

The Inside Scoop

mens health

Tools to be better everyday



switch
NUTRITION

introduction

“Only 30% of a man’s overall health is determined by his genetics.”¹

This means that men’s health is something we do have control over. Through lifestyle changes, diet optimisation, and even the implementation of certain natural supplements, men can take responsibility for their health and effectively become stronger, happier, less stressed and overall have a higher quality of life.

At Switch Nutrition, we’ve compiled some valuable information for men that will help you improve the way you look, feel and function everyday. In this eBook, we’ll be covering these topics:

- ✦ **Testosterone** - how you can support and optimise it.
- ✦ **Gut health** - steps you can take to reduce bloating, gas and improve digestion.
- ✦ **Stress, anxiety & depression** - the early symptoms to look out for, plus scientifically proven tips that can help you cope.
- ✦ **Collagen** - how you can use it to reduce fine lines and wrinkles.
- ✦ **Sports & athletic performance** - how you can enhance your performance, strength, and support muscle mass.
- ✦ **Micro habits** - how you can effectively make small changes to create a big impact in your health and lifestyle.

Keep reading to learn more!



testosterone

Testosterone plays a vital role in a man's health and development. While it's commonly associated with BIG muscles, deeper voices and hair growth. It actually does way more than that. Understanding how to support and optimise testosterone levels could help you better your health, improve your brain function, mood and extend your quality of life.

How does testosterone work?

To understand how to support and optimise testosterone, we first need to understand how it works in the body.

Testosterone is a sex hormone that plays many important roles in the healthy function of the body. It's the major sex hormone in men and it's believed to regulate²...



- ✦ Strength
- ✦ Sex drive (libido)
- ✦ Bone mass
- ✦ Muscle mass
- ✦ Body fat
- ✦ Production of sperm
- ✦ Production of red blood cells (energy)

Signals sent from the brain to the pituitary gland control the production of testosterone³. The pituitary gland is responsible for the healthy function of many parts of the body, it's located at the base of the brain. After our body sends signals to the pituitary gland, the gland relays signals to the testes to produce more testosterone.

The amount of hormone in our blood is then regulated by what's known as a "feedback loop." If our testosterone levels rise too high, our brain will send a signal to the pituitary gland to effectively reduce testosterone production. If it is too low then it will upregulate the production of testosterone. However, certain things can interfere with this feedback loop.

Why is testosterone important?

Testosterone sometimes has a negative connotation associated with it. But it's actually a very important hormone for men's health.

It plays a critical role in the regulation of muscle mass, fat distribution, bone mass, and of course libido and mood. It even helps develop and maintain an adequate amount of red blood cells. Red blood cells are responsible for transporting oxygen throughout your body which improves cardiovascular health and energy.

Men who suffer from low testosterone may have infertility problems, low libido, erectile dysfunction and they could even deal with unhealthy fat distribution. Overall, men need an optimised amount of testosterone production to function and develop in a healthy way.

testosterone

How to tell if your testosterone is low

As men age, their testosterone levels begin to drop around 1% per year after age 30, so signs of low testosterone may depend on your age. But some common signs and symptoms of low testosterone include⁴:

- ✦ Fatigue
- ✦ Infertility
- ✦ Increased body fat
- ✦ Sarcopenia (loss of muscle)
- ✦ Erectile dysfunction
- ✦ Low libido (sex drive)
- ✦ Premature aging
- ✦ Decrease in body hair
- ✦ Irritability and moodiness
- ✦ Loss of muscular strength
- ✦ Osteoporosis (weakening of bones)
- ✦ Gynecomastia (breast development)
- ✦ Mental fatigue and brain fog
- ✦ Concentration and memory decline
- ✦ Depressed mood and a decreased sense of well-being
- ✦ Poor cardiovascular function



Getting a blood test done by a medical professional where they measure the amount of testosterone, free testosterone, SHBG, DHEA-S, Androstendione, FSH and LH in your blood is the most concrete way of figuring out whether your testosterone levels are low. Following testing your results should be interpreted by your trusted primary care provider.



testosterone

How to optimise your testosterone levels

The good news is that there are many natural ingredients that may help to support testosterone levels in men.

Vitamin D from either a supplement or the warmth of the sun may help to optimise testosterone levels. One 12-month study found that testosterone levels increased by 25% through the supplementation of 3000 IU of vitamin D3 per day⁵.

