

When You're

HALF THE

MAN

YOU USED TO BE

And What To Do About That...

By Carolyn Hansen

Are You Being Feminized Without Your Knowledge?

Table of Contents . . .

Introduction	...3
Chapter One	
IT'S BAD NEWS MEN You're being feminized	...4
Chapter Two	
What You Have in Common with U.K. Otters and Florida Alligators You guessed it. Shrinking penises	...6
Chapter Three	
Loss of Testosterone and What it Means for Your Health	...9
Chapter Four	
Messing with Your Brain Chemistry Testosterone	...12
Chapter Five	
How to get back your Mo Jo	...15

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In other words, if you decide to implement any of the advice in this publication, you do so at your own risk.

Introduction

Before you finish reading this report I promise to provide you with a powerful tip that will help improve your sex life. It also has the potential to reshape your physique, fortify your cardiovascular system, and add years to your life span. If I knew that I would never again have the opportunity to advise you on matters of male health, and I could pass along only **ONE** tip for you to live by, this would be it.

So hang around. I promise the wait will be worth it.

Now, as I have just mentioned, this is a report about male health, and any right-minded man who reads it is sure to wonder why it is that a **WOMAN** would tackle this subject. After all, just what could a woman know about male health that you have not heard before, and from men—the ones who experience these issues directly?

The truth is—nothing. That is, **IF** men were willing to talk about the troubling subject matter that I discuss in this report. But they are **NOT** talking about it. Whether it is because they are in denial about the seriousness of the problems they are facing, or they are just too embarrassed to say the words "penis" and "feminization" I do not know.

But I will tell you this. I am going to deliver you the unvarnished truth in this report and by the time I am done I promise you will thank me for it. I grew up with men, I immersed myself in their world, both business-wise and in sporting matters, and I have advised them on their failing health for more than three decades.

You are about to get a woman's perspective on the importance of male health, from someone who can perhaps see the issues more clearly from the outside than someone might from within. Some of the content in this report will likely shock you, and some of it may frighten you to the core. If it does, then I will consider that I have succeeded in bringing to your attention what I think is a serious storm on the horizon that will affect not just you, but every man on the planet in the years ahead.

✧ *Carolyn Hansen*

Chapter One

IT'S BAD NEWS MEN

—You're being feminized

If you are older than about 40 years of age and you are a man, the prognosis is not looking good.

Not for you, not for your masculinity, and not for your penis which has probably begun its downward slide into sexual purgatory. The fact is, the best days of your penis are behind it. You know it, and before long your sexual partner is going to know it too.

Maybe not this year, maybe not the next. But possibly a lot sooner than you think it is going to happen, it will. Trust me, this is something you just cannot put past us women, even if we may not tell you right to your face.



Yes, your penis will get smaller as you age.

At the age of 40 there is a good chance you will be unable to detect any change whatsoever compared to the years of your sexual prime. But by the time you have reached your 50th year the evidence of your “disappearing” is much less likely to be contestable.

So what is going on, and what can you do about it?

Well, before we launch into a discussion of how to reinflate the most distinguishing feature of your male anatomy it is worth pointing out that this symptom—penis length and volume reduction—is just one of a number of symptoms that are affecting not only a large number of men once they reach middle age, but all men.

That is because the population as a whole is being chemically feminized.

We will come back to this issue later. For now though I want to talk about a subject that you may be more familiar with than you realize, and which every man has to face once he gets beyond the years of his prime and settles into a period of degenerative masculinization.

Some people call it andropause—a regression of the maleness of men toward the prepubescent state. In other words, the hormone that sprouted hair on your chest and lowered your voice when you hit your teenage years is now on the decline, and taking with it the best aspects of being a man as it disappears from your body.

We are of course talking about testosterone. The “male” hormone that is responsible for much of your physical and mental well-being. Loss of testosterone, as we will see, is one of the most likely reasons that your ability to perform sexually is nowhere near what it was just a decade earlier.

Chances are good that, if you are an average middle-aged guy, your body has been de-juiced in recent years—more so than ought to have been the case—and when you go to reach into your toolbox of sexual pyrotechnics you pull out less of the exploding rocketry that characterized your youth and more of the underwhelming and slow burning sparkler that has now replaced it in the bedroom.

Yes, I am saying your body is betraying you when it comes to not only your love life but pretty much every other aspect of your life as well. That is how pervasive the influence of testosterone deficiency is for a man.

Actually there are a few things going on with your body now that you are older and, as you will soon see, the damage visible in the mirror may be the least of your problems. As horrifying as the thought may be that your manhood is shrinking, the underlying causes of the problem will probably begin to keep you up at night once I have explained them to you.

