

MEN'S HEALTH



**WHAT ARE THE
MAIN HEALTH
CONCERNS**

for Men?

THE QUESTIONS

You Should Ask Yourself

REAL INFORMATION

and Where to Get More

BE GOOD TO YOUR

WHOLE
BODY

WHICH FACTS ABOUT MEN'S HEALTH ARE MOST IMPORTANT?



Men in general have a checkered history when it comes to taking care of themselves. Fortunately, men's interest in health and trustworthy, available information have both increased recently. Unfortunately, statistics show that there is still a lot of reason for concern.

In this guide, we include questions you should ask yourself along with resources to better understand your risks and natural health care for men. Let us help you learn more about how to be good to your whole body.

Research tells us that 32% of men 20 years and older are obese and 31% have hypertension; yet only 34% of men 18 years and older engage in regular leisure-time physical activity.

the 5 big questions to ask yourself, and 5 small suggestions

1 AM I GIVING MY BODY THE NUTRIENTS IT NEEDS TO OPERATE OPTIMALLY? Eat an everyday varied menu of mainly nutrient-dense foods—providing vitamins, minerals and antioxidants—along with protein, fat and carbohydrates. Limit bad fats, sodium and sugars. Eliminate hydrogenated fats and artificial additives.



Learn more about nutrient-dense foods at wholefoodsmarket.com/nutrition.

3 AM I GETTING ENOUGH EXERCISE? Make physical activity a regular habit. It's hard to come up with a facet of health that doesn't benefit from getting out there and getting moving.

4 AM I MINIMIZING STRESS? This is just as important as good-for-you foods and exercise. Focus on managing stress in a healthy way. Even a few deep breaths here and there can make a difference.

2 AM I TAKING MY VITAMINS? Doctors recommend everyone take a daily multivitamin as "insurance" because certain important nutrients can be difficult to get from food alone. Look for multis with no added iron and/or made specifically for men.

5 AM I DRINKING ENOUGH WATER? Stay hydrated. It's necessary for immune function, energy, satiety, digestion, metabolism and so much more, including helping to keep headaches at bay.

RESOURCE

NUTRITIONAL SUPPORT FOR MEN:
www.wholefoodsmarket.com/nutrition/nutritional-support-men.php

FOCUS ON Antioxidants



Am I getting plenty in my diet each day?

ANTIOXIDANTS protect cells against damage from free radicals (unstable oxygen molecules). Every day, people are exposed to free radicals from air pollution, sunlight, smoking, exercise, poor diet and stress. These can cause damage to cells throughout your body, from your skin to your heart. Colorful fruits and vegetables are the most abundant source of antioxidants such as vitamin C, beta carotene, vitamin E and selenium. If you don't get enough from food, you may want to consider supplements.

EXPERTS SAY...

FOR OPTIMAL HEALTH, PEOPLE NEED LOADS OF ANTIOXIDANTS. *Men should eat 2 to 2½ cups of fruit and 2½ to 4 cups of vegetables every day.*

Centers for Disease Control

MEN & HEART HEALTH

Heart disease is the #1 health threat to men.

AM I DOING WHAT I CAN TO LOWER HEART DISEASE RISK NATURALLY? Start with the 5 Big Questions (p. 3) and look into heart-support supplements, including vitamin D, B vitamins and certain herbs.

DO I GET SUFFICIENT OMEGA-3 EFAs? Essential fatty acids are not made by the body itself. If certain fish, walnuts, dark leafy greens and flax seed are not part of your diet, consider supplements.

DO I NEED ADDITIONAL SUPPORT FROM CoQ10? This powerful antioxidant may help with heart disease because, if deficient, the heart muscle may weaken and become less efficient.

RESOURCES

MAYO CLINIC HEART HEALTHY DIET TIPS: www.mayoclinic.com/health/heart-healthy-diet/NU00196

HEART HEALTH POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

SIGNS OF HEART ATTACK: www.nhlbi.nih.gov/actintime/haws/haws.htm

WEIGHT CONTROL FOR MEN

Even a small weight loss of 5–15% of body weight may prevent certain health problems.

DO I CARRY EXCESS WEIGHT? Aside from overall obesity concerns, men are more likely than women to gain weight around the waist, which raises the risk of many chronic diseases.

ARE SMART EATING & EXERCISE PART OF MY DAY? The key to healthy weight is eating habits and physical activity habits that you can keep up for the rest of your life.

DO I GET ENOUGH QUALITY SLEEP & KEEP MY STRESS LEVELS IN CHECK? Weight is tied to both sleep and stress. Learn about how to manage stress.

