

MANHOOD BANNED!

How To Sidestep the FDA and Reclaim Your Masculinity

By Dr. Al Sears, MD



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Al Sears, MD
11903 Southern Blvd. Ste. 208
Royal Palm Beach, FL 33411
561-784-7852
www.alsearsmd.com

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Chris was 46 years old when he began experiencing some very unpleasant problems. He began to feel sluggish, had no energy, was gaining weight, had trouble sleeping, and was having hot flashes. His once firm chest resembled that of a woman's b cup. An erection of any magnitude was a memory. He felt like "the best part of his life" was coming to an end at a young age.

Then Chris started reading articles about testosterone deficiency. He went to his local nutrition store and bought a testosterone precursor. Chris says his relief from the hot flashes was "immediate - within minutes of taking the first capsule". Other changes soon followed. He regained his "pep" and abundant energy, lost body fat, and slept like a baby. Chris was like a new man. "It was a 180 degree turn from how I was feeling."

But the story's not over. When Chris bought his supply of the same supplement in April, he felt himself slipping. The hot flashes were starting to return. When he looked at the bottle, he noticed that the ingredient that produced such dramatic results was no longer present in the product.

The miracle ingredient was androstenedione, a natural male hormone. It serves as a direct precursor in the bio-synthesis of testosterone. As of April 2004, you can no longer buy androstenedione at your health food store because the FDA has banned its sale.

Remember Big Mac?

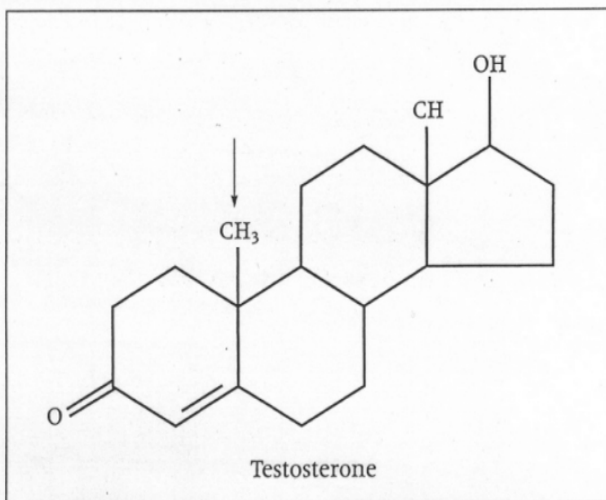
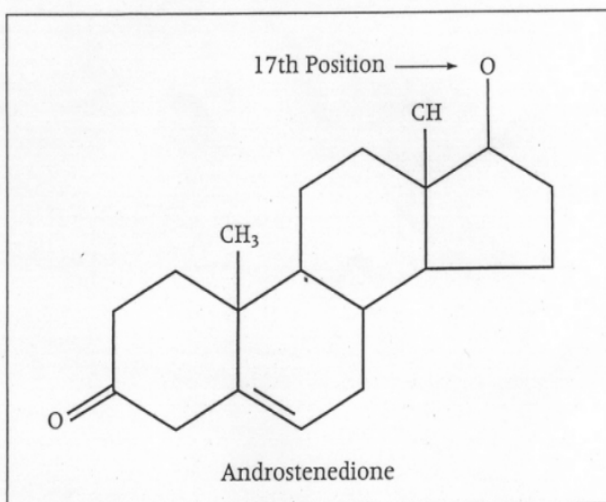
Androstenedione is the substance baseball slugger Mark McGuire took when he broke the homerun record held by Roger Maris. McGuire credited "andro" for preventing injuries during his race for the record. Natural testosterone boosts have allowed many athletes to improve their performance, but the real therapeutic benefit comes in older men who are losing their testosterone.

Once again, the FDA has used its power for the wrong reasons. In banning andro, the most natural of all testosterone precursors, they have sentenced many men to the loss of the qualities that make them men. Today, I'm going to tell you about the FDA ban and how you can still preserve your virility despite the FDA's interference.

Not All Men Are Created Equal

Let's face it: Not all men are created equal. Not all have the strength of Superman. Not all have the sex drive of Adonis. Not all men have the energy to propel them through the day. Not all men age well.

In fact, many men over 40 routinely feel tired, lack energy and sex drive, can't have or maintain an erection, suffer from shrinking penis size, depression, sudden mood swings, and a general feeling of complaints they know are somehow related to aging. Many men lose their masculinity as they age because their bodies are producing less testosterone.



“Androgen” Means ‘Make Man-Like’

Androstenedione, andro for short, is the very same substance your body uses to produce testosterone naturally. It enables your body to produce all the testosterone you need to make you feel younger, stronger, sexier, more confident, and happier, without the risks typically associated with taking testosterone injections or using testosterone gels or patches.