Oh well, that cannot be helped. If you want to gain back an inch on the length of your penis and put the bounce back into your sexual stride you may just have to suffer a few sleepless nights first. But I think you will agree that if you consider the alternative (possible loss of sexual function altogether and the collapse of your once unshakable confidence as a man) it is a price well worth paying.

Chapter Two

What You Have in Common with U.K. Otters and Florida Alligators

—You guessed it. Shrinking penises.

In the case of the otters and alligators the culprit is believed to be endocrine disrupter chemicals, EDCs, that have been introduced to the animal's local environment, usually as the result of pollution.

The endocrine, of course, is the system of glands that control the release of hormones into the body.

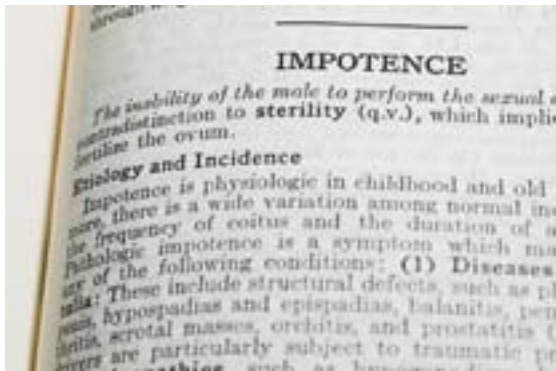
Hormonal disruption is known to be a cause of all sorts of maladies, not the least of which when it comes to the sex hormones is loss of sex drive, loss of physical strength, loss of sexual ability, and loss of fertility. In other words, feminization. Needless to say, these are not the kinds of health problems that a man wants to be dealing with in mid life and beyond it.



In the case of the alligators where the concentration of EDCs due to insecticides present in a specific lake was high, penis sizes were 24 percent smaller than in alligator populations in neighboring lakes. Testosterone levels for the afflicted gators were 70 percent lower. The otter study showed that the penis bone of the animal is shrinking in mass and this has been accompanied by ever-growing reproductive problems—apparently the result of EDCs in the waterways that the otter frequents.

Now, animal studies are one thing. But you may be wondering whether they really have anything to do with what is going on today in the male human population—the group from which I plucked you dear reader.

The evidence suggests they do.



This ought not to be too surprising considering that every day you are exposed to EDCs in the form of, for example, pesticides, drugs, plastics and household cleaning products. In fact, some of the evidence that environmental factors can have a detrimental effect on the size of your penis and your reproductive prowess is hard to contest.

For example, when a batch of rice bran oil was contaminated in China with PCBs—which are toxic industrial compounds commonly used in, for example, paints and flame retardants—around 2,000 people suffered as a consequence. Most notably the male offspring of mothers exposed to the chemicals who had sons with significantly reduced penis size.

In another study in France that looked at the sperm count in healthy males between 1989 and 2005 it was discovered that the overall sperm count was down 32.2 percent (a drop of almost a third). This was accompanied by a 33.4 percent decrease in the fraction of viable sperm.

Taken at face value this study would suggest that the French are headed toward extinction in the next century.

But of course, no one thinks the problem is isolated to France. What is true of French men is probably true of men in your neck of the woods too.

While we do not know for sure that EDCs are at the root of the problem, suspicions are high.

So what does all this mean for you as a man today facing an uncertain future for his potentially dwindling male anatomy?

Well, first of all, the good news. There is no evidence yet that even with all the modern day contaminants that you are exposed to on a daily basis, that your penis is suffering because of it. There is no proof that the human male penis is getting smaller the way it appears to be getting smaller for the otters and alligators mentioned above (but you are not out of the woods yet, as I will explain shortly).

On the other hand, there is a great deal of proof that these same chemicals are in fact turning you into a woman. The French study of dropping sperm count is one example of this. Other U.S. studies have found that male testosterone levels have dropped as much as 22 percent in the last 20 years. This seems to strongly support the conclusions of the French study since testosterone is the “what makes men manly hormone”.

Testosterone influences a myriad of psychological factors, such as mood, memory, libido, assertiveness, and confidence, as well as physiological factors, like cholesterol levels, sperm production, and control of blood sugar. It puts hair on your chest, and your testicles (which may be losing hair now that your testosterone is dropping).

Testosterone is like the fizz in soda pop. Without it a man would feel two-dimensional and never want to get off the couch. He would not care about achievement in any area of his life, whether it be to do with relationships, health or finance. He would become about as attractive to the female population as another 10 pounds of cellulite on their ass.

If you are currently in your 40s chances are good that you have already noticed this loss of “oomph” in your life.

