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## Numbers every guy needs

Taking care of your health isn't a task to delegate to your partner. It's about taking the lead. Real strength means owning your data so you can stay in the game for the long haul.

### PROACTIVE STEPS

- View health screenings as essential “system checks”—much like an oil change or a brake inspection. Addressing issues early keeps the engine running; ignoring them leads to a breakdown.
- Schedule appointments and own the process. Being the leader of your health sets the standard for everyone else in your house.
- Find a friend, brother, or colleague to check in with. Sharing goals and progress with someone who has your back makes it harder to skip out and keeps you both sharp.
- Understand your numbers so you can have an informed conversation with your doctor.
- Women: Encourage and support the men in your life to get regular health screenings and to see a doctor when something feels “off.”

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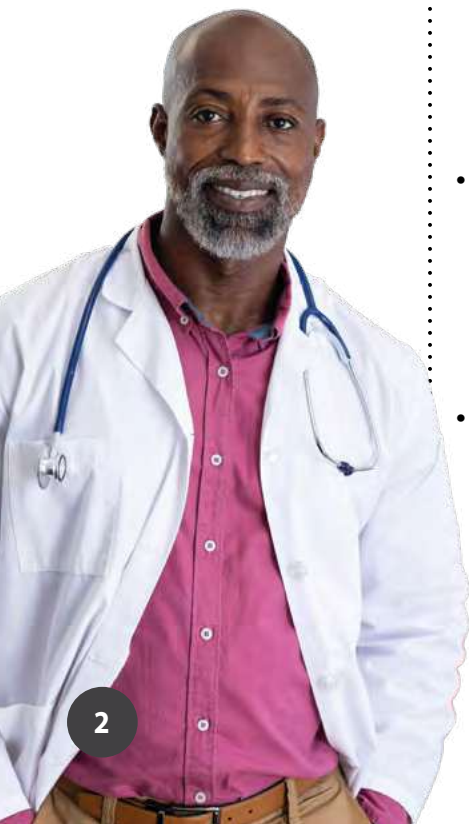
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# Prostate playbook

Taking charge of your prostate health isn't just about a doctor's visit. It's about making an informed game plan to protect your future self. By understanding your personal risk and the standard screening numbers, you can tackle potential issues before they ever become a threat.



## PROSTATE GUIDE

- Most men should discuss screening with their doctor starting at age 50. However, those at higher risk may need to begin earlier, typically between ages 40 and 45.
- African American men and those with a father or brother who had prostate cancer are at significantly higher risk and should prioritize early conversations with a physician.
- The PSA blood test screening measures Prostate-Specific Antigen levels in your blood. High levels can indicate cancer, but they can also be caused by an enlarged prostate or infection.
- The Digital Rectal Exam (DRE) checks the prostate's size and feels for lumps or hard areas. It may catch issues that a PSA test alone might miss.
- When you get results, ask: "What is my specific PSA number, and how has it changed compared to my previous baseline tests?"
- If results are abnormal, ask your doctor about the necessity of follow-up imaging, like a multiparametric MRI, before proceeding to a more invasive biopsy.
- Be cautious with high-dose vitamin E and selenium supplements. Some research suggests they might slightly increase the risk for prostate cancer.
- Always ask: "Based on my age and overall health, do the potential benefits of finding a slow-growing cancer outweigh the risks of treatment side effects like incontinence?"
- Keep an eye on symptoms like frequent urination, especially at night, or a weak stream. While often related to benign growth, reporting these ensures your doctor evaluates your prostate health comprehensively.



# The lowdown on “Low T”

Low testosterone, often called “Low T,” is a common condition that affects energy, mood, and physical vitality as men age. While a natural decline occurs over time, recognizing when levels drop too low is essential for maintaining your overall health and long-term quality of life.



