



GOOD NEWS FOR GRUMPY MEN

Recent research has revealed that fixing up a man's hormone levels could not only make him more cheerful but could also give his earning capacity a boost.

A recent British study on stock market traders found that the higher the level of testosterone a man had in the morning, the more money he was likely to make for the bank that day.

Well Men Centre CEO Linda Byart, who has been at the forefront of raising awareness on male health issues in Australia for the last decade, says that this is hardly surprising since low testosterone levels are associated with fuzzy thinking, lapses in concentration and a general loss of zest for life as well as a reduced capacity to remain even tempered under pressure.

She has recently joined forces with Anti-ageing GP Dr Joe Kosterich to launch a range of new health care programs for men and women, looking at all aspects of life that may be impacting health including what may be holding you back from improving your finances.

Hormones can have a huge effect on how you think and feel and your ability to act. New Australian research carried out at UWA by Osvaldo Almeida found that men with low levels of testosterone are over three times more likely to suffer from depression than those with higher levels.

"But there is more that can be done than just administering testosterone," says Dr Kosterich. "We're offering a new approach that covers the whole gamut of lifestyle measures. This assists the person's body to produce more of its own natural hormones and activates the body's own capacity for repair and healing."

Reducing the risk of developing Alzheimer's disease or dementia later in life is another beneficial side effect of attending to hormone levels sooner rather than later.

According to Professor Ralph Martins, one of the world's leading experts on Alzheimer's disease, testosterone supplementation mounts an offensive on the disease process from several different directions. However factors such as obesity, exercise, diet and stress can also contribute to low testosterone levels, he says. Lifestyle modifications are also important. A regime that addresses all these factors coupled with medically supervised supplementation is likely to be more effective than the application of testosterone alone.

For more information on the new complete health programs for men and women call 1300 305 668.

