



March 2023

# Driftless Holistic Wellness LLC

*"Let food be thy  
medicine and  
medicine be thy  
food"*

*-Hippocrates*

Driftless Holistic  
Wellness is utilizing  
office space on  
**Wednesdays and  
Saturdays** with  
O'Brien Physical  
Therapy!

For in-person Nutrition  
Response Testing,  
ionic detox foot baths,  
[Bemer therapy](#)  
sessions, or picking up  
supplements,  
you can visit  
3208 State Road  
La Crosse, WI

-By appointment only

Welcome to Driftless Holistic Wellness! Here we focus on finding root causes for our symptoms and nourishing our bodies into more optimal health. This month we show love and support to the men in our lives by focusing on proper hormone production to prevent decreased testosterone, herbal ways to support proper prostate function, as well as nutritional and herbal ways to boost fertility.

## Men's Health March!

Testosterone is an androgen, or male sex hormone, that is crucial for both men and women as it aids the body in muscle building and repair, as well as bone growth and red blood cell production. For women, it is produced in the ovaries and adrenal glands, and for men, primarily in the testicles. Testosterone for men is key for the development of male reproductive organs including the prostate and testes, muscle development, fat distribution, hair growth, voice changes during puberty, balanced moods, energy, libido, and sperm production.



Starting at age 30, men's testosterone levels naturally decrease by about 1% each year. This can lead to what is termed "andropause" or late onset hypogonadism over age 40. This decrease in serum testosterone can cause excess weight gain, major depressive disorder, cardiovascular disease, type 2 diabetes, anemia, and overall increased mortality. Typically, medical providers will turn to testosterone replacement therapy as a means to combat this common process, though this can worsen underlying medical conditions like cardiovascular disease, prostate cancer, obstructive sleep apnea, or elevated hematocrit. The following are herbal/nutritional ways to increase testosterone without using hormone replacement therapy.

Quality Male herbal support options:

[Ashwagandha Forte](#),  
[Ashwaganda 1:1](#), [Core Ashwagandha](#), [Tongkat Ali](#),  
[Libido Stim-M](#), [Functional Male](#), [Tongkat Ali Root](#),  
[Fen-Gre](#), [Core Gen 2 Blend](#), [Testogain](#),  
[Fenugreek Plus](#), [SBO Probiotic Men's](#), [Saw Palmetto 1:2](#), [ProstaCo](#),  
[Zinc Complex](#), [Zinc Chelate](#), [Zinc Test](#), [Liquid Ionic Zinc](#)

### **Lifestyle tips to avoid decreased fertility/testosterone levels:**

- Don't hold your cellphone or other electronic devices close to your pelvis as this is [shown](#) to affect sperm quality, quantity, motility, as well as testosterone levels.
- Avoid [BPA](#) (found in the lining of canned foods, residue on paper receipts (and more), as it affects the thyroid and is a form of synthetic estrogen).
- Skip the Styrofoam cup! Polystyrene-microplastics are [linked](#) with lower testosterone levels.
- Don't overdo the beer-hops are a natural phytoestrogen and heavy drinking can [lead](#) to higher estrogen levels in the body.

## **Herbs to support male vitality/fertility/testosterone**



### **Ashwagandha (*Withania somnifera*)**

- Root herb traditionally used in Ayurveda medicine as a nerve tonic that is uplifting and provides gentle, calm energy. It is also an adaptogen (botanical that decreases the stress response and cortisol release) that supports the adrenal glands, immune system, and thyroid function, which all play a role in male fertility.
- Multiple studies have shown ashwagandha supplementation to increase serum testosterone levels as well as DHEA levels.
- An additional study has shown ashwagandha to have a significant increase in sperm count, semen volume, as well as sperm motility after 90 days of supplementation.

### **Tongkat Ali (*Eurycoma longifolia*)**

- Shrub grown in Southeast Asia—traditional tonic root herb used to treat fevers, malaria, infection, erectile dysfunction, and infertility. Believed to increase the production of luteinizing hormone, which in turn stimulates the testicles to produce increased levels of testosterone.
- Studies showed increased feelings of wellbeing, vigor/vitality, serum levels of testosterone, as well as increased [sperm quality, quantity](#), and successful pregnancy in couples with idiopathic infertility.