## THE PLAYBOOK

- Common symptoms include persistent fatigue, a decrease in muscle mass, increased body fat, and reduced bone density. If you feel like you are losing your “edge” physically, it might be more than just aging.
- Testosterone plays a role in emotional regulation. Low levels can lead to irritability, a lack of focus, and symptoms of depression or a general loss of interest in activities you once enjoyed.
- A noticeable drop in libido (sex drive) or difficulty achieving and maintaining erections are signs. Doctors often look for these specific indicators when determining if a blood test is necessary.
- You may need two separate blood tests to confirm a diagnosis of hypogonadism.
- Conditions like obesity, type 2 diabetes, and obstructive sleep apnea are linked to Low T. Managing these primary issues can sometimes naturally improve your hormone levels without direct replacement.
- Testosterone Replacement Therapy (TRT) comes in various forms, including skin gels, patches, injections, and long-acting pellets. Your doctor will determine which method best fits your lifestyle and medical history.
- It is highly recommended to speak with a urologist or endocrinologist. They can provide a comprehensive evaluation to ensure that your symptoms aren’t being caused by other underlying pituitary or testicular issues.
- If you start TRT, regular follow-ups are vital. Doctors must monitor your red blood cell count and prostate health, as therapy can sometimes increase the risk of blood clots or make existing prostate problems worse.



## Recipe: Rainbow brine vegetable mix



### INGREDIENTS

- 2 lbs mixed vegetables (shredded cabbage, sliced carrots, and radishes)
- 1-1/2 tbsp sea salt
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1/2 tsp red pepper flakes

### DIRECTIONS

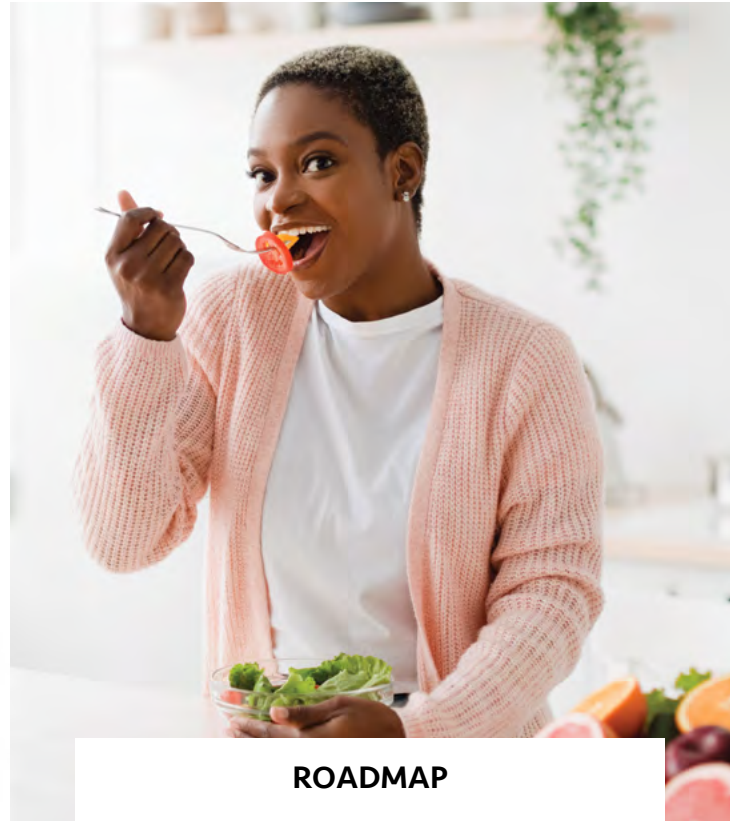
1. Place shredded cabbage and sliced carrots into a large glass bowl. Massage the salt into the vegetables for 5–10 minutes. This draws out the natural juices to create a brine.
2. Add garlic, ginger, and pepper flakes. Pack the mixture tightly into a jar. Press down firmly until the liquid rises above the vegetables. If the liquid doesn't cover the vegetables, add a small amount of filtered water.
3. Cover with a breathable cloth or a fermentation lid. Store at room temperature for 5–10 days. Taste daily. Once it reaches your preferred tanginess, move it to the refrigerator.

### NUTRITIONAL INFORMATION:

Per 1/4 cup: 15 calories, 0g total fat, 0g saturated fat, 3g carbohydrates, 0g added sugar, 1.5g fiber, 1g protein, 280mg sodium

# Cultivate your inner garden

Your gut microbiome is a complex ecosystem essential for breaking down food, neutralizing toxins, and training your immune system to defend against harmful invaders.



