

## **Men: To Your Health!**

By Woodland Publishing, Inc.

It's never too late, or too early, to start living a more healthy life! Here's a few things men should do regularly to feel great into their 20s, 30s, 40s, 50s and beyond:

1. Stay physically active.
2. Eat a healthy diet.
3. Be tobacco free.
4. Maintain a healthy weight.
5. Visit your doctor for the recommended screenings—health issues such as high cholesterol, high blood pressure, colorectal cancer and diabetes are easier to treat if detected early.
6. Support a healthy lifestyle with natural supplements.

In their 20s, men sometimes push the physical limits and challenge themselves with extreme sports and behaviors. Glucosamine & chondroitin, which help cartilage retain water and stay flexible, may be beneficial supplements for young men who want to remain highly active.

Time becomes a valuable resource for men in their 30s, who are busy establishing their careers, starting a family or just "growing up." Make sure cholesterol and blood pressure are under control and look at your family medical history to identify potential problems. Adding plant sterols to your diet helps keep cholesterol out of the arteries.

A typical 40-year-old must work at their most productive capacity, while considering the demands of children, partners, friends and family. Cardiovascular disease often develops during this period; adding fiber to your diet can help prevent this. At this time, men may also experience the first signs of baldness. A six-month study published in the *Journal of Alternative and Complementary Medicine* that showed when 26 balding men took 200 mg of saw palmetto daily, 60 percent noted an improvement in their hairlines.

In your 50s, life is speeding up, not slowing down, and many lifestyle-related chronic diseases become more common. Take a hard look at your lifestyle and make the necessary changes—there is no time like the present! Timed-release melatonin will help you sleep more soundly and get the rest you need. Not only are fish oils the best protection against heart disease, they also assist your brain in regulating emotions.

Beyond your 50s, good health will allow you to enjoy the fruits of your labors. Vitamin E is one of the most potent antioxidants and may reduce the risk of certain eye diseases, heart disease, cancer and even Alzheimer's disease. Folic acid improves blood flow and helps prevent clogged arteries. Vitamin D can help your body detoxify and expel potentially carcinogenic lithocholic acids; consuming 1,000 international units (IU) of vitamin D per day has been linked to a 50 percent drop in colon-cancer risk.

Enjoy life to the fullest by taking these easy steps to a healthy lifestyle!