

AFRICAN PEOPLE'S
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INC.

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* Develop and institutionalize programs addressing the grave disparities in education, health, healthcare, and economic development faced by the African community.

* Defend the human and civil rights of African people.

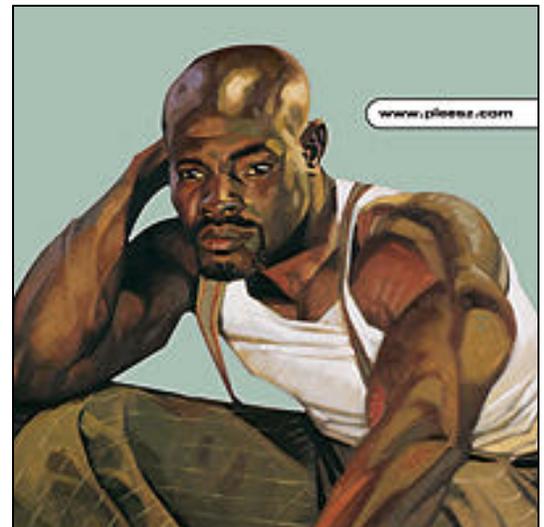
Healthy Connections

JUNE 2008

Men's Health Issue

Did You Know?

- Men live 5 years less than women on average.
- Men die younger of cancer, diabetes, heart disease, stroke and other causes than women.
- 60% of adult men in the US are overweight.
- Low testosterone is linked with increased risk for heart disease, diabetes, insulin resistance, elevated cholesterol and blood pressure, depression, and more.
- Sugar, alcohol, extra weight and lack of exercise contribute to lowered testosterone levels.



Do You Feel:

- Less strong than you used to be?
- Less energy than you used to have?
- Joint pain or sore after exercising or sports you used to love?
- Lower sex drive or dysfunction?

**Look Inside for More Info
and Health Tips** 

Men in your 30s, 40s, 50s... Supplements for life's ages & stages

Most active, productive men need a good supplement program to protect them from illness and deficiency symptoms and increase their longevity by reducing chronic degenerative disease patterns. In general, men need more magnesium and B vitamins than women — but less iron. More common than iron deficiency for males, iron excess can lead to chronic fatigue, depression, heart irregularity, joint pain and other health problems. Here are some specific suggestions for men at life's different ages and stages:

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Prevention to Improve Your Life

Men are generally less apt to follow preventative health measures than women. But men who don't ignore their health and keep themselves in good shape have an excellent chance of staying healthy for many years to come. A healthy lifestyle with proper nutrition, exercise, and supplements doesn't just increase the length of life, but also improves its quality.

Common Ailments

Less strength, less enjoyment from exercise or sports, a drop in sex drive, and inexplicable fatigue are common complaints. Sleep apnea — loud, irregular snoring with quiet breaks when breathing stops can also be a problem. It can elevate blood pressure and leave you feeling tired and sleepy during the day.

Testosterone Science

In recent medical research, testosterone is gaining prominence as a new indicator of risk for various diseases. Low testosterone is linked with increased risk for heart disease, diabetes, insulin resistance, elevated cholesterol and blood pressure, depression, and more.

Excess Weight is a Big Culprit

Watch out for a growing gut! Excess weight around the middle which creates an apple-shaped body has been shown to bring about insulin resistance, a precursor of

diabetes and heart disease. It also lowers testosterone.

Internal fat surrounding the organs in the abdominal area actively promotes disease-causing inflammation and brings about insulin resistance, a precursor of diabetes and heart disease.

Insulin delivers blood sugar, or glucose (energy from food) to cells. When insulin resistance exists, the cells refuse to accept that energy, causing high levels of glucose in the blood and more fat storage, which perpetuates the condition. The fat cells also convert circulating testosterone into estrogen.

The more overweight men are, the more testosterone converts to estrogen. So if you are overweight, you are really working against yourself. Having too much fat around the middle can sabotage what little testosterone the body still produces.

Excess fat in tissues around the neck is a common cause of sleep apnea. Lose weight, sleep on your side, and raise the head of the bed. Large tonsils, allergies, and some medications are also causes.

The Fix— Natural Solutions

Good nutrition, exercise, and supplements are the weapons of choice to lose weight, increase energy, and

raise testosterone levels naturally. Hormone replacement therapy is not a quick fix: No large studies have been done — and it took years to discover its risks for women.

