



## Andropause: Myths, Facts, & Natural Solutions

### Message from Milly

Greetings!

As promised, this month's newsletter will focus on integrative solutions for andropause (because men matter too!).

Although less discussed than perimenopause and menopause, andropause is a very real time of change for men that can bring various physical, mental, and hormonal challenges.

Like women, many men choose to take HRT to mitigate symptoms, which may be helpful and appropriate in some cases.

However, andropause is *very different* from the changes women experience in perimenopause and menopause because it happens gradually.

Therefore, it can be confusing to know what may be normal signs of aging/andropause and what may be another issue altogether.

The good news is, oftentimes, a bit of work on cleansing and detoxification, along with targeted supplements, can provide a natural or integrative approach that lasts.

If you, your husband, or your partner are in or approaching andropause, I



hope this information will help empower you to discover the joy in this blessed season of freedom and strength between youth and old age.

Blessings to all,

-Milly



## Andropause 101: Age of Onset, Symptoms, and More

In my nearly 50-year career as a traditionally trained nurse turned naturopath, I have been delighted to witness the change in attitude, conversation, and openness about perimenopause and menopause in women.

I wish the same were true for men!

Although the season of change, known as andropause or "male menopause", is finally recognized as a real thing, most men don't know much about it.

Also, comparing it to perimenopause or menopause isn't really accurate because it's a much, much more gradual process.

Here, we'll cover the basics and then get into some natural solutions and lifestyle recommendations.

### **What happens during andropause?**

Andropause is characterized by a very gradual decline in reproductive hormones, primarily testosterone.

Unlike menopause, which causes rapid declines in estrogen, andropause happens more gradually, which is why many men either don't notice or don't recognize its symptoms.

### **Age of Onset**

Unlike menopause, which begins with perimenopause and can last for up to 10 years, there is no set age of onset

for andropause.

Generally, it begins in a man's 40s or 50s, with testosterone levels gradually decreasing at a rate of about 1% per year in the 30s and 40s, then slightly increasing thereafter.

This is why older men can still father children with premenopausal women; they do not experience rapid declines in reproductive hormones in the same way women do.

### **Symptoms of Andropause**

Many men do not have symptoms of andropause because it happens so slowly.

**However, some symptoms may include:[1]**

- Fatigue
- Muscle weakness
- Changes in sex drive
- Erectile issues
- Mood swings
- Loss of muscle mass
- Weight gain, especially around the middle or chest area
- Sleep issues
- Cognitive issues or trouble focusing
- Decreases in muscle mass

These symptoms may or may not indicate an andropause problem, as many can result from other issues such as lifestyle factors, chronic conditions, testosterone deficiency, or hormonal imbalances, all of which are common as we age.

### **Why Do Some Men Have A Harder Time With Symptoms Than Others?**

Often, I've observed patterns of toxicity and hormonal imbalance in men with more challenging andropausal symptoms.

We live in different times than our fathers and grandfathers, and endocrine (hormone)-disrupting

chemicals are everywhere.  
**Particularly those that mimic estrogen, which disrupts testosterone balance.[2]**

This may not impact men for years, but these chemicals can accumulate if we're regularly exposed and/or if our detox pathways are compromised.

In addition, chronic stress can cause adrenal fatigue (formerly known as HPA Axis Dysfunction). The adrenals pump out stress hormones, like cortisol, which can shunt reproductive hormonal balance over time.

Finally, some men's symptoms come from testosterone deficiency or hypogonadism---a condition in which the testes do not produce enough reproductive hormones and is common in old age.[3]

Your doctor can run tests to check your levels and rule out these problems.

### **Can Men Go On HRT?**

Yes, and there are bio-identical and body-identical forms of testosterone available.

However, these are typically reserved for men with testosterone deficiency, so you should have your levels checked first.

Also, there are benefits and risks of HRT for men (even bio/body-identical), which should be carefully weighed with a very experienced integrative doctor who specializes in this field.

Please, guys, do not put *yourself* on testosterone (a lot of men do)!! Talk to your doctor first.

### **References:**

1: <https://www.nhs.uk/conditions/male-menopause/>

2:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC4046332/>

## Herbal & Nutritional Allies for Andropausal Symptoms

Can herbs and supplements help with andropause symptoms?

