

A New Look at What Men Really Need

By Dr. Al Sears, MD



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Meet Al Sears, M.D.

Uniquely Qualified to Keep You Healthier for Life



Dr. Sears is a medical doctor and one of the nation's first board-certified anti-aging physicians. Dr. Sears is also a board-certified clinical nutritionist, strength coach and ACE-certified fitness trainer. He enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In his first book, *The T-Factor, King of Hormones*, Dr. Sears perfected the use of natural and bio-identical testosterone boosters to help men restore the drive, ambition, muscle strength, vitality and sexual performance of their youth.

Dr. Sears followed up with *12 Secrets to Virility*, a full-blown strategy for male performance that includes his own patient-tested protocols for successfully dealing with men's health concerns like fighting excess estrogen, protecting the prostate, eliminating fat gain and keeping a sharp mind and memory.

In 2004, Dr. Sears was one of the first to fight against the conventional belief that cholesterol causes heart disease, proving that cholesterol is not the cause, but the part of the body that heart disease acts upon. In *The Doctor's Heart Cure*, Dr. Sears offers an easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

In 2006, Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, *PACE: Rediscover Your Native Fitness*. (2nd edition published in 2010 as *PACE: The 12-Minute Fitness Revolution*.)

Expanding on the fitness principles in *The Doctor's Heart Cure*, he developed a fast, simple solution to restore muscle strength, guard against heart attack and burn excess fat. Today, PACE is practiced by thousands of people worldwide.

In 2010, Dr. Sears made history by bringing telomere biology to the general public. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, his breakthrough *Reset Your Biological Clock* shows how anyone can preserve the energy of youth by controlling the length of your telomere, the true marker of aging.

By exposing the flaws of mainstream medicine and pioneering new solutions through innovative approaches to exercise, nutrition and aging, Dr. Sears continues to

empower the lives of his patients and readers through his books, newsletters and regular media appearances.

Dr. Sears owns and operates a successful integrative medicine and anti-aging wellness center in Royal Palm Beach, Fla., and has seen more than 25,000 patients. Dr. Sears also publishes a monthly e-newsletter – *Confidential Cures* – and daily e-mail broadcast – *Doctor's House Call*.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

As part of his ongoing research, Dr. Sears travels the world in search of herbs, novel cures and traditional remedies. Meeting with doctors and healers, Dr. Sears has brought back and revitalized much of the traditional knowledge considered endangered in today's modern world.

During an expedition to the Peruvian Andes, Dr. Sears brought back nutrient-dense oil made from the Sacha Inchi nut, containing the highest plant source of heart and brain boosting omega-3 fatty acids.

In India, Dr. Sears studied at the oldest existing school of Ayurvedic medicine, the ancient Indian healing tradition, and was tutored by Ayurvedic doctors on the use of potent Indian herbs used to treat heart disease, cancer and Alzheimer's disease.

While trekking through the Amazon Rainforest in Brazil, Dr. Sears lived among the native Ashaninka Indians, incorporating their ancient knowledge of healing herbs into his own nutritional supplement formulas.

In Jamaica, Dr. Sears met with the last living healer from the ancient and forgotten lineage known as the Maroons. Coming from West Africa 500 years ago, their knowledge was on the brink of extinction until Dr. Sears published a book showcasing their unique herbs and healing formulas.

With a life-long interest in botany, herbology, physiology and anthropology, Dr. Sears has a unique capacity to investigate the evidence behind the stories and claims of traditional medicine from native cultures around the world.

As a graduate from the University of South Florida College of Medicine, Dr. Sears scored in the 99th percentile on his MCAT and graduated with honors in Internal Medicine, Neurology, Psychiatry and Physical Medicine.

A New Look at What Men Really Need

By Al Sears, MD

Don't let those politically correct bureaucrats talk you out of being a man.

Don't let them convince you that there's something wrong with having testosterone pumping through your veins.