Ashwagandha, an evergreen shrub that grows in the Middle-east, Asia and parts of Africa is also said to have testosterone supporting effects. In one 16-week study, there was a 14.7% increase in testosterone in men who had taken the ashwagandha extract versus the placebo⁶.

Ashwagandha may also help normalize cortisol levels⁷. Cortisol is what's known as the "stress hormone" and it's shown to reduce testosterone levels⁸. Taking ashwagandha may help prevent cortisol excess from reducing testosterone levels to begin with. As an added bonus, healthy cortisol levels may improve mood, sleep, body composition, libido and mental cognition.

There's also evidence that an increased intake of magnesium could increase the production of testosterone⁹. Increased oral ingestion of zinc may also significantly increase testosterone levels and sperm count and quality in men¹⁰.

Getting all these natural ingredients through a diet isn't impossible but it could be difficult. Magnesium, zinc and ashwagandha are some of the natural ingredients you can find in Alpha Switch.



gut health

What's gut health and why is it important?

Our gut health is the balance and function of 100 trillion bacteria within the many parts of our gastrointestinal tract (fancy word for the path food takes throughout our body)¹¹.

The organs involved like, our intestines, esophagus and mouth all work together to create a smooth process of digestion, effectively avoiding discomfort in the process.

Every time we eat, our body breaks down food into a form that can be easily absorbed into the bloodstream. Nutrients are then distributed throughout our bodies. All this isn't possible without a healthy digestive system.

A healthy gut contains healthy bacteria that fight off against fungi, bad bacteria, and viruses. Communication between the gut and brain also takes place through hormones and nerves, working to maintain our general well-being and health.

Overall, our gut health can impact our:

- ✦ Sleep
- ✦ Mood
- ✦ Immunity
- ✦ Gut repair
- ✦ Mental health
- ✦ Heart disease
- ✦ Digestion and absorption
- ✦ Hormonal health

What are some causes of poor gut health?

There are several factors that can affect our gut health.

1

Diet

Our diet can play an integral role¹². It's important to consume a diet that offers a wide variety of foods and nutrition.

Fruits, vegetables and whole grains can lead to more diverse gut flora. Eating a diet rich in many (diverse) nutrients gives your gut the chance to promote the growth of different forms of bacteria.

Having reduced diversity of your gut flora can result in an environment where bad bacteria can thrive. This is why having a diverse diet with lots of fruits and vegetables is important.

Eating lots of prebiotics (a type of fibre) is also important as they pass through your system undigested, but feed and promote the growth of friendly (healthy) bacteria.

gut health

2

Lifestyle

A lack of exercise may also reduce the growth of certain beneficial gut bacteria such as Akkermansia and Bifidobacterium. Bifidobacterium may help stimulate intestinal immunity, prevent and treat diarrhea, reduce hypertension (high blood pressure) and more¹³. While Akkermansia may help improve metabolic disease reduce inflammation and improve body composition¹⁴.

Smoking cigarettes and excess alcohol consumption can also affect our gut health. In serious cases, dysbiosis can develop from drinking alcohol. Dysbiosis is a condition that causes an imbalance of bacteria (organisms) in our natural gut microflora. And smoking may increase your chances of developing heartburn, peptic ulcers (open sores in the lining of your stomach), and gallstones¹⁵.

Antibiotics may also present a problem. Although they help fight off bad bacteria, they also affect good bacteria as well¹⁶, overall affecting the balance and diversity of our gut flora. Be sure to talk to your primary care provider about supplementing with probiotics after a course of antibiotics. Also, only use the antibiotics when absolutely necessary.

Pesticides found on fruits and vegetables are designed to kill bugs. However, they may also kill off some of our healthy gut bugs (microorganisms) in the process. It's a good idea to avoid sprayed foods or at least wash them carefully before consumption.

Too much stress can also result in reduced diversity of gut flora, and it can even increase the concentration of harmful gut bacteria. And a lack of sleep may also be a cause for concern as it's said to disrupt the circadian rhythm¹⁷, which may have a harmful effect on bacteria.

There are many signs and symptoms of an unhealthy gut, some of which include¹⁸:

- ❖ Migraines
- ❖ Skin irritation
- ❖ Tired more often
- ❖ Food intolerance
- ❖ An upset stomach
- ❖ Bloating and gas
- ❖ Problems sleeping
- ❖ Autoimmune problems
- ❖ Irregular mood changes
- ❖ Unintentional weight gain or loss
- ❖ Extreme food cravings (specifically sugar)



gut health

How to improve your gut health

There are many steps you can take to improve your overall gut health¹⁹.

