

A LESSON IN GROOM'S HEALTH

mandatory

For the groom to feel totally on top of the world there are some things to know and rules to follow; hopefully they will become part of a life-long health regime.

There are four basic nutrients that need to be included in mens' diets. Water, carbohydrates, proteins and fats. By choosing the healthiest forms of each of these nutrients and making sure they are eaten in proper balance, the body can function at its optimal level.

WATER is essential and is involved in every function of the body. By drinking at least 1.5 litres of water each day you ensure your body has all it needs to maintain good health. Preferably, choose filtered or spring water.

CARBOHYDRATES supply the body with the energy it needs to function. They are found mainly in fruits, vegetables, beans and wholegrains.

Protein is essential and provides the body with energy; it's needed for the manufacture of hormones, antibodies, enzymes and tissues. Proteins are found in meat, chicken, fish, eggs, nuts and legumes.

FATS, the good fats that is, such as fish oil, olive oil, grapeseed oil, and flaxseed oil can actually lower the bad cholesterol in the body when used at the right levels. They are also needed to provide the body with energy.

As a general rule of thumb men need to take a good **MULTIVITAMIN** that has good levels of both vitamins and minerals and preferably has antioxidants included in the formula. This will help to maintain good health and energy levels and assist with stress management.

VITAMIN C is an antioxidant that's needed for at least 300 functions in the body, including adrenal gland function and tissue growth. It also helps in the production of anti-stress hormones and immune system function. This is a good vitamin to be taking around the time of the wedding.

ZINC is a mineral that's essential to prostate gland function, and the growth of the reproductive organs. Zinc may also help prevent acne and regulate the oil glands. Zinc is known as the man's mineral and is essential to be continued after the wedding. **TRIBULUS** is a herb used for men, it's a potent form of support for masculine hormones, known as androgens, and can increase testosterone levels. These are responsible for maintaining sexual vitality and adequate body mass. Tribulus is particularly useful where stress may be a factor. Some other good stress busting herbs are; **VALERIAN**, **HOPS**, **PASSIONFLOWER**, **CHAMOMILE**, **YLANG YLANG**, and **BERGAMOT**.

GINSENG has been used for over 5000 years as a tonic to improve stamina, concentration and stress. It has been shown to stimulate the immune system and increase resistance to infection. **SAW PALMETTO** is a herb that blocks the formation of **DHT** in the body which is known to kill hair follicles, therefore it may help with the prevention of baldness.

The best way for men to maintain good health is by keeping the digestive system functioning well, clear the liver of excess toxins, ensure the tissues are optimally nourished, and deal with stress effectively. A good **ACIDOPHILLUS** is recommended for healthy digestive system maintenance.

A visit to a qualified naturopath for a health check is a good idea so dosages of supplements can be tailored. If a detox is necessary, this is best done under the supervision of a qualified practitioner.

PLEASE NOTE: IT IS IMPORTANT TO CHECK WITH YOUR HEALTHCARE PROFESSIONAL BEFORE UNDERTAKING ANY CHANGES TO YOUR DIET OR LIFESTYLE.

REBECCA KIDMAN IS A QUALIFIED NATUROPATH

ADVANCED DIPLOMA
IN APPLIED SCIENCE (NATUROPATHY)
ADVANCED CERTIFICATE
IN IRIDODOLOGY
HEMAVIEW PRACTITIONER
VEGATEST PRACTITIONER

SEND YOUR QUESTIONS FOR REBECCA TO NATUROPATH@STYLEGUIDE.COM.AU.