You need testosterone to be healthy. And it's about *more* than just sex, your strength and your performance.

You probably already know that testosterone:

- helps keep your bones strong
- gives you lean body mass
- gives you that male "V" shape
- increases your energy
- improves athletic performance
- gives you your ability to attract women
- lets you stay in control

But it does even more than that.

It's not just what makes a man a man.

Without testosterone, not only are you not as manly, but *you die sooner*.

Six new studies from all over the world looked at different groups of men. Each found the same thing:

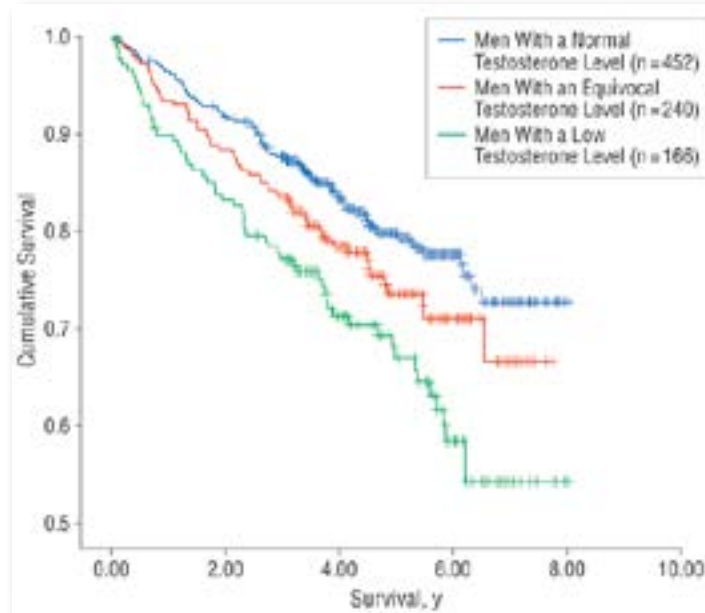
The more testosterone you have, the less chance there is you will die early of *any* cause.

- In a study completed a few months ago, researchers followed almost a thousand men with heart disease for seven years. They found that those with low testosterone were more than twice as likely to die as men with higher testosterone levels.¹
- A 2009 study spent three years looking at men with diabetes, and found that those with the lowest testosterone levels were also more than twice as likely to die... not from diabetes, but for *any* reason.²
- Another study done in Europe followed 11,606 men for nearly 10 years. They found that low testosterone meant there was a 41% greater chance of dying from *any* cause.³
- The University of California looked at 794 men over an average of 12 years. They found the men with low testosterone were 40% more likely to die than those with more of it.⁴
- A study of older men in Seattle and published by the *Journal of the American Geriatrics Society* found that those with low testosterone were *28 times* likelier to die.⁵

- And in a study on military veterans, researchers looked 300 men over five years. Low testosterone *upped the risk of death by 88%*.⁶

It doesn't matter how old you are, your body fat, cholesterol, blood pressure or what your blood sugar measurements are – none of those changed the results.

In all these studies, testosterone was the biggest indicator of a longer life. Take a look at the chart below. For men with the lowest levels of testosterone (the green line), the survival rate drops off the table:



Unadjusted Kaplan-Meier survival curves for the 3 testosterone groups. Men with low and equivocal testosterone levels had a significantly shorter survival than men with normal testosterone levels. Used with permission of JAMA – pubs.ama-assn.org/.

Hi, I'm Dr. Al Sears, and today I'm going to show you how to get what you really need to survive and stay a man by bringing your testosterone back to where it should be.

But first, let me tell you how today's world is attacking you, and trying to take away your manhood...

Warning: Modern Food Attacks Your Prostate

Your ancient male ancestors were strong and proud. They were hunters, fisherman, builders and warriors.

Back then, you would have hunted and fought the way you were designed to. Your body would be lean and powerful, with the capacity to handle the sudden onset of acute stress.