- ✦ **Eat a more rounded and nutrient-dense diet.** Ingesting lots of fruits, vegetables, whole grains, and foods rich in prebiotics can help diversify your gut flora, and improve the growth of good bacteria.
- ✦ **Eat fermented food.** Our civilization has a long history of eating fermented foods and many of the longest living populations on our planet eat more fermented food and fibre daily than what is found in our standard diet.
- ✦ **Exercising consistently** can help with the growth of certain beneficial gut bacteria. Especially HIIT (High Intensity Interval Training)
- ✦ **Lowering stress levels** can help prevent the reduction of diversified gut flora and decrease the chance of the growth of bad bacteria.
- ✦ **Sleeping an adequate amount** is necessary to avoid disrupting our circadian rhythm and negatively impacting our gut bacteria. Getting 7-9 hours of quality sleep every 24 hours is critical.
- ✦ **Avoiding antibiotics, alcohol, pesticides and cigarettes** can help decrease the chances of negatively impacting the balance of your gut flora and more.

Some people choose to take certain supplements to aid in their gut health as well.

Digestive enzymes are a popular supplement that is often used, they are proteins that our body naturally makes to break down food and help with digestion²⁰. This may assist in maximizing nutrient absorption to optimise health, performance and your physique.

Glutamine is another popular supplement. This amino acid is best known for helping to repair the intestinal lining²¹. You can support your gut health with Switch Nutrition's gluten and lactose-free [100% pure glutamine supplement here](#).

Or, you can choose to get the best of both worlds with our [Vitality Switch](#) supplement, which contains a unique blend of digestive enzymes, probiotics, micronutrients, antioxidants and glutamine!

Some studies also show that collagen peptides could be beneficial for our gut health. A 2012 study used a supplement known as gelatin tannate (which contains 84-90% collagen protein) and demonstrated the anti-inflammatory properties that collagen can help with in the gut²².

Our collagen blend at Switch Nutrition contains glutamine, digestive enzymes, and of course collagen. [Support your gut health with Collagen Switch today!](#)

reducing stress

Stress is something we all deal with to some degree. Some of us have a better grasp of controlling and dealing with it than others. With that said, stress can cause a variety of symptoms, it can affect us emotionally, physically, cognitively and even behaviorally.

Symptoms of stress

Some common emotional symptoms you may experience from stress include:

- ✧ Self-isolation
- ✧ Low self-esteem
- ✧ Extreme mood swings
- ✧ Losing control over emotions
- ✧ Anxious, racing thoughts in your mind
- ✧ Becoming agitated or overwhelmed easily

Physical symptoms might include:

- ✧ Insomnia
- ✧ Dry mouth
- ✧ Loss of sexual drive
- ✧ Constant headaches
- ✧ Frequent cold and flu
- ✧ Decrease in energy levels
- ✧ Cold and sweaty hands and feet
- ✧ Chest pain and increased heart rate
- ✧ Unexplained muscle aches and tears
- ✧ Nervousness and shaking in stressful situations
- ✧ Grinding teeth or clenched jaw out of nervousness
- ✧ Stomach issues, including diarrhoea, constipation, and nausea

Some cognitive symptoms could include:

- ✧ Overthinking
- ✧ Inability to focus
- ✧ Overtly pessimistic
- ✧ Constant worrying
- ✧ Forgetfulness and disorganization

Stress can even cause people to behave differently. A few common symptoms of behaviour change include:

- ✧ Change in appetite
- ✧ Procrastinating and avoiding responsibilities
- ✧ Increased use of drugs, cigarettes, or alcohol
- ✧ Exhibiting nervous behaviors such as pacing, nail-biting, and fidgeting

reducing stress

Tips to deal with stress

The good news is you can manage and deal with stress through many different methods. Whether you choose to change your lifestyle, diet or even supplement, there are many paths you can take to deal with it.