### ROADMAP

- Approximately 70% of your immune system resides in the gut. A diverse gut microbiome communicates with immune cells to help your body fight infections effectively.
- The gut produces neurotransmitters like serotonin that influence mood and mental clarity, leading scientists to call the digestive tract the “second brain.”
- Fermented foods like yogurt, kefir, and kimchi deliver live, beneficial bacteria directly to your system to help maintain a healthy microbial balance.
- Specialized plant fibers in onions, garlic, and bananas act as food for your “good” microbes, helping them thrive and multiply.
- A balanced gut environment helps reduce systemic inflammation, a key factor in managing risks for heart disease and type 2 diabetes.
- Getting plenty of high-fiber foods from vegetables, fruits, whole grains, beans, lentils, nuts, and seeds provide the varied fiber types needed to support a wide range of bacterial species.



# Rewriting your financial script

Your relationship with money is rarely about math. It's driven by deep-seated "money scripts" inherited from childhood and culture. These subconscious narratives dictate how you spend, save, and feel, often sabotaging even the most disciplined budgets by triggering emotional rather than logical responses.



## SCARCITY SCRIPT

This belief system operates on the idea that "there is never enough." It manifests as chronic anxiety, hoarding resources, or ironically, "panic-spending" when funds are available because of the fear that the money will soon disappear.

## DEPRIVATION SCRIPT

Rooted in the idea that money is strictly for essentials, this script leads to extreme under-spending. Eventually, the emotional burnout from constant restriction causes a "rebellion" in the form of massive, unplanned splurge purchases.

## WORTHINESS SCRIPT

Often phrased as "I work hard, so I deserve this," this script uses spending as a reward for emotional labor. It leads to overspending on status symbols or luxury items as a way to self-justify and validate one's effort.



## BREAKING THE CYCLE

- Shift your internal dialogue from "I deserve this treat" to "I deserve financial freedom." This elevates the goal from a momentary dopamine hit to the long-term emotional security of being debt-free and empowered.
- Instead of following a restrictive budget, use your core values as a compass. If you value family, spending on a shared experience feels fulfilling. Spending on a trend that doesn't align with your values feels like a drain.
- When the urge to spend hits, pause to identify which script is talking. Asking, "Am I buying this to soothe a feeling or to fulfill a value?" creates the mental space needed to make a conscious choice.
- It also helps to resist the urge to compare yourself to others financially. While this may be easier said than done, it can distract you from fostering your own financial well-being.



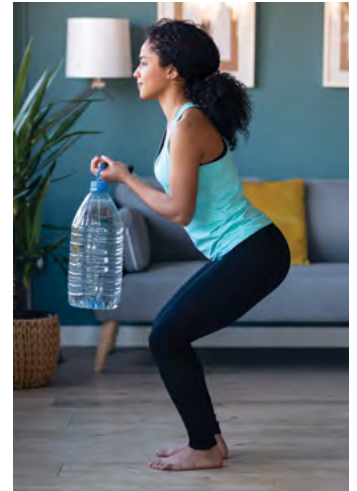
# Couch to core

Transforming a corner of your home into a powerhouse of health doesn't require expensive machinery or a massive footprint. By focusing on functional movements and consistent habits, you can improve your cardiovascular health right in your living room.



## BUILDING A ROUTINE

- Exercises like push-ups, squats, lunges, and planks are the foundation of any routine. These movements use your own mass to build strength and stability without needing a single piece of equipment.
- Aim for at least 150 minutes of moderate-intensity aerobic activity per week. You can achieve this at home through jumping jacks, mountain climbers, or high-intensity interval training (HIIT) in a small space.
- If you work from home, break up long periods of sitting with “movement snacks.” Five minutes of stretching or air squats every hour can help regulate blood sugar and improve metabolic health.
- Use a towel as a makeshift yoga strap to assist with stretching. Improving your range of motion and balance is crucial for injury prevention and long-term mobility as you age.



- No dumbbells? Use gallon jugs of water, a heavy backpack, or canned goods for resistance. Resistance training twice a week is vital for heart health and muscle maintenance.
- Consistency is the key to seeing results. Set a specific time for your home workout to create a psychological boundary between “home life” and “gym time,” making it harder to skip sessions.
- Keep a simple log of your repetitions or the duration of your sessions. Seeing incremental improvements in your strength and endurance is a motivator for sticking with a home-based program.
- Use a mirror or record yourself on a phone to check your alignment. Proper technique is essential to avoid strain and ensure that you are effectively targeting the intended muscle groups.