And you would keep your body strong and active by eating the foods you were designed to eat. That means a high-protein, low-carb diet of red meat, wild fish, eggs, fruits, vegetables and nuts.

This would also keep your hormones balanced so you would be energized and virile.

These male attributes – speed, power and virility – are all evolutionarily-designed responses to make you more survivable as a man. And nature gives you these traits through the male sex hormone – testosterone.

But the physiology you have today came from a different world. In just the last few decades, the world has changed so fast that our evolutionary responses haven't been able to keep up.

Now the world we live in and our physiological reactions are mismatched.

We've gotten away from a protein-based diet that boosts testosterone.

On top of that, instead of protein, you're fed processed grains and fake foods like soy and flax that your body isn't designed to eat.

And the packaging this new food comes in, along with dozens of other products like shampoos and lotions, are loaded with chemicals that leak out into your body. Even your car has them.

These chemicals, and foods like soy, all have chemicals with one thing in common... they resemble estrogen.

Researchers have been slow to come around to the idea that these "estrogen-mimics" are having an effect on humans. But I can tell you from 25 years of medical experience, excess amounts of estrogen in our environment are causing disastrous changes for both men and women. I see it in my patients almost every day.

In men, it causes the onset of feminine features. Once muscular "pecs" (chest muscles) turn into soft breasts. A "spare tire" forms around your middle...

... and your risk of prostate cancer goes through the roof.

One reason for this may have been discovered just this year. Researchers in Hong Kong found that estrogen acts like a carcinogen to prostate epithelial cells.

In a brand new animal study, they took healthy prostate cells and treated them with an estrogen called beta-estradiol for only six weeks. The estrogen damaged the cells' DNA. The cells also lost their ability to form into their natural shape and had increased levels of almost every known prostate cancer stem cell marker. Excess estrogen affects your energy too, making you feel slow and tired.

That's because too much estrogen can lower a man's reserve of testosterone – the hormone that makes a man feel like a man. It also causes an extra layer of fat under your skin. This subcutaneous fat hides muscle definition and makes your body appear "doughy."

Politically correct medicine has named this testosterone imbalance "Andropause" which literally means the end of being a man. Without enough testosterone, you can't build muscle mass, create red blood cells, strengthen your bones or function sexually.

Don't Let It Drop Off The Table

In addition to estrogen mimics suppressing testosterone, your natural testosterone level drops all by itself – by one percent to three percent every year after the age of 20. By the time you're 80, you'll have lost between 50 and 80 percent of your testosterone.

The sad thing is, most people who have their testosterone measured by a doctor are told they're "in the normal range." Modern labs claim that's anywhere from 241-452 ng/dl.

The problem is, the reference levels are too low. These ranges aren't set for men interested in having a virile, energetic quality of life. Those levels are set by looking at the middle 95 percent of the population, who are all deficient as it is!

According to one study, a majority of men have circulating testosterone levels 5%–20% below those already-too-low reference levels.⁷

A testosterone level of 241 is not normal. I like to keep my male patients up near 800.

Let me show you how I do it.

Set Your Testosterone Free

Ninety-eight percent of your testosterone is bound to a protein called sex hormone-binding globulin (SHGB). That means only 2% of your testosterone is free to circulate around your body.

This free testosterone then joins with cells called androgen receptors and improves your sexual desire, erectile function, bone density, muscle mass and strength, adipose (fat) tissue distribution, mood, energy and psychological well-being.

But as you age, the amount of SHGB in your system goes up, binding up some of that small amount of free testosterone and makes it inactive and unable to bind with the androgen receptors that are supposed to receive it.

What's worse is that estrogen-mimics in the environment also cause you to increase the production of SHBG and tie up even more of your free testosterone.