Some lifestyle changes and practices you can put in place to deal with stress might include:

- ✦ **Spending time with friends and family.** Forget about your daily stress. Spending time socializing with your loved ones and friends is a great way to ease your stress and relax.
- ✦ **Getting lost in a hobby or passion.** Finding time to enjoy things that you love to do is a great way to rid yourself of stress and find some relief throughout your week or day.
- ✦ **Meditation, mindfulness and yoga.** Practising mindfulness and meditation and taking part in yoga may help decrease stress^{23,24}. Both are great ways to forget your worries and bring yourself back to the present moment.
- ✦ **Breath work.** Taking some time to practice deep breathing is a great way to stimulate your parasympathetic nervous system²⁵. It's shown to promote states of calmness.
- ✦ **Disconnect from the hustle and bustle of everyday life.** Spending some time outdoors, by the water, or on a hike is also an effective way to disconnect from social media, work, along with other stresses of everyday life. Bring yourself to the present moment and connect with nature however you see fit.
- ✦ **Sleep.** Getting an adequate amount of sleep every night is another effective way to deal with stress²⁶.





reducing stress

Have you ever heard the notion that laughter is the best medicine? We all enjoy a good laugh from time to time, and one study found that laughter may actually reduce stress²⁷. So why not spend some time with your jokester friends, at a comedy show, or even watching cat videos on Youtube. It could help relieve some of your stress.

Cuddling may also be an effective way to reduce stress. It's shown to increase oxytocin (the love hormone) production and even reduce the amount of cortisol (the stress hormone) secreted²⁸.

There are many habits and lifestyle changes we can take part in to cope with our stress in healthy ways. But our diets and exercise routines may also play a role.

Exercise reduces levels of the body's stress hormones like cortisol and adrenaline²⁹. It's an effective and healthy way to cope with stress when it arrives. Building and maintaining a consistent exercise routine will do nothing but good for you in the long run.

Consuming a healthy and balanced diet can also help you deal with stress. Avoid drinking alcohol excessively as it can alter certain neurotransmitters in the brain causing an increase in anxiety and as a result, more stress³⁰.

Smoking may also increase stress³¹. When compared to nonsmokers the stress levels of adult smokers are actually higher. This denounces the notion that smoking decreases stress, overall it has a negative impact on stress levels.

Our overall diet is super important, but you can also find natural ingredients that reduce stress in some supplements. A few of these naturally occurring ingredients include:

- ❖ **Ashwagandha.** Many studies show ashwagandha could help reduce stress³².
- ❖ **L-Theanine.** A non-essential amino acid found in green tea, it's shown to reduce stress and anxiety³³.
- ❖ **Magnesium.** It's been closely linked to stress and in several studies, those who suffered psychological stress also had low magnesium³⁴.

You can find these stress-relieving ingredients in our supplement [Adrenal Switch](#). A perfect supplement to help you relax after a workout or even before bed to help you sleep!

collagen

Collagen is the most abundant protein found in your body³⁵. It contains a special combination of amino acids that can help you quickly bounce back after a hard workout or day of work. Our ligaments and tendons contain about 75% collagen, because of this, supplementing collagen may help reduce potential injury and even pain.

Collagen also helps to make the tissue of our body strong and resilient. As we age, our bodies make less and less collagen, and as a result, our skin becomes less elastic, our bones become weaker and our muscle size and function may decrease.

But, there could be a solution to this decrease in collagen. In fact, supplementation has become more popular. And several studies show it could benefit cellular hydration, joint pain, skin health and even improve bone density³⁶.

Overall collagen may help benefit:

- ✦ **Skin** - collagen gives the skin strength and elasticity³⁷. It works to provide your skin support, in return, causing youthful-looking skin with fewer wrinkles and fine lines.
- ✦ **Hair** - Your body builds a protein known as keratin from several different amino acids³⁸. Our hair is primarily made up of this protein and many of the amino acids in collagen work to build keratin. As a result, collagen may help with hair growth and quality.
- ✦ **Gut** - some believe supplementing collagen may help treat leaky gut syndrome³⁹.
- ✦ **Muscle mass** - supplementing collagen may stimulate muscle growth after exercise and help with the production of certain proteins such as creatine⁴⁰. Creatine supplies our working muscles with energy⁴¹.
- ✦ **Joints** - studies suggest supplementing collagen may help reduce overall joint pain and the symptoms caused by osteoporosis⁴².

There are many benefits believed to be the byproduct of supplementing collagen. At Switch Nutrition our formula contains a combination of collagen, vitamin C, added amino acids and digestive enzymes, our recipe is WAY more than just a standard collagen supplement.

It's designed to support your gut health and give you that healthy youthful glow, all while improving your exercise recovery. [Recover with Collagen Switch today!](#)





enhance performance

Whether you take part in sports, or physical hobbies, enhancing your sports performance is something you can do in many ways. Optimising your nutrition and taking certain supplements can help with recovery, performance, energy and more.

Recovering from training or exercise is one important place we all find ourselves in. You might use protein shakes along with other alternatives to support muscle recovery and help with muscle protein synthesis.