### **Fenugreek (*Trigonella foenum-graecum*)**



- A golden-brown seed from a flowering, middle eastern shrub traditionally used in India as a ground spice used in cuisine and the extract utilized frequently as a flavoring agent due to its strong maple aroma and taste.
- In healthy young men (18-30y) supplementation with 250 mg of fenugreek extract for 12 weeks was found to increase total testosterone levels significantly (22.7%)
- For obese or overweight middle to later aged men, 600mg fenugreek extract taken for 12 weeks was [found](#) to increase total testosterone by 12%, and free testosterone by 9.5%. It also decreased adult male symptom (AMS) scores, and improved sexual function, showing its potential use/effectiveness for symptomatic control of androgen deficiency.
- Not only does fenugreek support testosterone levels, but it helps with blood sugar regulation and weight control, as males in the study had experienced a decrease in body fat levels.

## Recipes:

### Spiced Lamb Pilaf

#### Ingredients:

1 tsp expeller pressed sesame oil  
 1 lb. ground lamb (may substitute with beef or pork)  
 1 chopped onion  
 2 cloves chopped garlic  
 1 tsp grated fresh ginger or ½ tsp dried ginger powder  
 2 tsp ground coriander  
 1 tsp ground cumin  
 ½ tsp turmeric  
 ¼- ½ tsp fenugreek  
 ¼ tsp chili powder  
 1 tsp pink salt or Redmond's Real Salt/ sea salt  
 1 cup organic quinoa or brown rice  
 ½ c lentils (soaked overnight and drained)  
 ¼ cup raw cashews (optional)  
 ¾ c frozen organic peas  
 2 cup chicken bone broth  
 1 cup organic cream/half & half (can substitute 1 can of coconut milk)  
 1 organic lemon or lime

#### Instructions:

In a large sauce pan or Dutch oven, sauté the onion garlic, and ginger in the sesame oil on medium heat until fragrant and translucent. Add the ground lamb and brown. Next add the spices, salt, quinoa/rice, and lentils and sauté for 1-2 min. Pour in the bone broth and cream, reduce heat, and cover and allow it to simmer gently for 15 minutes or until most of the liquid has been absorbed. Add in the frozen peas and continue to cook for an additional 2 minutes. Check and adjust seasonings to taste, and finish with the fresh squeezed citrus juice. Enjoy!



**National  
Infertility  
Awareness  
Week  
April 23-29<sup>th</sup>  
2023**

### Saw palmetto (*Serenoa repens*)

- [Research](#) has shown saw palmetto to be effective in decreasing troubling symptoms of benign prostate hyperplasia (enlarged prostate), as well as androgen deficiency. Studies showed supplementation resulted in:



- improved urinary flow outcomes
- increase in free serum testosterone levels
- decreased erectile dysfunction
- decreased PSA level
- decreased physical size of the prostate.

### Zinc

- A crucial mineral necessary for multiple bodily functions (immune benefits covered in the November newsletter) but plays a [role](#) in sperm production, and the sense of smell, which play a role in arousal.
- [Shown](#) to increase multiple parameters of semen analysis in men including sperm total morphology, motility, count, and DNA integrity.
- Zinc supplementation has been [shown](#) to increase both total testosterone and free testosterone levels in young healthy males as zinc affects production of luteinizing hormone from the pituitary, which prompts the testes to produce testosterone. Zinc also increases DHT (dihydrotestosterone) which has a stronger androgenic effect than testosterone in males.

### Foods High in Zinc

- Meat: beef, lamb, pork
- Shellfish: oysters, shrimp, crab, mussels
- Legumes: beans, lentils, split peas (be sure to soak or sprout)
- Seeds: hemp, squash, pumpkin, sesame
- Nuts: peanuts, pine nuts, cashews, almonds
- Dairy and eggs: cheese, milk, and eggs (organic preferred)
- Whole grains: oats, quinoa, rice, wheat (organic to avoid pesticide residue)



*Infertility is on the rise in our country, and sadly the more people I talk with, the more often I hear of couples struggling with infertility. Numerous factors contribute to phenomenon on the male side (there's always two sides to the infertility equation), including a decrease in testosterone, decrease in sperm count/quality/motility, hormonal imbalance/estrogen dominance. Some of these can be related to an*

*increase in toxic burden to our bodies (accumulation of heavy metals and chemicals), and other factors are metabolic in nature (insulin resistance, obesity, cardiovascular disease, etc). One of the easiest ways to support male health is to increase zinc levels through diet and supplementation as this can help the body kick out heavy metals, improve digestive function (which is the key to many bodily processes including elimination of chemicals), as well as support sperm and testosterone production as described above. Zinc is to male health, as red raspberry leaf tea is to feminine health. To men's health!*

-Kay Wiedenbeck RN, BSN, OCN, NRT