

010: Overcoming Andropause, the 'Menopause' for Men

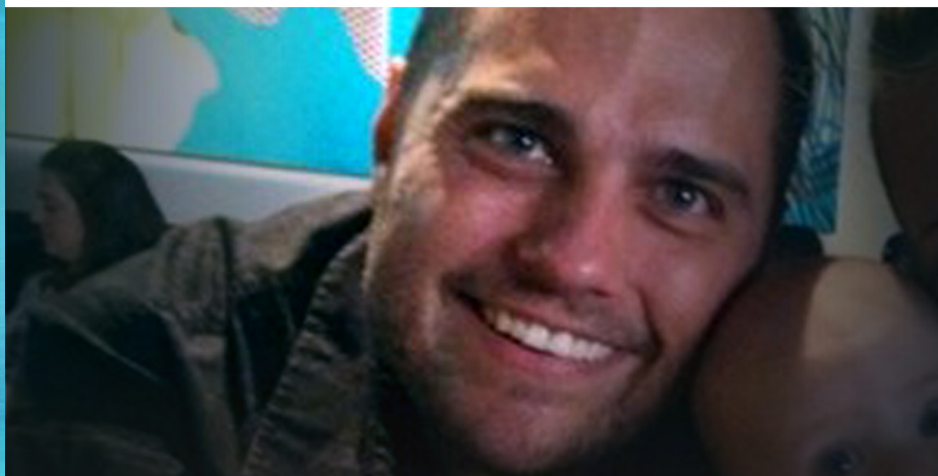
10 Point Checklist

Chris Gatchis

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"So from the age of 22, we're already heading downhill, and that level - the decline - is typically about one to two percent each year we age."

CHRIS GATCHIS

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Feeling sluggish or don't have the sex drive you used to? Get your testosterone tested! Ask for a test at the doctor's office.
- Drop soy from your diet whenever you can. It is a phytoestrogen – not good for a man's body
- Exercise regularly for a natural boost in testosterone because you're prompting protein synthesis.
- Higher body fat correlates to higher estrogen levels. Cut down on your body fat however you can.
- Avoid alcohols and depressants, they murder testosterone levels.
- Spend more time with your loved ones and doing things that relax you! Stress naturally kills off testosterone, so keeping your stress in check is vital.
- 20% of the calories in your diet should come from good fats. That's olive oil, coconut oil, sunflower oil, etc.
- Incorporate more anabolic minerals into your diet. That's zinc and magnesium.
- Think about embodying a “gentle strength” in your everyday attitude, and use aggression to power drive for your work and your achievements.
- Check out axislabs.com to get a free testosterone report and see if you might have a testosterone problem. Check out Hypertest and Myodrol to eliminate the testosterone killers in your life.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/overcoming-andropause-the-menopause-for-men-chris-gatchis/>