Amino acids are the simple structures that make up protein and they may be more effectively absorbed than traditional protein shakes.

When you ingest protein shakes, your body breaks down the protein into amino acids to repair muscles. Our **Amino Switch** formula contains all nine essential amino acids, (the ones your body can't make on its own) in a muscle perfect ratio. It's a great alternative to traditional protein shakes as it's quickly absorbed without digestion and aids in muscle recovery.

We've also added Schisandra Chinensis into **Amino Switch**. It's a key ingredient, and ancient Chinese medicine has used it for years as an adaptogen. Adaptogens help the body adapt to stress. This component may help our bodies adapt faster and respond more positively to the physical stress of a workout or exercise. Therefore recovering quicker and achieving your goals faster.

Creatine is another popular supplement used to help with sports performance. Here are a few science-backed benefits that creatine could provide⁴³:

- ❖ Speeds up muscle growth
- ❖ Reduces fatigue and tiredness
- ❖ Helps muscle cells produce more energy
- ❖ Improves performance during high-intensity exercise
- ❖ Increases strength and power

Overall many studies have shown that creatine may help with performance and recovery.

You can help your body get the extra boost of performance and recovery it needs with our 100% pure **creatine monohydrate blend**. Enhance your recovery, support lean muscle, and increase your power and strength with our vegan-friendly, gluten and lactose-free formula today!

enhance performance

Our habits create the results and outcomes we experience in our lives. So, how can we change them? Instead of looking at goals and habits in the big picture, it's better to break them down into micro habits. This helps make changes easier and more effective.

Micro habits work to make significant changes in our lives because they're easy to do and it's difficult to make an excuse to not do them. You can even pair micro habits with something that's already part of your routine.

For example, you could add the micro habit of adding extra vegetables onto your plate every meal. Or you could even swap out your habit of drinking juice for water. Maybe you're a coffee-lover, you could even swap out your regular coffee for our brain-boosting [Coffee Switch](#) formula.

It doesn't even have to be health-related either. We mentioned earlier how it's important to stay in contact with friends and family. Every time you're on a commute to work or anywhere else you could call up one of your family members or friends.

Creating these micro-changes and habits in our lives makes them easy to do and commit to. You can even try the 1-minute rule. If it takes less than 1 minute, just do it. Whether it's calling a friend, or cutting up some fruit for your breakfast every morning.

closing thoughts

Men's health is an important subject, and not just because it affects men personally. But also because poor health can affect our relationships, our performance, and it could even create a HUGE impact on our lifestyle and what we're able to do.

Having a better understanding of your body and mind and how it operates gives you the chance to better utilize the help that's available to create a healthier and more fulfilled version of yourself!

Make sure to share this eBook with a friend or family member who you think could benefit from everything we've shared. And talk with the people in your life about this important topic, you never know who you could help in the process!



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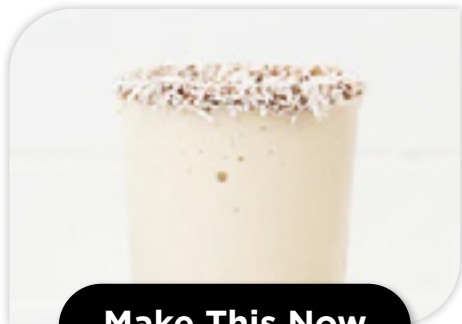
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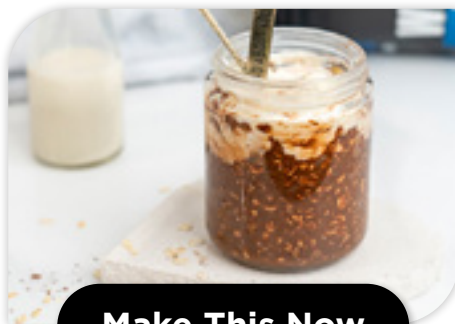
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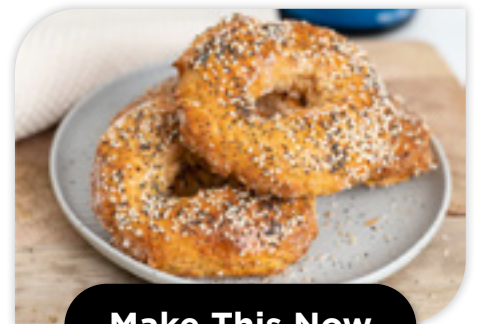
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