution to pollution is dilution." When you arise in the morning, you are already in a hydration deficit, having consumed no water for (at least) seven hours. You are especially dry when in A/C or even the forced air heat of winter. You also need to keep the kidneys well flushed out, and diluted urine in the bladder. I do not leave the house until I have downed a quart. GRADUALLY increase your intake—you can do it.

A final piece of medical advice: EVERY MAN who can should donate blood every two months. Doing so dumps extra oxidizing iron from the system, and dramatically lowers the risk of cardiovascular disease. For TRT users, it also greatly lessens the chance I will have to stop your TRT because of polycythemia ("thick blood"). And by the way, it is also a wonderful thing to do for the rest of society.