Yes, they can.

**However, first, we need to know what we are dealing with---is it andropause, a hormonal imbalance, or a lifestyle/toxicity issue?**

[BioEnergetic Assessment](#) can be very insightful as it will show us energetic factors that may be influencing health.

Lab work, ordered by your doctor, is also helpful as it can give us a picture of hormone levels that BEA cannot.

Here are a few of my favorite herbs and supplements for andropausal men that can help address common symptoms at the root.

**A gentle detox is often the best first step** in clearing the slate, revitalizing organs of detoxification (particularly the liver, which conjugates hormones and [is a key player in weight management](#)), and preparing the body for deeper healing.

I typically recommend a combination of **Energetix Colon Clear and Pure Body Clear**, a combination of detoxifying herbs for all the body's elimination pathways, including the liver, colon, lymphatic system, lungs, kidneys, spleen, and small intestine.

An annual or semi-annual cleanse can help the body rid itself of various disruptive toxins, pathogens, and other trouble-makers that may be disrupting normal hormonal function and health.

**For digestive- or immune-related issues, a simple digestive enzyme supplement, like Catalyst-7 or**



**Catalyst-U**, along with a high-quality probiotic, can do wonders, either during the cleanse and/or after.

The digestive system is central to the body's ability to transform food into nutrients, maintain a healthy microbiome, and eliminate toxins, so this simple step can be game-changing for energy, sleep, digestive health issues, and even metabolism and weight management.

This topic could be a whole newsletter in and of itself, but **careful consideration should be paid to one's cholesterol, especially if sexual issues are prevalent.**

Cholesterol provides the building blocks for reproductive hormones, so an imbalance here can negatively impact sexual function and drive.[1]

In these cases, **supplemental CoQ10[2], possibly with Core Guggulipid Blend[3], can be very useful.**

**I also recommend homeopathic Endopath-M**, which provides the template for healthy reproductive and hormonal function in men.

For **adrenal health, sleep, and energy, Core Ashwagandha (a cherished Ayurvedic herb that's also wonderful for cognitive function and libido)[4,5] and Adrenatran** (a neurotransmitter precursor supplement) are also often indicated.

Melatonin supplementation can also be extremely helpful for resetting the sleep cycle, which can improve every aspect of well-being and hormonal health.

Finally, for cognitive health issues, I love **Core Ginkgo Blend**, Lemon Balm (which is also great for stress relief), and the Ayurvedic herbs **Bacopa and Gotu Kola**.[6,7,8]

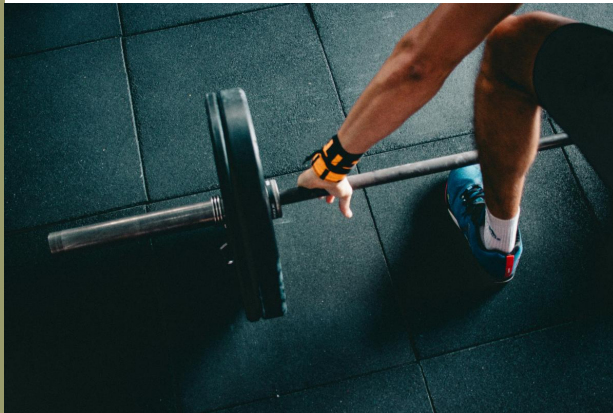
I want to be clear that these supplements are not a substitute for HRT, and that's not really the point.



What we're aiming for with this approach is to remove common obstacles that hinder the body's ability to maintain optimal hormone balance during the natural andropause cycle and start to root out any other underlying causes.

### References:

- 1: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC4291872/>
- 2: <https://pubmed.ncbi.nlm.nih.gov/36337001/>
- 3: <https://pubmed.ncbi.nlm.nih.gov/26735695/>
- 4: <https://pubmed.ncbi.nlm.nih.gov/34858513/>
- 5: <https://pubmed.ncbi.nlm.nih.gov/24371462/>
- 6: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC6694352/>
- 7: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC9436272/>
- 8: <https://pubmed.ncbi.nlm.nih.gov/articles/PMC10227682/>



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## Helpful Lifestyle Practices for Andropause

Most of us can get away with less-than-healthy habits when we're younger.