And lower amounts of free testosterone can lead to:

- Chronic fatigue
- Lack of motivation or desire
- Poor memory and concentration
- Depression
- Weight gain
- Impotence

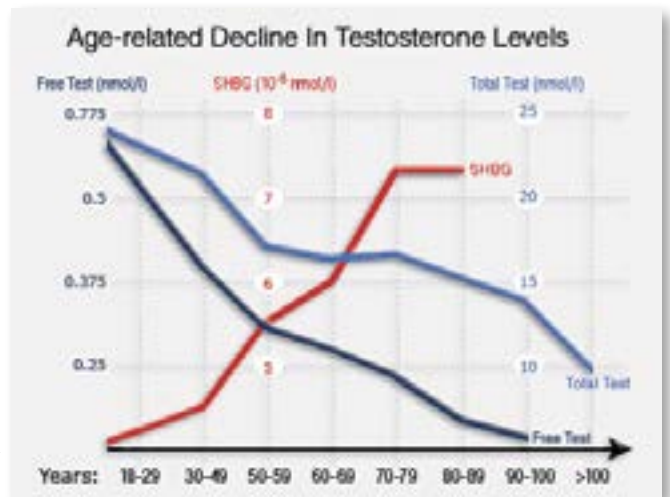
A new study also shows that higher levels of free testosterone can help you survive one of the most common heart problems: congestive heart failure. The study followed more than 2,000 men for over seven years and found that men with CHF were significantly more likely to die if they had low levels of free testosterone.⁸

The good news is, you're not helpless against the modern world and the diseases it's causing. You can avoid Andropause, live a full life *and* keep your "manpower" if you focus on a few ways to increase your free testosterone.

Here are the 10 steps I use to naturally boost my patients' "vitamin T":

Step 1. Eat Red Meat. Politically correct culture tells you red meat is bad, don't eat it, it will kill you. People feel guilty about eating red meat because they've been told this for years. So they force themselves into eating 40 tons of chicken breasts.

And you have a hard time finding anything else if you want to eat protein. Fish is a good alternative, but there's mercury poisoning.



I remember my father telling me that red meat makes you strong and chicken makes you weak... and he was right. Chicken has protein, but it doesn't increase your "man power."

In fact, it's more likely that *not* eating red meat will kill you – due to low testosterone.

A study of vegans versus omnivores measured each group's testosterone and SHBG.

The vegans had 23% higher SHBG and 3% lower free testosterone.⁹ Red meat has saturated fat, which has a known correlation with higher testosterone, and zinc, which helps you produce testosterone.

You should base all of your meals around animal protein, but especially red meat. But be sure to get grass-fed meat, because there's a huge difference between factory-farm grain-fed beef ... and wild or pasture-raised grass-fed meat.

You have every right to be scared of commercial beef. The producers pump synthetic hormones, low-level antibiotics and chemicals into their factory-farm cattle... not to mention that the conditions they're raised in make the animals susceptible to disease.

Pasture-raised, grass-fed beef could not be any more different. You have nothing to fear when you make it a part of your meals. In fact, it's so loaded with health benefits, I'd even go as far as to call it a "super food." It has less fat, fewer calories and more of every nutrient including healthy omega-3 fats, vitamin E, carotenoids, zinc and CoQ10.

The other advantage of grass-fed beef is more B vitamins. Besides helping your body to make testosterone, B-complex vitamins help you absorb zinc so you can make more testosterone.

B vitamins are water soluble, which means you'll find them in the meat, instead of the fatty part. And grass-fed meat has three times less fat, and more actual meat. Sure, you can find some B vitamins in fruits and vegetables, but your best source is red meat. And for B12, red meat is your **ONLY** source.

Here are some resources to get grass-fed meat at home:

- Green Promise (www.greenpromise.com) – Click on resources and then "grass-fed" to find organic and grass-fed meat suppliers.
- All Things Grass-fed (csuchico.edu/grassfedbeef/) – The University of California's "home page" for grass-fed meat research, consumer info and education.
- Honored Prairie (honoredprairie.com) – Fellowship of family farms, not just for grass-fed beef. Grass-fed lamb, chicken, turkey and duck. Resources to other grass-fed site, too.
- Small Farm Institute (smallfarminstitute.wordpress.com) – Behind the scenes info on grass-fed beef industry.