Certainly you will have noticed that you have slowed in the bedroom, both in terms of desire and performance. But your other passions have also taken a hit. Music may no longer fill you with the inspiration and emotions it once did. Movies seem less spectacular than before. Gone is the ache to achieve goals that once set your mind on fire night and day. In short, life just does not seem to hold the potential it once did for you.

You may have put it down to overwork, stress, the general rigors of life and the inevitable march of old age. Well, I have news for you. Even if you are 50 years of age you are not that old. But your level of testosterone at that age may be as little as two-thirds of what it was at its peak. This is a big drop, and it has consequences for pretty much every aspect of your life—as suggested in the previous paragraph.

It also has consequences for other aspects of your life...

Chapter Three

Loss of Testosterone and What it Means for Your Health

We have established that loss of testosterone is to be expected as you grow older. In fact, from the age of about 30 years you will lose around 10 percent of your testosterone every decade, assuming you take no action to correct this.

From an evolutionary point of view there is no real need to maintain high levels of testosterone once you have passed the normal child-bearing and child-raising years.



Once you have passed your genes onto the next generation and your offspring are ready to strike out on their own there is no evolutionary advantage to being able to club woolly mammoths to death, defend your cave against intruders, or make members of the opposite sex swoon when they see your muscled physique coming their way. If you die tomorrow, no big deal. Your offspring are now responsible for your genetic heritage.

So we (men and women) are probably not designed to carry testosterone with us to the grave. We should accept that, just as we should accept that we will not be around forever.

That does not mean we should not try to maintain our testosterone levels for as long as we possibly can—especially when we know that high T levels carry significant health benefits.

You can see what they are when you look at the poor guy who is saddled with low testosterone. How many of the following symptoms do you recognize in yourself?

- ♂ Loss of sexual desire
- ♂ Lack of energy
- ♂ Trouble getting and maintaining a strong erection
- ♂ Depression / restlessness / inability to concentrate

- ♂ Irritability and mood swings
- ♂ Loss of muscle mass and strength
- ♂ Stubborn body fat, especially around the mid section
- ♂ Aches and pains that seem to indicate the early arrival of old age



A poll conducted on the health site webmd.com revealed that no less than 80 percent of men who are concerned about having low testosterone rank the first two of these symptoms over concerns that the condition may be related to being overweight, having diabetes, or having high blood pressure.

The fact of the matter is that these other life-threatening conditions do go hand in hand with loss of testosterone. Remember how I said you should be concerned for your manliness if you have trouble seeing your penis without having to lean forward?

Well, that unsightly bulge of fat on your midsection is doing a lot more than turning off the ladies. Not only does it bury your penis in a wad of flesh that appears to trim off a full inch in length, it is also involved in the process of feminization.

One of the by-products of abdominal fat is increased production of an enzyme called aromatase. Unfortunately for our overweight male aromatase enhances the conversion of testosterone to estrogens. Estrogens, of course, are the hormones that promote female characteristics, like breast tissue. This is why belly fat and man boobs develop together.

Your low testosterone is not just killing your sexual performance, and siphoning off muscle tissue which needs testosterone to rebuild, it is turning your chest into an object of shame.

You may remember the episode of Seinfeld in which Kramer develops a “manssiere”—his take on the male version of the brassiere.

Fifty years ago this gag would have seemed too preposterous to air on television.

But today the body of the average man not only endures all of the recently-introduced environmental feminization hazards, he is literally sitting back and doing nothing to keep his body from going to seed in record time. Inactivity is siphoning off muscle at a faster rate than at any time in the history of the human race. And what is it being replaced by, all this muscle that once drew the eye of a potential mate? Unsightly fat, most of which collects on the belly.

I could also go on about the increased risk for cardiovascular disease and cancer that abdominal fat brings to the picture. Instead I will simply remind you that about 80 percent of “natural” deaths today are the result of these two afflictions.

Coronary disease, feminization, loss of male sexual identity. All modern diseases of man. All entirely preventable. Even cancer risk can be significantly reduced by addressing the obesity issue.

Do not be surprised if you find yourself ticking all the boxes in the list of symptoms shown on the previous page for low testosterone. Low testosterone is not an uncommon affliction in men who have reached middle age. Yet probably not more than 1 in every 20 men who experience low testosterone ever get treated for the condition. Instead they tell themselves “these are the effects of old age and I will deal with them...”

The thing is guys, you do not have to go gently into the night like this. Certainly not decades before you ought to be giving into the ravages of time!

No doubt by now, with the threat of diminishing penis size hanging over you, the escalating risk of life threatening diseases, and the prospect of feminization, you already wondering about the steps you can take to circumvent these outcomes.