However, when we hit middle age, those habits catch up with us and can cause symptoms associated with andropause.

To put this in perspective, even regular moderate alcohol consumption can cause sexual dysfunction symptoms over time.[1]

So, before you run to your doctor for HRT, consider lifestyle changes as your first line of defense.

Here are a few to focus on:

- **Exercise with an emphasis on strength training.** Building muscle is one of the best things men and women can do to stay young, protect bone density, and improve metabolism.[2] My advice is to focus on strength training at least 3 days a week by lifting weights, practicing yoga, or any other weight-bearing exercise.

- **Don't smoke or vape.**
- **Get early morning light.** This helps reset and preserve your sleep cycle while providing vision benefits.[3]
- **Reduce or eliminate alcohol consumption.** This will increase energy and improve sexual function, sleep, mood, weight, and so much more!
- **Sleep 7-9 hours per night**  
Sleep is essential for reducing stress and anxiety, regulating hormonal function, restoring the adrenals, speeding workout recovery, reducing appetite, promoting cognitive health, balancing blood sugar, and also benefits immune function. See: [Solutions for Better Sleep \(beyond sleep hygiene\)](#) for more tips.
- **Reduce stress:** Stress is the enemy of vibrant aging and can cause or exacerbate nearly all andropausal symptoms listed here. Again, you may have been able to go-go-go in your 20s and 30s, but now you need to take it down a notch. Meditate, exercise, pray, laugh, get outdoors, write, practice martial arts, [take adaptogenic herbs](#) like Ashwagandha, and spend time in community to reduce stress daily.
- **Eat a whole-foods-based Mediterranean-style diet.**  
Wondering what to eat to stay youthful? Research has shown a Mediterranean-style diet rich in colorful vegetables, whole grains, healthy fats, and moderate amounts of lean proteins is excellent for longevity and reducing symptoms of aging.
- **Keep an eye on heavy metals for cognitive health.** I mentioned this in the menopause newsletter, too, but it bears repeating. We are exposed to various heavy metals in our food, water, soil,



dental materials, and household products daily. **Aluminum, a known neurotoxin, is a particular cause of concern.** Various studies have shown a correlation between aluminum levels and Alzheimer's,[5][6] and some of those researchers, such as **Dr. Christopher Exley, PhD**, have been defunded and ostracized for sharing their findings (aluminum is big business and used in many applications, including pharmaceuticals)! Yet the topic remains controversial, and researchers have been painfully slow to recommend avoiding aluminum for cognitive health. I highly recommend becoming mindful of heavy metals if cognitive health and longevity are your goals.

- Learn more about how to avoid and detox heavy metals in: [How to Protect Yourself from Heavy Metals.](#)

All this is not to deny the benefits of bio-identical/body-identical HRT for men, which may be a huge blessing, especially if you have very low testosterone levels (in which case, I'd consider using it as a bandaid so we can figure out *why* your levels are so low in the first place).

However, HRT comes with risks, and these simple lifestyle changes---either alone or coupled with targeted supplementation---may be all that's needed to see significant changes in energy, vitality, sleep, cognitive health, mood, and more.

If you're interested in working together on andropausal symptoms or need to order supplements, [email Holly at: info@quintessentialhealth.net.](mailto:info@quintessentialhealth.net)

#### References:

1:

[https://journals.lww.com/indianjpsychiatry/Fulltext/2018/60010/Prevalence\\_and\\_correlations\\_of\\_sexual\\_dysfunction\\_in.13.aspx](https://journals.lww.com/indianjpsychiatry/Fulltext/2018/60010/Prevalence_and_correlations_of_sexual_dysfunction_in.13.aspx)

2:

<https://journals.physiology.org/doi/full/10.1152/jappl.1999.87.3.982>

3:

<https://longevity.stanford.edu/lifestyle/2023/08/17/more-sunlight-exposure-may-improve-sleep/>

4:

<https://pubmed.ncbi.nlm.nih.gov/32682573/>

6: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6159653/>

7:

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3056430/#sec4>

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