RESOURCE

WEIGHT CONTROL POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

MEN & DIGESTION

Digestion is the foundation of health, according to many practitioners, both western and eastern.

AM I DRINKING PLENTY OF PURE WATER?

It's needed throughout the day to support digestion. Just drink it.

DO I GET ENOUGH FIBER?

Most Americans only get half the fiber they need. Daily intake of foods with fiber is crucial for healthy digestion.

SHOULD I CONSIDER NATURAL SUPPLEMENTS FOR DIGESTION SUPPORT?

Digestive enzymes, probiotics and “cleanse” products may help your body get back on track.

RESOURCES

HEALTHY AGING POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

WEIGHT CONTROL POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

ENERGY & VITALITY FOR MEN

Physical causes of fatigue are estimated at 20-60%, and emotional causes the other 40-80%.

HOW'S MY DAILY DIET?

Energy requires adequate amounts of amino acids (the building blocks of protein), carbohydrates, fats, vitamins, minerals, enzymes and antioxidants. Fiber, too!

DO I SLEEP ENOUGH & MANAGE MY STRESS?

The balance of nutrients, adequate sleep, stress reduction and exercise has the power to provide healthy, lasting energy all day long.

AM I DEHYDRATED?

Low energy is a classic sign. Aim for 8 glasses of water a day. Caffeine-free herbal teas—peppermint or citrus—can also be hydrating and energizing.

RESOURCE

ENERGY POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

MEN, SEXUAL FUNCTION & LIBIDO

In a recent survey, 15-20% of Americans reported dissatisfaction with their sex lives.

HOW'S MY TESTOSTERONE?

This is the hormone responsible for driving libido in both men and women. Learn which nutrients support healthy levels.

AM I GETTING SUFFICIENT NUTRIENTS? EFAs and many vitamins and minerals are crucial for sexual function and hormone production and regulation. Ask about herbs that also support libido.

ARE TOPICAL PRODUCTS FOR ME? Certain body care products can help instigate or enhance. Avoid synthetic ingredients and those that are primarily petroleum.

RESOURCE

LIBIDO POCKET GUIDE:
www.wholefoodsmarket.com/products/good-whole-body.php

FERTILITY IN MEN

Sperm count may decrease in overweight or underweight men.

AM I EATING RIGHT?

Getting plenty of antioxidant-rich fruits and vegetables, as well as sufficient selenium, zinc and folic acid is vital for sperm production.

DO I EXERCISE REGULARLY?

Not only is healthy weight important, but physical activity in general, except for exercising to exhaustion, which can have temporary negative effects.

HOW'S MY STRESS LEVEL?

Hormones that are important in sperm production can be affected by stress, and stress may inhibit sexual function.

RESOURCE

FERTILITY:
www.mayoclinic.com/health/fertility/MC00023

MEN & PROSTATE

Regular exercise and maintaining a healthy weight are both important for healthy prostate.

AM I GETTING SUFFICIENT ZINC?

Zinc is vital for prostate health. If insufficient, supplementation may help, particularly for vegetarians.

DO I EAT MY TOMATOES?

The antioxidant lycopene is found primarily in tomatoes and supports healthy prostate. Cooked tomatoes have more than raw.

SHOULD I CONSIDER SAW PALMETTO? Originally used by Native Americans as a food and medicine, this well-studied herb leads the way for help with benign prostatic hyperplasia (BPH).

RESOURCES

MEN'S HEALTH:

www.wholefoodsmarket.com/nutrition/nutritional-support-men.php

PROSTATE HEALTH:

www.mayoclinic.com/health/prostate-cancer/DS00043/DSECTION=prevention

STRESS IN MEN

Long-term stress may cause various health issues, from back pain to digestive problems.

AM I GOOD AT MANAGING STRESS?

Relax, make down time, eat well, get enough antioxidants, breathe deeply, exercise, communicate, laugh!

DO I SUPPORT MY ADRENAL SYSTEM?

With chronic stress adrenal glands can't properly manage energy, blood pressure and blood sugar. Look into adaptogenic herbs.

SHOULD I GET MORE B VITAMINS? Stress quickly depletes Bs and they need to be replenished daily from food sources or supplements.

RESOURCE

STRESS POCKET GUIDE:

www.wholefoodsmarket.com/products/good-whole-body.php

SKIN CARE & BODY CARE FOR MEN

Fragrances and preservatives are the most common source of skin problems.

WHAT AM I PUTTING ON MY SKIN? Many body care ingredients are unnecessary, others are potentially harmful. Some can be beneficial!

ARE MY DEODORANT, TOOTHPASTE & SHOWER GEL NATURAL?

"Natural" is not a regulated term and can be used without meaning much of anything. Check out our standards.