I will answer this question shortly.

But before I do I wanted to take a moment to discuss another possible low-testosterone outcome that does not get anywhere near as much air time as, say, the detriment to sexual recreation that has middle-aged men popping purple pills to keep up with their partner’s (and their own) expectations of themselves.

I am talking about mood...

Chapter Four

Messing with Your Brain Chemistry

—Testosterone

Testosterone is the “conquest” hormone. It drives a man's ambition and has him ready to take on all obstacles that may get in the way of him achieving his goals. It makes men in their twenties feel like supermen, impervious to the slights of life.

Unfortunately that feeling does not last forever. By the time testosterone levels are on the decline so is that zest for life that a man relied upon and took for granted in his youth.



This may be no mere coincidence. Studies in psychiatry have shown that older men with low testosterone are four times as likely to be diagnosed with clinical depression as men who enjoy normal levels of the hormone.

Loss of testosterone, and the steady increase in all the various forms of debilitation that go with it, is certainly reason enough to change a man's outlook on life. The tendency to fatigue, irritability, and loss of libido may even be enough to make him feel acutely depressed about his life.

In other words, mid-life crisis in full swing.

But it may be that there is more to the association between loss of testosterone and depression. It may be that low-testosterone men actually experience altered brain chemistry, making it very difficult to simply shake off the feelings of worthlessness that have settled in.

One study performed on mice showed that low testosterone actually did alter their brain chemistry by lowering their serotonin levels.

Serotonin is the “feel good” hormone that is in no short supply during the prime of a man's life. But as he ages and serotonin receptors are lost through the normal aging process, the double whammy of both receptor and serotonin loss can really plunge his outlook on life.

So much so that the prospect of not being able to “get it up” may seem like the least of his problems in life. At this stage he is **really** in trouble and is in dire need of getting back that missing—and at this point, literally life-giving—male hormone.

The good news is that this is not just possible; it is actually relatively easy to accomplish.

It is certainly a lot easier than trying to repair the damage that can be wrought by ignoring the problem for too long a period of time. Just talk to anyone that has had to go through the recuperation process after surviving a heart attack or stroke. These are not experiences that you ever want to put yourself through, though hundreds of thousands of men will do so this year and every coming year in the foreseeable future.

But there **is** an alternative to this picture of gloom and doom that I have been painting simply because it is a real threat to your health.

I have seen men come into my gym over the years in search of the fountain of youth, and sometimes they have found it.

This is because not only can dwindling T levels be stalled, they can be reversed. Sometimes quite significantly.

I am not kidding. Take a look at the following testosterone levels of one such fellow who decided that he would take back control of his health.

Here are his “before” numbers for the testosterone levels reported from a blood test:

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Testosterone, Free and Total					
Testosterone, Serum	383		ng/dL	348 - 1197	01
Free Testosterone(Direct)	7.2	Low	pg/mL	9.3 - 26.5	02

Normal T levels for a man of his age (45 years) would have been around 770 ng/dL for total testosterone and about 18 pg/mL for free testosterone (the component available for biological effects). His numbers were around **half** the reference level. So he was suffering.

Now take a look at his testosterone results just 3 months later:

TESTS	RESULT	FLAG	UNITS	REFERENCE INTERVAL	LAB
Testosterone, Free and Total					
Testosterone, Serum	778		ng/dL	348 - 1197	01
Free Testosterone(Direct)	14.4		pg/mL	9.3 - 26.5	02

His overall testosterone level and the amount of “free” testosterone has doubled.

Yes, he had to put some effort into his workouts, he had to knuckle down and watch what he was putting into his body in the way of food. But he regained his fallen status as a man **without** having to resort to any drugs or supplements. He did it naturally and without having to contend with the possible side effects of “chemical recalibration”.

Now I am not going to tell you that the results of this fellow are typical.

He was clearly in sad shape, had neglected his health, and as a consequence saw a big swing once he decided to take full on action.

But by the same token, if he could pull off a big reversal like this there is no reason that you too cannot effect a sizable change in your testosterone levels if you decide to take action too.



Imagine what it would mean to you if you could somehow wind back the clock and regain the zest for life that you once had.

It would almost be as good as getting a chance to live a second life, wouldn't it? The things you wanted to do but which somehow got pushed to the bottom of the heap now become possibilities again simply because once again you would have the desire and the energy to go out and get them.

**If you are interested in achieving this for yourself
— I can show you how.**

Chapter Five

How to Get Back Your Mo Jo

Now that I have laid out the causes of your testosterone deficiency I would like to offer you the chance to get back what you have lost.