If you can't find good quality, grass-fed meat to buy, you can supplement with B vitamins. I recommend at least 40 mg of vitamins B1, B2, B3 and B6. You need 800 micrograms of folic acid, and 500 micrograms of B12. Also, be careful not to block your body from taking in B12. Reflux and ulcer drugs like Pepcid, Prilosec and Zantac, plus some diabetes drugs, can stop absorption of B12.

Step 2. Get A Boost From The Hero Hormone. If vitamin D were a drug they would give it a Nobel Prize. It would be on the front page of every newspaper.

It's both a vitamin and a hormone. It dramatically reduces the risk of heart disease, cancer and diabetes.

It prevents 17 different types of deadly internal cancers, and helped reduce overall cancer risk by 77%.¹⁰ It also lowers the risk of diabetes, helps prevent arthritis...

...and vitamin D increases your testosterone.

In a study done last year, researchers found that men with sufficient vitamin D levels had significantly higher levels of testosterone and lower levels of SHBG than men with either insufficient or deficient vitamin D.¹¹



A new study backs this up. Researchers in Austria took a group of people and gave half of them 3,332 IU of vitamin D every day for a year and half a placebo. Testosterone levels in the vitamin D group increased by 30%! Bioactive and free testosterone levels also increased significantly. The placebo group? No change.¹²

Luckily, vitamin D is free and easy to get. Just go outside in the midday sunshine for as little as 10 minutes and your body will make about 10,000 IU. If you can't get out in the sun, there are a few foods you can eat that have lots of vitamin D. These include eggs, beef, pork, mushrooms (the only vegetable with vitamin D), alfalfa and small fish like herring.

Another food you can use is cod liver oil. One teaspoon contains 1,360 IU of vitamin D. If you need to take a supplement, I recommend at least 2,000 IU each day.

Step 3. Eat Some Garlic. In animal studies, garlic increased both testosterone levels and increased hormonal production of testosterone. Garlic's secret ingredient for boosting testosterone is called allicin. It breaks down quickly, so it's tough to get a good amount from a supplement.

My favorite way to get garlic is to brew a bedtime elixir of four mashed garlic cloves steeped in eight ounces of hot water and flavored with the juice of a lemon. To ward off garlic's tendency to make your breath smell "garlicky," eat some neutralizing fennel seeds, like those served at Indian restaurants.

Step 4. Get Enough Zinc. This trace element is one of the most important nutrients for men. Not only does it ensure optimum prostate health, it also helps you stay virile and sexually active well into your advanced years. That's because zinc play a role in the production of testosterone. Also, a large amount of zinc is concentrated in a pituitary gland in your brain and the pituitary gland plays a major role in your libido.

In a study published in the prestigious medical journal *The Lancet*, researchers divided men into two groups. Half got a placebo, half got zinc. The researchers wrote: "Zinc strikingly improved potency in all patients and raised the testosterone to normal... Placebo did not improve sexual function in any patient."¹³

My favorite way to get my zinc is by eating animal meats like pork, beef, liver and lamb. Oysters, watermelon and pumpkin seeds have a lot of zinc, too. I recommend you get 30mg per day.

Step 5. Use The Herb Nettle. Nettle is well known for blocking the enzyme *aromatase* which your body uses to synthesize estrogen.

But the exciting you won't hear thing about nettle is that it has its own compound that can bind with SHBG, freeing up your testosterone. That means more can flow through your blood, doing its good work.¹⁴ 140 mg per day of nettle will give you the effect you need.

Step 6. Take tribulus terrestris and fenugreek, which have steroidal saponins. These increase

testosterone. In a study on primates, researchers gave the animals tribulus and increased their testosterone by 51%!¹⁵ You can take up to 500 mg of each.

