

The Individual Man's Clinic

BY DR. JEFF CLARK, TRUE HEALTH MEDICINE PC

You might have heard recent advertisements suggesting there is a universal solution to the declining energy, strength, stamina, mood and sexuality of men over 40 years of age -- take testosterone as a drug.

By age 40 there is a natural decline in normal testosterone levels that can cause all of these problems but there is also a strong tendency to be more sedentary and to have developed increased belly fat. There are also environmental estrogens most men are not aware they should be avoiding. All of these factors conspire to reduce a man's testosterone levels but also suggest that the problem is "individual" and not "universal." No two men are exactly the same when it comes to the problems, causes and the best medical solutions.

Drug testosterone is problematic. Dosing schemes either cause levels to go up and down through the week or constantly keep the levels too high. Testosterone creams can expose loved ones to hormones they don't need. Excess testosterone levels contribute to cardiovascular disease, can put a man at risk for forming blood clots, and can be a cause of bad behavior. "Rhoid" rage is a real thing and so are inappropriate sexual advances that are hormone driven.

The treatment guidelines followed by health insurers and others are that men have not just low testosterone, but numbers well below the normal range before drug testosterone is justifiable. There are many more men that suffer from low, but still in range testosterone levels while experiencing the same complaints. In both groups only a few men are unable to produce enough of their own and require testosterone as a drug.



By far the most common hormone problem in men causing low testosterone is too much estrogen. In a twist of nature it is estrogen levels that turn off testosterone production in men. The first question that needs to be answered for every man with low testosterone: what is your estrogen level?

Central obesity, excess alcohol consumption and environmental estrogens all increase hormone compounds in the body that block testosterone production. Environmental estrogens include glyphosate in non-organic grains and GMO foods, BPA and BPS

in plastics that contaminate food and drink, and plant estrogens in soy, flax and hops. These factors can all cause hormone imbalance problems in younger men too.

For most men with a sex hormone imbalance – too much estrogen and not

enough testosterone – the sustaining answer is found in lifestyle changes. Clean up the diet, lose the gut, and enjoy regular muscle toning exercise to keep hormones and life in balance.

At our clinic we assess your individual situation and provide appropriate treatment to balance your hormones while you work on the lifestyle factors. We can help you lose belly fat and start feeling great now. If you suspect sex or other hormone problems we invite you to visit one of our doctors for assessment and treatments.



Dr. Jeff Clark is a naturopathic physician with True Health Medicine, PC, a group practice in Tualatin serving the whole family with naturopathic primary care and acupuncture. The clinic is located at 8555 SW Tualatin Rd, 503-691-0901.

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