DO I USE MOISTURIZERS THAT MIGHT HARM MY HEALTH? Don't just believe the claims in the ads; take a closer look at what is in your face and body lotions.

RESOURCES

PREMIUM BODY CARE® POCKET

GUIDE: www.wholefoodsmarket.com/products/premium-body-care.php

GUIDE TO NATURAL BODY CARE:

www.wholefoodsmarket.com/products/guide-bodycare.php

MEN & THEIR HAIR

Genetics, stress, lack of sleep, poor diet and hormonal changes can lead to hair loss.

AM I OVERDOING SHAMPOOING?

Harsh detergents and foaming agents can strip natural oils that make for healthy shine and body. Look for beneficial, effective ingredients.

HOW AM I AVOIDING PREMATURE HAIR LOSS?

Among other things, poor immune system health can lead to hair loss. Discover immune boosters!

DO HARMFUL CHEMICALS GO ON MY SKIN & DOWN THE DRAIN WHEN I SHAVE?

Products can contain not-so-good ingredients for both you and the Earth. Check labels.

RESOURCES

NATURAL SALON POCKET GUIDE:

www.wholefoodsmarket.com/products/premium-body-care.php

HAIR LOSS: www.nlm.nih.gov/medlineplus/hairloss.html

PREMIUM BODY CARE® POCKET

GUIDE: www.wholefoodsmarket.com/products/premium-body-care.php

MEN, FITNESS & SPORTS

Physical activity raises natural "feel-good" hormones (endorphins).

IS EXERCISE A PRIORITY FOR ME? Activity helps move oxygen and nutrients to all tissues of the body. And it doesn't have to happen in the gym or on the court or field.

AM I AVOIDING THE WEEKEND WARRIOR TAG? Adults should get 2.5 hours of moderate or 1.25 hours of vigorous aerobic activity plus strength training weekly, preferably not all at once.

AM I CHOOSING THE HEALTHIEST BARS, SHAKES & GELS? Say no to artificial additives and high sugar levels. Say yes to fiber, protein and those herbs proven to be safe at the appropriate levels.

RESOURCE

EXERCISE: www.mayoclinic.com/health/exercise/HQ01676

MEN, BONES & JOINTS

You are never too old to start exercising and reap the benefits for bones and joints.

DO I GET THE RIGHT BASIC NUTRIENTS FOR BONE HEALTH? Learn the recommended amounts and best sources of calcium, vitamin D and magnesium.

SHOULD I CONSIDER SUPPLEMENTS? Learn about the herbs and minerals that support healthy inflammation response and strong, supple joints; and check out homeopathic pain relief.

AM I DOING THE RIGHT OF EXERCISE THAT'S RIGHT FOR BONES? Studies show that strength training and walking can slow mineral loss in bones. Go for both!

RESOURCES

HEALTHY AGING POCKET GUIDE: www.wholefoodsmarket.com/products/good-whole-body.php

BONE HEALTH: www.nof.org/osteoporosis/diseasefacts.htm

JOINT HEALTH: www.niams.nih.gov/Health_Info/Osteoarthritis/default.asp



FINAL QUESTIONS

There is evidence suggesting that estrogenic hormones may be related to prostate cancer.

DO I GO FOR ORGANIC FOODS & PRODUCTS? National Organic Standards prohibit the use of synthetic and persistent pesticides on organic crops.

ARE THE PLASTICS & CLEANERS I USE OKAY? Chemicals such as phthalates and Bisphenol-A (BPA) in plastics may affect human health. And, there are safer alternatives to most cleaners.

AM I EXPOSED TO CIGARETTE SMOKE? Both smokers and nonsmokers exposed to secondhand smoke are at increased risk for lung cancer.

RESOURCES

CHEMICALS & PROSTATE: www.ncbi.nlm.nih.gov/pmc/articles/PMC2687920/

ORGANICS & YOU: www.wholefoodsmarket.com/values/organicsandyou.php

WHAT IS BISPHENOL-A?: <http://www.wholefoodsmarket.com/nutrition/bisphenol-a.php>



LOOKING FOR MORE HEALTH & WELLNESS INFORMATION?

Visit our online pocket guide archive at wholefoodsmarket.com/products/good-whole-body.php.



2 Reasons to Shop for Supplements **HERE & NOT THERE**

- ① In Whole Body™ we're very careful with our selection and your health! It's important to purchase supplements from a trusted source because studies of commercial products have revealed that you may not always get what the label promises.
- ② Our team members are thoroughly trained and educated about the products we offer. They're not doctors, but they are here to help you and guide you in making the most informed decisions for your needs.

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