East German scientists first used Andro as a performance enhancing supplement in the 1970s. Athletes took it through a nasal spray to enhance their performance. The Germans patented andro in the U.S. in the 1990s, but only for nasal usage. At about the same time, American chemist Patrick Arnold developed andro into a pill.¹

Notice the drawings to the left. You can see the remarkable similarity between androstenedione and testosterone. In fact, you make testosterone directly from andro in a one-step conversion.²

The FDA Flexes its Muscle

Amazingly, the reason the FDA states for banning andro is that it works to boost testosterone! The FDA’s “White Paper” detailing their case against andro in March 2004 cites the very same studies that I’ve been quoting showing that andro is effective at boosting testosterone.³

For instance, in one study cited, an andro capsule by mouth produced significantly more testosterone than either a placebo or the prohormone supplement, DHEA. In another, athletes had increases in testosterone levels of 140% to 183% with lower doses and incredibly 211% to 237% with higher doses of andro!⁴

The FDA used these studies to support their ban. But, they also used the old magic trick called the “bait and switch”. Their argument went like this: these studies prove andro boosts testosterone and boosting testosterone is dangerous. Yet, their evidence that boosting

testosterone is dangerous all comes from studies of testosterone injections. None used andro. Testosterone injections are not what the FDA has banned!

This once again reveals a troubling double standard regarding natural compounds like andro. The conventional approach is to begin by saying that supplements don't do anything and are a waste of your money. They said this about andro for nearly a decade.

If research proving a product works becomes undeniable, the conventional critics then shift their approach. Then, it's just too dangerous. Never mind the spectacular safety record of supplements compared to drugs.

If the research clears these prejudicial hurdles one of two things happen. One, a drug company figures out a way to patent it as a drug. This leads to an amusing parade of "Johnny come lately's" claiming "Oh, we knew it worked all along. I've been using it for years." Or two, as in the case of andro, it's still classified as a supplement but must have a doctor's prescription.

To make a natural supplement available by prescription only is a near death sentence. With no one promoting it, doctors will not be aware.

Take the case of the natural amino acid, tryptophan. It's the best and safest sleeping pill you can take. But about a decade ago the FDA made it available by prescription only. You can get it now from your doctor, but I'd like to take a poll of *Health Confidential* readers. How many have had their doctors write a prescription for tryptophan? Few doctors know they can prescribe it and if they knew they could, they wouldn't know how. This will be the sad fate of andro.

To make matters worse, the FDA issued stern warning letters to manufactures supplying andro. Nearly all the manufacturers that I've talked with are discontinuing all manufacturing or importing of andro for fear of the FDA. Yet, there are ways around this FDA action.

Andro is not a drug; it's a naturally occurring immediate precursor to testosterone. Luckily, like most natural compounds, andro has relatives. The body converts these related precursors into testosterone so that for a few hours they will raise the amount of testosterone in your blood.

3 Other Very Effective Members of the "Andros" Family

Androstenediol

This is a close relative of androstenedione. It also occurs in the body naturally, but in much lower concentrations. It was first introduced in 1998 and is even newer than androstenedione. Like its close relative, it is taken orally and is naturally converted to testosterone in a one-step process; however, there is one major difference. Unlike androstenedione, androstenediol can not be directly converted to estrogen. This may translate to an even more masculine effect.

Norandrostenedione and norandrostenediol

These are almost exactly like their "little brother" androstenedione, but have the advantage of staying in your blood longer than testosterone itself. These testosterone precursors are powerful.

You should only take in small amounts-5 to 10 mg each. The combined dose of all three andro compounds should not exceed 25 mg per day.

The Advantages of Testosterone Precursors

1. They are effective by mouth were testosterone is not. This allows testosterone boosting without painful injections, messy creams or expensive patches.
2. Since they occur in your body naturally, your body readily accepts them. This is a major improvement over testosterone imitating drugs, which your body recognizes as foreign and then fights to remove as fast as it can.
3. Unlike testosterone injections, which lose their effectiveness over time, testosterone precursors remain effective over the long term.

I have used these substances with my patients with excellent results. They are most effective in middle aged to elder men with falling testosterone. Many of these patients come back feeling more content and stronger than they have in years.

I agree with the FDA that children under 18 should not take testosterone precursors. They can cause premature puberty. In addition, women should only use testosterone precursors under expert consultation. In women they can cause side effects, such as facial hair, increased masculinity, and lowered voices.

So what's a man to do? Now that andro's no longer available, how do you boost testosterone? Fortunately, you can still get all the testosterone you need with other still legal testosterone boosters. Here is your action plan with the most effective options.