Not surprising, the most efficient way to do this is to get you to **stop** doing the things that we know are causing the problem and replace them with behaviors that reverse the damage.

You should already be able to guess that exercise will be one of the most important things you can do to rebuild your testosterone. Not only will the physical activity of strength training stimulate testosterone production and growth hormone, and cause your body to pack on fat-gobbling muscle, the resulting loss of fat that ensues will lower the level of estrogens in your body.

Besides being an entirely natural way to build testosterone, there are a great many other benefits that result as a side effect of packing on muscle. More muscle means more calories are burned every day even when you are not engaged in physical activity. So maintaining a healthy body weight becomes **much** easier.

You will sleep better. This is because with more muscle on your body you will be naturally padded. No more tossing and turning to relieve yourself of discomfort that goes with sleeping positions that can only be tolerated for short periods of time.

You will get noticed by the opposite sex **WAY** more than you did before. Especially when your stomach grows flat as a result of your increased calorie burning.

You will be able to participate in your favorite physical activities without having to worry that when you fall over next time you will go down like a sack of potatoes. Loss of muscle on your body makes injuries so much more likely and makes your ability to drag yourself back to your feet so much harder.



In fact, muscle is so much the key to maintaining health and well-being as you go through life that I cannot emphasize the point too much.

Actually, it's so important that I am now going to use this observation as the launch point to fulfil my promise to you to deliver one solid tip to help rejuvenate your health and get back for you a little of the lost zing you may have experienced in recent years.

I want to give you my number one strategy for raising the level of testosterone in your body with physical activity. It is a particular exercise that I prescribe to every able-bodied man that comes through my gym doors seeking to reclaim his physicality.

It is the dead lift.

This is the king of all exercises for developing total overall body strength and building health in both men and women. The deadlift is the most basic of essential human movements and is unrivaled in its simplicity and impact while unique in its capacity for increasing head to toe strength.

I call it the original "tough guy" exercise and devote an entire report to it in my product *Strong Men Stay Young*.



But for now I just want to point out that the dead lift works wonders for stimulating the production of testosterone. This is because of the full-body nature of the movement. It stresses muscle groups all over the body, and the more fatigue your muscles experience the more your body responds by generating testosterone to repair and strengthen those existing muscles.

The result is that your body adds muscle. Thus, when you perform the exercise again you get even more out of it. This is because there is more muscle to stress and this leads to more of a demand for testosterone—so the level of the hormone in your body goes up to meet that demand.

The exercise also strengthens your cardiovascular system and raises your metabolic rate so that your body goes into a state of fat-burning rather than fat-storage. So you get the weight loss effect plus all the male health benefits that go along with having high levels of testosterone in your body.

For more information on the dead lift—how to properly execute it for best effect, how often to add it to your routine, weight lifting goals to strive for, and so on—see my report *The Original "Tough Guy" Exercise*. It can be found in *Strong Men Stay Young* (see the link at the end of this report).

In addition to using activity to elevate your testosterone levels naturally, diet also plays a key factor. This is really such a large topic that I could not even begin to scratch it here without making it seem that a few good dietary replacements are all it takes to recalibrate your hormone levels.

What I want to emphasize at this point is that you **can** reclaim a large portion of the testosterone you may have lost due to inactivity, eating the wrong estrogen-enhancing foods, and subjecting yourself unknowingly to feminizing substances in your local environment.

You can do this using the same effective, natural, and safe techniques my gym clients use to double their testosterone levels in as little as 90 days.

Everything you need to know about how to do this in a way that generates results in the shortest amount of time, using strategies that are easy to implement and can be sustained with little mental effort on your part, I have chronicled in my program *Strong Men Stay Young*.

No matter WHAT your age you will benefit from practicing the techniques outlined in my program. But this is especially the case...

- ♂ If you want to reignite your sexual drive.
- ♂ If you would like to be able to perform better in the bedroom.
- ♂ If you want to reclaim the energy and vigor you enjoyed in your twenties.
- ♂ If you would like to strip the fat from your midsection and see your penis get back another inch in length.
- ♂ If you would like to experience larger, harder erections **without** needing to pop any kind of blue pill.
- ♂ If you want to erase feelings of worthlessness and depression that affect not only you but the people around you.
- ♂ If you want the **passions** you once experienced for life to return in full swing.
- ♂ If you simply want to feel once again that the world is your oyster waiting for you to claim ownership...

If **ANY** of these statements ring true and you would like to **CHANGE** this, please use the link below to learn how.

[Click Here If You Would Like To Reclaim Your Masculinity In Just 90 Days](#)