

# ROOT CAUSE REZ TOOLKIT: LOW TESTOSTERONE

Low testosterone ("low T") is a common disorder in men that can cause symptoms such as depressed mood, low libido, weight gain, fatigue, and loss of muscle mass. The root causes of low T vary, but the good news is that low T can be improved, and often reversed, with the right combination of lifestyle changes and supplementation.

Enjoy this Root Cause Rez Toolkit – it can guide you through changes you can make to reach hormonal balance. I recommend working with a qualified medical provider when making these changes, and please know that these recommendations do not serve as medical advice.

ROOT CAUSE	ROOT CAUSE REZ	AMANDA'S TIPS
Excess weight	<ul style="list-style-type: none"><li>Improve your diet by removing processed, junk, and convenience foods, and focusing on real, whole foods – foods that the earth provides for us</li><li>Focus on tons of veggies (at least two servings per meal)</li><li>Have a serving of lean protein with every meal (poultry, fish, eggs, legumes, grassfed beef)</li><li>Include healthy fats in each meal (olive oil, olives, avocado, nuts/seeds)</li></ul>	<p>Challenge yourself to eat eight to ten servings of veggies every day.</p> <p>Put special emphasis on cruciferous veggies like broccoli, kale, cauliflower, Brussels sprouts, cabbage, bok choy which are important for hormone detoxification</p> <p>Experiment with new recipes and different ways to prepare veggies</p>
High blood sugar and insulin resistance	<ul style="list-style-type: none"><li>Ditch sugary drinks and snacks, as well as processed foods</li><li>Swap refined and simple carbs like baked goods, pasta, crackers and white rice for complex carbs like sweet potatoes, whole grains, winter squashes, and root veggies. Couple these with protein and fat to slow glucose absorption</li><li>Limit fruit to two servings per day, and choose berries whenever possible</li></ul>	<p>Eat at regular intervals – three meals per day with snacks based on hunger cues.</p> <p>Intermittent fasting can be helpful for insulin resistance, but don't jump on board with this style of eating until you are eating a real food based diet, and seek out guidance from a medical or nutritional professional for assistance!</p>
Sedentary lifestyle	<ul style="list-style-type: none"><li>Get moving! Exercise increases insulin sensitivity and improves body composition, which helps to boost T levels.</li><li>High intensity interval training boosts T more than endurance training, so consider activities such as boot camp, kickboxing, or Crossfit</li><li>Pump some iron! Strength training has been shown to increase T levels as well.</li></ul>	<p>Find an activity that you love – that way you'll stick with it. Work out with friends, or join a group fitness studio.</p> <p>If you haven't worked out in a while, start slow and increase your frequency and intensity over time</p> <p>Consider having your body composition checked on the InBody scanner – it will help you to know when you are gaining muscle and losing fat. Contact my office to set up an appointment!</p>
Insufficient sleep	<ul style="list-style-type: none"><li>Aim for 7-8 hours of sleep per night – make it a priority!</li><li>Use the 30-60 minutes before lights out to have down time without screens or excess light</li><li>Try to keep the same wake/sleep hours every day, even on the weekends – our bodies love rhythm, and it may be easier to get the sleep you need when you keep your cycle consistent</li></ul>	<p>If you have symptoms of sleep apnea (snoring, gasping for air or choking in your sleep, excess weight, high blood pressure, daytime sleepiness), speak to your healthcare provider about getting a sleep study.</p> <p>"Why We Sleep" by Matthew Walker, PhD is a fascinating read!</p>
Endocrine disrupting chemicals	<ul style="list-style-type: none"><li>Make sure that canned foods are in BPA-free cans, and choose fresh whenever possible</li><li>Consider a water filter for your tap</li><li>Switch to glass or stainless steel food/water containers – avoid plastics</li><li>Choose body and skincare products from companies that are committed to safety</li><li>Avoid non-stick pans and water-resistant coatings on clothing, furniture, and carpets</li></ul>	<p>Resources for reducing EDCs:</p> <ul style="list-style-type: none"><li>Top 12 high pesticide fruits/veggies to always buy organic <a href="https://www.ewg.org/foodnews/">https://www.ewg.org/foodnews/</a></li><li>Tips for avoiding EDCs in your home <a href="https://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors">https://www.ewg.org/research/dirty-dozen-list-endocrine-disruptors</a></li><li>Safer skincare products and cleaner cosmetics, including an awesome men's line! <a href="https://www.beautycounter.com/amandaswan">https://www.beautycounter.com/amandaswan</a></li></ul>
High stress levels	<ul style="list-style-type: none"><li>Reduce stressors where possible</li><li>Learn to delegate and ask for help</li><li>Decrease physical stress by getting enough sleep and fueling yourself with healthy foods</li><li>Incorporate breathing, meditation, yoga or other stress reducing practices into your life</li></ul>	<p>If you are a meditation newbie to skeptic, try reading "Search Inside Yourself" by Chade-Meng Tan, a Google engineer who now runs a meditation course at Google</p>

## SUPPLEMENT GUIDE:

NAME OF SUPPLEMENT	EFFECTIVE FOR	RECOMMENDED DOSE
Vitamin D	Increasing free, bioavailable, and total testosterone levels	~3000iu/day was used in the study, however doses should be based on serum measurements with a goal of getting vitamin into therapeutic range
Maca root	Increasing libido and improving mild erectile dysfunction	1500-3000mg/day
Ashwagandha	Increasing T levels in infertile, sedentary, and older man, may also aid in anxiety, and stress management	Dose 600mg per day, divided, with meals  Higher doses may be needed if used to aid in fertility
Fenugreek	Boosting T and improving libido	500-600mg per day
DHEA	May increase T levels in men 65 years and older	50mg daily

An important side note about supplementation and T levels – Licorice, when taken in supplement form, can decrease T levels, so be wary of using this for other conditions if your T is already low!

I always recommend buying supplements from professional brands which have been tested for quality. These brands are typically only available through practitioners. I give my patients access to these brands and products at a discount via Fullscript, my online supplement dispensary, and am happy to extend this to you, too! Click here to make your account or login: <https://us.fullscript.com/welcome/aswan>