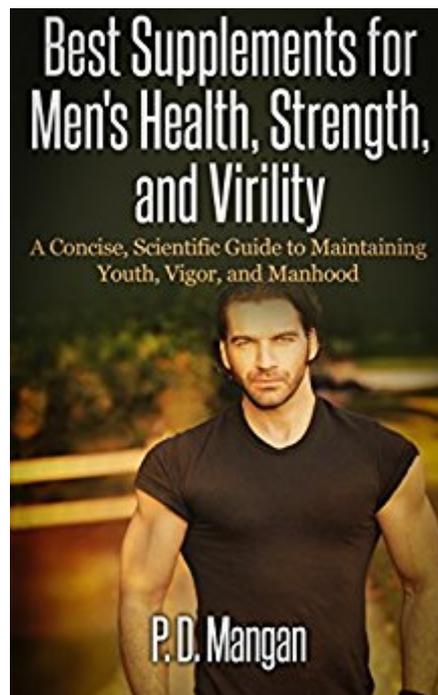


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# Best Supplements For Men's Health, Strength, And Virility: A Concise, Scientific Guide To Maintaining Youth, Vigor, And Manhood



## Synopsis

Many factors can limit a man's health, strength, and virility, including age, diet, hormones, and the lack of certain vitamins and minerals. However, a great deal is known about how men can overcome these limitations, and renew their vitality and manhood. This book details the most important supplements, vitamins, and dietary factors that enable men to grow muscle, lose fat, increase testosterone levels, fight aging, and recover the energy of their youth. Nowadays, men are coming to understand that being skinny-fat, or succumbing to the loss of energy of age, or having a less than satisfying sex life due to a listless physiology, are not inevitable.

## Book Information

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## Customer Reviews

The book provides a concise and informative synthesis of why men should be taking specific vitamins and supplements. It goes beyond "this is really terrific stuff for your [heart, prostate, whatever]" typical of top 10 click-bait lists that infest the internet, and discusses physiological and biochemical mechanisms and pathways, citing studies from the primary literature. There is good detail on specific forms of minerals or supplements and dosing. A great virtue of this book is that it is suitable, indeed perfect, for the man who is already active and fit and wants to improve fitness and

overall health through supplementation . This is in profound contrast to the prevailing perspective of obesity management medicine which assumes you're deficient in certain vitamins or minerals from missing some veggie servings due to years of engulfing vast quantities of fried carbohydrate and saturated fat laden sugar encrusted fast food ... and so just take a multi-vitamin and that's cool. I've taken vitamins and supplements for 20 years and Mangan's effort has caused me to rethink and retool my supplementation and diet substantially and to great effect. I wish I had read this 20 years ago when I was at my biological peak.

I've reading all of P.D. Mangan's books in parallel and this happens to be the first one I finished. I find his writing useful because while I've read most of the points he makes from other sources he brings a lot of good practices together and references recent research. So this book and his other books motivate me and reminds me of good practices I've forgotten about. I especially like the section on the benefits of short high intensity exercise. I do not want to spend a lot of time every day exercising and Mangan shows that intense short bouts of exercise work just fine with great benefit. His advice is easier to follow than that of marathon running advocates and as Mangan points out long distance running is probably harmful. Strength training is better. Since I'm pretty widely read on nutrition, aging, and health I can say that his recommendations seem reasonable in light of what else I've read. I'm not ready to take aromatase inhibitors to boost testosterone. So he goes further than I'd go on a couple of recommendations. But for someone more eager to build up major muscle mass his recommendations on testosterone and creatine are worth consideration. Mangan writes well and the spelling, syntax, and prose are excellent, well above the typical self-published fare. Got bad health practices? Want to improve? Read Mangan.

Save yourself weeks of reading and researching. This book gives you a step-by-step guide to be a healthy and vigorous man. Take these supplements and implement these lifestyle changes and you will be in the top 10% of men your age. More energy and focus than you've had your whole life. Stop reading the health blogs and books, read this, hit the weights and move on to a vigorous life.

I first got interested in the ancestral health movement about six years or so ago. At that time I thought that it's best for most people to avoid supplements altogether because our ancestors didn't use them. I still believe that, in many circumstances, it's often best to get nutrients the natural way via real foods. But it's not always easy and realistically it's barely even possible for many, even for many of the most health-conscious people. It takes a significant amount of time to prepare

non-processed meat, for example, and many people just aren't willing or able to do so. Mangan provides a convincing case for the value of supplements and goes on to address supplements that can be of the most benefit for men. One strength is that Mangan does not waste words. It's a brisk read, thorough without the fluff you sometimes see in longer books which are often low on actual content. In sum I thought it was an informative & excellent read.

Dennis Mangan is the best heterodox men's health writer out there. This work is extremely helpful in light of the vast array of supplements marketed to men (and women, but this book is not for them) and the plague of questionable, corrupt science. I would like to see this book revised in the future with new sections on curcumin and alpha lipoic acid. I'm also not sure this is Mangan's cup of tea, but based on my research and personal experience it seems that liver tabs are another supplement most men should consider. I highly recommend this book for ALL men, and I further recommend that people routinely read his Rogue Health and Fitness blog.

I highly recommend this e-book. The writing is clear and crisp, the arguments well supported, and most importantly the advice is actionable. I've gotten a lot of interesting, useful information from Mangan's websites and the Twitter feed over the years, happy to help him out.

Excellent resource! The book is concise, pointed, and easy to read. I've used most of the recommended products in the books and found them quite helpful. While this is not a thorough treatise on every last thing every man should consider about his health, it provides a very good launching pad, and appears to address the bulk of most men's health issues in one fell swoop. Quite simply, following the advice in this book should provide a very noticeable impact in your health right away.

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