Nutrition

- **Skip sugar** — plentiful in sodas, ketchup, and many foods not just desserts. Read the labels.
- **Eat lean protein and lots of non-starchy fresh vegetables.** Protein helps maintain lean muscle mass. Potatoes and corn are high in starch; dark, leafy greens are not. Eat whole grains.
- **Consider eliminating wheat.** Many people have a sensitivity to wheat, contributing to weight gain and poor digestion.
- **Protein drinks and bars** can be healthful, but read labels to weed out high-sugar products.
- **Include healthful fats** like olive oil — it takes some fat to keep testosterone at healthy levels. Cholesterol is a building block of many hormones.
- **Cut back on alcohol,** which studies show also decreases testosterone.

Exercise

There is a direct relationship between muscle mass and testosterone. Exercises that target several large muscle groups, such as squats or bench presses, pump up

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Suggestions for life's ages and stages

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The 30s

With family and job responsibilities, men in your 30s may find you have a lack of energy and are gaining weight.

Stamina peaks for most males in their early 30s, as does the body's ability to extract oxygen from the bloodstream. This is also the age when cholesterol and blood pressure start to rise, so get tested.



- **Coenzyme Q10 (CoQ10)**, an antioxidant producing energy at the cellular level, helps the heart. It tends to be low in overweight people.
- **D-ribose** (a five-carbon sugar that's a structural component of DNA and RNA) gives sedentary people energy boost and helps stave off sore, stiff muscles.
- B vitamins help with stress and boost energy, C vitamins which can stabilize production of stress hormones

The 40s

Men in your 40s may be experiencing joint pain when playing sports and may notice bleeding gums when brushing — the beginnings of periodontal (gum) disease. A factor in both these, inflammation can also lead to cardiovascular problems, explaining why half the heart attacks and strokes in the US occur in people with normal cholesterol levels. A C-reactive protein (CRP) test will measure inflammation.

(Continued from previous page) testosterone levels more than those that train isolated muscles, like curls. On the flip side, overtraining and under-eating can actually decrease testosterone. Get at least 30 minutes of cardiovascular exercise at least four times a week, and do resistance training at least twice a week.

Once men turn 40, they begin to lose muscle, which slows down metabolic rate, putting them at greater risk for Type 2 diabetes and even weakening their bones.



- Eat four or five small meals instead of three big ones. Follow a diet high in fruits and vegetables, omega-3-rich fish, a little olive oil.
- Get plenty of **antioxidant vitamins C and E** in your diet.
- **Fish oil supplement** with at least 500 mg EPA and DHA.
- **Alpha-lipoic acid** helps fight diabetes and **chromium** is for blood sugar control.
- **Pycnogenol** is a pine bark extract for antioxidant protection, blood sugar control, circulation and heart health.
- **Garlic and ginger** are good tasting anti-inflammatory herbs.
- Walk briskly 30-60 min five times a week. If joint pain continues, try **avocado/soybean** extracts, **bromelain** between meals, **glucosamine/chondroitin** (for at least 3 mos), **MSM, turmeric**.

The 50s & Beyond

Do you experience dry mouth, some hearing loss, forgetfulness, having to urinate more often and at night?

- **Drink more water**, even if it means more trips to the bathroom. From 57 on, the body literally begins to dry up, yet thirst decreases with age.

About half of all men over 50 in the US have an enlarged prostate, which presses on the urethra and causes frequent urination. Also called benign prostatic hyperplasia (BPH), this condition needs to be monitored annually by a health care provider. Although BPH doesn't

necessarily lead to cancer, it can make a tumor tougher to spot. Losing excess pounds may lessen symptoms.



- **Saw palmetto** and **pygeum** for BPH. **Zinc, flaxseed, red clover, stinging nettle, pumpkin seed, lycopene, and selenium** are also thought to help promote prostate function.
- **Ginkgo** helps fight both senility and hearing problems.
- **Gotu kola**, a popular Indian herb, works to stimulate the brain, strengthening memory and mental ability.
- A well-balanced **vitamin and mineral formula** for nutritional insurance.
- Combined with **amino acid l-arginine, Pycnogenol** can help with erectile dysfunction, according to one study.
- **Accupuncture and Chinese herbs** that strengthen the kidneys, considered the hearth of male sexual energy in Chinese medicine.

Both of these articles excerpted and compiled from: Carol Ferguson, *Taste for Life; Fred Pescatore, MD and Vera Tweed, Better Nutrition; Lisa Ann Marshall, Natural Awakenings. Additional sources in: TasteForLife.com, NaturalAwakenings.com*

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