Use Your *T-Factor: King of Hormones* and Remember these Basics:⁵

1. *Eliminate castrating drugs*

Try not to take any of the following: Benadryl, atropine, Valium, Librium, Halcyon, dioxin, Tagamet, Norpace, Clan, Presidia, hydrochlorothiazide, Dayside, Lassie and the Beta-blockers: Propanolol, Inderal, Toprol, and Tenormin.

2. *Don't overdo the booze*

Alcohol in moderation actually has health benefits. But excessive alcohol leads to impotence and suppressed testosterone production.

3. *Eat meat or fish at every meal*

Lean protein increases the production of growth hormone. Growth hormone tells your body to make muscle and stimulates testosterone. It also moderates the production of fat-producing insulin. Good examples are: steak, pork, chicken, turkey, eggs, and all the fish you like.

4. *Avoid processed, refined carbohydrates*

Breads, cereals and pastas tell your body to produce insulin. Insulin builds fat and stimulates feminizing estrogen. Insulin also accelerates many of the changes associated with aging: atherosclerosis, hypertension, diabetes and others.

5. *Eat foods rich in B-complex vitamins*

They replenish testosterone. Liver, lean meats, yeast, fish, wheat germ and peanuts are good sources of niacin. Thiamine is found in whole grains, asparagus and raw nuts. For riboflavin, eat your broccoli...bananas have it too.

6. *Eat small, frequent meals*

Large meals stimulate excessive fat-producing insulin. Eat every 2-3 hours. Eat before you get hungry and eat for the activity you plan for the immediate future. Eat your large meal early in the day. A big breakfast is critical. It should account for 30% of your daily calories. Omelets with a slab of steak and fresh vegetables is the perfect breakfast.

7. *Exercise*

Men need exercise, but do not run on a treadmill. Aerobic exercise, like running on a treadmill, actually lowers testosterone. It also burns away hard-earned muscle. Instead...swim, cycle, or use a stair-master. These exercises use a wider range of motion against more resistance. Doing them for 10 to 20 minutes is plenty. That stimulates testosterone and builds muscle. You won't boost testosterone doing yoga. Try wrestling, boxing or karate instead. Get a health check-up before starting an exercise program. Then start slow. Build to no more than 45 minutes a day.

8. *Take testosterone boosting herbs*

Tribulus Terrestris

Tests confirm Tribulus Terrestris to be an incredibly powerful aphrodisiac. In a clinical study, healthy men have safely increased (30%) their blood levels of testosterone with just five days of treatment with this herb. ⁶ Recommendation: 250 mg of Tribulus Terrestris daily.

Muir Puama

Recent scientific studies confirm the powerful aphrodisiac qualities of this herb. In 1990, Muira Puama extract was given to men suffering from erectile dysfunction (ED) or a loss of libido. 62 percent of those with libido loss reported improvement while more than 50 percent of those with ED reported improvement. ⁷ Recommendation: 100 mg of Muira Puama extract daily.

Yohimbine

Studies show Yohimbine is effective in restoring men's sexual vigor. In Germany, a total of 83 men diagnosed with erectile dysfunction were given yohimbine (10 mg, 3 times a day) or placebo for 8 weeks. There was an overall response rate of 71% with yohimbine and compared to 45% with the placebo. Recommendation: 250 mg of Yohimbine extract daily.

Saw Palmetto

Saw Palmetto is proven to guard against prostate disease and to improve urinary function. Prostate problems happen when hormonal changes cause testosterone's breakdown to dihydrotestosterone (DHT). DHT attaches to prostate tissue and tells it to grow. Saw Palmetto stops the conversion of testosterone into DHT. Then it blocks DHT from attaching to receptor sites on your prostate. Recommendation: 250 mg of Saw Palmetto daily.

9. *One more testosterone booster – Zinc*

Zinc maximizes testosterone production in the testes, prolongs the life of testosterone in the bloodstream and increases the sensitivity of testosterone receptors. Clinical tests show that the testicles and penises of animals actually shrink in animals when fed zinc-weak diets. Another study reports that zinc is intimately linked with testosterone conversion, sperm motility, and male fertility.⁸ Recommendation: eat oysters, eggs, whole grains, nuts, pumpkin seeds, caviar and lamb; or take 15 mg. of a zinc supplement daily.

The best scenario of all - “a total testosterone building program”.

Each of these testosterone precursors and herbs increase a man's testosterone but they'll work best for you when taken in combination. Try to find supplements that combine as many of these beneficial supplements as possible. It is possible to find a good quality supplement that includes every one of the recommended testosterone boosters. That way you'll simplify your daily regimen.

If you still want andro itself, we have secured a supply. Since it must be sold by prescription, I can only give it to patients.

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