

LIFESTYLE CHANGES FOR TESTOSTERONE

Your First Line of Action

MOVEMENT

- Strength training: Weightlifting and bodyweight exercise
- High Intensity Interval Training (HIIT)
- Walk 8000+ steps per day
- Be mindful of overtraining if adrenal dysfunction

SLEEP

- Aim for 7+ hours per night
- Maintain consistent sleep schedule
- Avoid screens at least 1 hour before bed
- Create wind-down routine, dim lights
- Get natural sunlight in your eyes in the AM

MANAGE STRESS

- Begin to recognize moments of high stress, such as elevated heart rate, panic feeling, tightness in throat, chest or stomach
- Adopt small responses to these feelings, such as taking 5-10 deep breaths.
- Practice meditation. Begin small, just 2-3 minute at a time and increase slowly. Focus on the breath in and out. (See handout of breathing techniques.) Try apps such as Insight Timer.
- Walking and movement
- Laughter and connection
- Consider HeartMath
- Reduce or Eliminate Caffeine

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DIET & NUTRITION

- Reduce or eliminate alcohol
- Reduce/eliminate processed foods and fried foods
- Reduce/eliminate sugar and white flour
- Add lots of colorful vegetables and fruits
- Focus on clean protein sources: grass-fed or organic meats, nuts and seeds, vegan or whey protein, beans and lentils, tofu, all organic whenever possible
- Eat healthy fats (fatty fish, avocado, olives and olive oil, flax, nuts and seeds)
- Increase fiber to detox hormones and toxins
- Avoid seed oils (canola, corn, soybean, cottonseed, safflower, sunflower)
- Eat for balanced/low blood sugar.
 - Aim for protein, veggies, healthy fat, fiber with each meal or snack
 - Take a 15-minute walk after meals
- Eat organic as often as possible (use Dirty dozen, Clean 15 list)
- Reduce or eliminate caffeine for adrenal health

FOODS & SUPPLEMENTS

- Consider specific foods and supplements (see addtl handouts)
- Lots of colorful vegetables and fruits - high in flavanoids
- From Dr. Gail:
 - Basics: high quality multivitamin, Vitamin D, Omega 3 fish oil, probiotic (if it doesn't cause symptoms), (avoid supplements from grocery store, drug store or Costco)
 - Quercetin, stinging nettle, green tea, Vitamin C, Zinc, Chrysin

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REDUCE TOXINS

Eliminate or decrease:

- Alcohol, smoking, nicotine, marijuana
- Use of plastics: water bottles, storage containers, wrapping, household like shower curtains
- Products with fragrance and scent:
 - laundry soap and dryer sheets
 - air fresheners
 - scented candles
 - perfumes and colognes
 - trash bags
 - personal care products like lotions and deodorant.
 - "Fragrance" as an ingredient is synthetic and disrupts hormones. (Can use essential oils as replacements)
- Phalates, parabéns, triclosan, oxybenzone
- Read food ingredient lists. Avoid things you cannot pronounce or don't recognize, chemicals, additives such as BHT, BHA, dioxane,
- Eat organic to avoid glyphosate and other pesticides and herbicides that alter hormones. Atrazine, a common herbicide, has been shown to "neuter" frogs and turn male frogs into female.
- Cooking pans with PFOA or PFAS. Use stainless steel, cast iron and enamel instead.
- Use a water filter for drinking water and showers.