Step 7. More *muira puama*. It's an herb extracted from a plant from South America that's almost unknown to Americans. But in the Amazon jungle it's used to boost libido. And several studies have shown it counters the effects of low testosterone.

"Asthenia" is characterized by fatigue, loss of strength, or debility, all symptoms of a testosterone deficiency. In a study on asthenia, *muira puama* was effective for 100% of those taking it.¹⁶ I give my patients 350 mg per day.

Step 8. Break Down Excess Estrogen. Diindolylmethane (DIM) is what's called an *indole alkaloid*. Those are the plant nutrients you get from eating cruciferous vegetables like cabbage, broccoli, Brussels sprouts and mustard greens. DIM helps you flush excess estrogen out of your body, improving your testosterone/estrogen ratio. And when you improve this ratio, you get the feeling of a testosterone boost. If you want to supplement, 100 mg a day is my recommendation.

Step 9. Help Your Body Regulate Testosterone. Aminobutyric Acid (GABA) is an amino acid that helps your brain and nervous system regulate your hormone levels, including testosterone. Almonds, bananas, walnuts, citrus fruit, spinach and broccoli are all GABA-friendly foods. If you would like to supplement, you don't need much... 10 mg per day.

Step 10. Exercise With Intensity. You might be surprised to know that exercise boosts testosterone, no matter what your age. In a new study, researchers looked at both younger and older men who did 21 weeks of intense training. They measured significant increases in lean body mass... and testosterone.¹⁷

Try doing working out with a focus on intensity three to four days a week. All it takes is 10 to 20 minutes of your time, and you can do it using the principles of my PACE program.

PACE stands for **P**rogressively **A**ccelerating **C**ardiopulmonary **E**xertion. PACE works because it allows you to increase the intensity of the challenge you give your body in small steps. Not only does that boost your testosterone, but it means PACE is easy to start, no matter your fitness level.

And by accelerating, or shortening the time it takes you to reach high intensity, you train your body to get that classic male "V" shape nature designed you to have.

In the past few months, we've been doing some testing with PACE. What we've discovered is that the PACE principle works best when you do three sets of exercises.

The first is a warm-up set that lasts about 4-6 minutes. The second is a ramp-up set that should last for 4 minutes. You exert yourself to the point where you could still talk, but you're out of breath.

The third is for peak exertion. It should only last from 2-4 minutes, and you should be pumping hard enough by the end that you could only grunt a word or two if you had to.

Challenging your peak this way – a little bit each time, followed by periods of rest – is what causes your body to adapt by adding muscle mass and boosting testosterone.

In between sets, you want to recover so that your heart rate is about 30 beats per minute above your resting rate. It will take only 30 seconds for some, and longer for others. But don't worry how long it takes at first. Your body will progress as you get more fit.

Good old-fashioned body weight exercises like the ones you used to do back in gym class are the best kind. Try mixing it up with different kinds of exertion – lunges, squats, squat thrusts, pull-ups, push-ups, dips and crunches.

In fact, here's a testosterone-boosting workout you can use starting today. It's one of my favorites called the "up-down." It's almost like a combination of walking, a pushup and a lunge. You can do them anywhere. All you need is enough space for the length of your body.

- Start with your feet shoulder width apart, arms hanging by your sides
- Raise your arms above your head
- Bring your arms down, bending forward into a slight squat
- Fall forward touching both hands to the ground with your rear slightly raised
- Step each foot out behind you one at a time into the pushup or plank position
- Step each foot back underneath you
- Lunge back up into the starting position and repeat

As you become more fit, you can do a "modified up-down." Instead of stepping each foot backward one at a time, you can hop both feet backward into the pushup position, then hop them both back underneath you and jump as high as you can, landing back in the starting position.

To find out more, and design your own PACE workouts, visit www.PaceExpress.com.

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