# Daily momentum

LASTING FITNESS ISN'T ABOUT ONE PERFECT WORKOUT. IT'S ABOUT SHOWING UP REPEATEDLY. CONSISTENCY OVER INTENSITY CREATES SUSTAINABLE HABITS THAT TRANSFORM YOUR LONG-TERM PHYSICAL & MENTAL HEALTH.



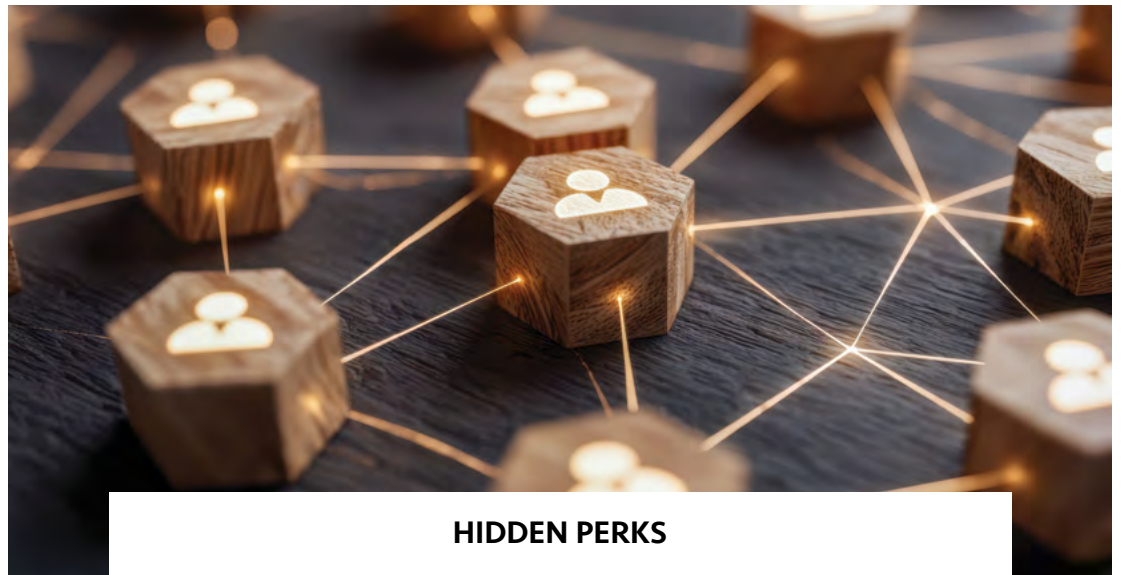
## STRATEGIES FOR STAYING ON TRACK

- Use “micro-goals,” such as a ten-minute walk, to lower the barrier to entry and build initial confidence.
- Treat your exercise time as a non-negotiable meeting in your calendar to ensure it remains a daily priority.
- Notice the immediate mood-boosting benefits of movement, which can significantly reduce stress and anxiety.
- Use a visual tracker to monitor your progress. Seeing a string of successful days provides powerful psychological motivation.
- Lay out your workout clothes the night before to reduce “decision fatigue” and make starting as seamless as possible.
- On busy days, swap a full workout for a five-minute stretch rather than skipping the day entirely.



# Beyond the business card

A professional network is a vital pillar of well-being. It provides a community of shared experience that fosters resilience, personal growth, and essential emotional stability.



## HIDDEN PERKS

- Accessing experienced peers provides a roadmap for navigating workplace dynamics and helps prevent the stress of “going it alone.”
- Strong social connections at work act as a protective factor against burnout, offering a safe space to process professional challenges.
- Sharing wins with a network reinforces a sense of accomplishment and belonging.
- Engaging with a broad network challenges your “echo chamber,” providing fresh advice that can lead to creative problem-solving and reduced anxiety.
- Networks act as informal classrooms where you can gain new competencies, boosting your self-efficacy and confidence.
- During periods of industry or personal upheaval, a support system provides the practical and moral support needed to bounce back quickly.

