THE TOP SUPPLEMENTS EVERY MALE SHOULD BE TAKING: TO UPGRADE HEALTH AND WELL-BEING

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Why Aren't You at Your Best?

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Well Hello and Welcome! Here's A Wise Guide of What Supplements You Need To Take:

Creatine Monohydrate-

This is a metabolite that works in the body in the production of ATP. It can be produced from amino acids and as a result be utilized by muscle tissue. The supplement is used for short bursts of activity such as weight lifting, sprinting, and sports. It has shown to favorably effect performance. It makes the largest difference in those people who engage in physical activity. Creatine has also been shown to enhance overall working memory and intelligence. It works with brain energy homeostasis, being a temporal and spatial buffer for cytosolic and mitochondrial pools of the cellular energy currency, adenosine triphosphate and its regulator, adenosine diphosphate.

Ginseng-

An excellent agent that increases blood flow of oxygen to the brain that helps counter the effects of antidepressants. Ginseng enhances sexual function by improving nitric oxide pathways. When taken, Improved circulation and blood supply can be seen. (Rost 89).

Acetyl L-Carnitine -

Prevents fat buildup in the body and arteries helps in weight loss and prevention of heart disease and atherosclerosis. It is helpful in reducing angina attacks, in heart healing, hypoglycemia, diabetes, kidney, and liver disease. In addition it assists in acclimation to cold temperatures and in reducing ketosis (an acid blood condition). Carnitine converts fat into energy and enhances antioxidants vitamin E and C. (Rost 447).

L-Arginine –

Slows tumor and cancer growth, detoxifies liver, regulates growth hormones, aids in kidney disorders, helps heal wounds, and helps maintain the immune system. Works great with preventing heart disease and vascular problems even in high doses. (Rost 447).

L-Glutamine -

Is converted to glutamic acid in the brain. It is important for reducing fatigue and depression, lessens alcohol and sugar cravings, and helps in epilepsy, senility, schizophrenia, mental retardation, peptic ulcers, digestive diseases, and increasing intelligence. It increases the need for GABA. (Rost 447).

Gamma Aminobutyric Acid

(GABA) - This amino acid has a natural tranquilizer effect to reduce stress, anxiety, and depression. It can be found in health food stores. (Rost 447).

L-Lysine — Helps calcium absorption in adults and is used for bone development. Helps with postsurgical recovery by aiding tissue and muscle regrowth. It aids in antibody, hormone and enzyme production, and in collagen formation for wound healing. It also lowers serum triglycerides in the blood, a factor in heart disease. (Rost 447).

L-Ornithine — Converts fat into muscle and energy, in combination with L-Arginine and L-Carnitine. It helps with immune system and liver function. It promotes tissue growth and releases growth hormones, so it should be avoided by children. (Rost 447).

L-Valine — A natural stimulant it makes a difference in muscle and tissue repair. (Rost 447).

Damiana – Known as a mood elevating aromatic herb that helps calm anxiety and induce a relaxed state of mind. It is considered useful for depression and anxiety as well. (Rost 89).

Garlic (Allicin)

Enhances the nervous systems ability to react to nitric oxide. It is also known to help with hypertension, heart disease, atherosclerosis, and erectile dysfunction. Great for treating headaches and migraines as well. It is antibacterial, anti-fungal, and antimicrobial. (Rost 89).

Ginkgo Bilboa

This has been a controversial herb which has shown various studies displaying it as memory enhancing and anti-aging effects on the brain. It is known to increase blood circulation and flow of oxygen to the brain which counteracts the negative effects of antidepressants. It improves nitric oxide pathways through improved circulation. (Rost 89).

Horny Goat Weed -

Has been proven to increase libido and improve sexual performance. It also has an androgen like effect on the testes and prostate. (Rost 89).

Maca Root -

A root vegetable grown in the mountains of Peru. This is nutritious for men and women in order to optimize physical stamina, endurance, fertility, potency, libido, virility, and overall sexual health. It has been used by Peruvian physicians as a way to help couples who have been having trouble conceiving in order to help balance hormones in men and women. (Rost 90).

Saw Palmetto -

- These berries help keep the prostate healthy and treat problems such as enlarged prostate by treating problems associated with over accumulation of dihydrotestosterone, a metabolite hormone of testosterone. By stopping enlargement and shrinking and relaxing the prostate it leads to a healthy prostate and harmonizes energy levels for more drive and potency in life. (Rost 90).
- **Zinc** Helps with the functioning of the immune system and regeneration and healing. It regulates body processes, regulates the body's pH balance and flow of enzymes. Helps in DNA synthesis and protects the liver from chemicals. (Rost 446).
- Magnesium -
- This mineral is needed for utilizing calcium, potassium, and phosphorus. It is necessary for muscle function, nerve impulse, enzyme activity, helps bone, tissue, and tooth growth. Also lowers blood pressure, helps with insomnia, and helps to prevent heart attacks. (Rost 445).

Vitamin D - This vitamin can be obtained through sunlight, however it is often deficient for many people across the world. If you live up in the Northern Hemisphere or have your body covered up with clothing too often for religious reasons. It is best to have a supplement of about 800 IU per day. (Rost 444).

Lactobacillus Acidophilus -

A common probiotic that contains "good friendly bacteria". It works to prevent disease by breaking down food in the intestines. It is generally recommended while taking antibiotics. Taking this supplement can help restore a healthy balance in the gut. Works excellent for preventing illness and diarrhea.

Spirulina -

A form of green algae that grows in water in areas of constant sunshine. It is considered a superfood supplement because it has 70% protein. It contains minerals, vitamins, RNA, DNA, and essential fatty acids. It is high in chlorophyll like other greens. It is excellent for purifying the kidneys, heavy metals, and detoxification. (Rost 438).

Krill Oil -

One of the great benefits of krill oil is it's ability to lower triglyceride levels and lower heart disease risk. This, like fish oil, is high in omega-3 fatty acids which can help with alleviating cholesterol problems. The omega-3 in Krill is attached to phospholipids making it easier to absorb. As a result adequate omega-3 includes benefits of fats such as reduced risk of heart disease, cancer, stroke, Alzheimer's, arthritis, and many other degenerative illnesses.

An Important Note:

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Call 911 for all medical emergencies. Double Check with your health professional before taking any supplement.

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