

HOW MEN OVER 50 CAN RESTORE POWERFUL MALE ENERGY



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How Men Over 50 Can Restore Powerful Male Energy

At around the age of 50, a significant percentage of men are aware of their reduced male energy. They tire easily and cannot do many of the things they used to do a few years earlier. Things like working out, running, and other physical activities. Even getting intimate becomes a chore, although the desire may still be there. The resultant frustration can lead to mood swings, unhealthy habits including overuse and abuse of alcohol, and questionable energy and libido enhancing products.

If you are in this cohort or want to help a loved one, let's get down and find out how men over 50 can restore powerful male energy.

But first, we need to explore what causes the drop in male energy.

What Causes Low Male Energy?

Many men over 50 believe that low energy is a natural occurrence that comes with age. This is partly true because older men may have low testosterone levels or illnesses such as diabetes, anemia, depression, adrenal and thyroid problems. (1) However, this is not the norm for all men over 50. Many men in this stage of life are physically active and full of energy. In the absence of medical conditions, most cases of low male energy are a result of lifestyle and diet factors, including inadequate sleep, smoking, stress, excessive alcohol intake, poor diet, and physical exertion. (2)

Needless to say, if you have taken good care of yourself from early on, you are less likely to suffer from low energy levels in your 50s and beyond. This, however, is not always the case, and a significant number of men over 50 end up with low male energy; hence, this discussion.

Irrespective of how you got this way, if you are chronically tired or have low libido, you may be interested in a solution. So, what can you do to improve your situation?

How Men Over 50 Can Restore Powerful Male Energy

If you are over 50 and want to recover your masculine energy, you must be **WILLING** to change your lifestyle. The emphasis on **willing** is necessary because some of the changes demand that you let go of things to which you are very profoundly attached. But you know the saying, 'no pain no gain'.

Following are the necessary lifestyle changes.

Quit Smoking

Nicotine in cigarette smoke and other tobacco products leads to constricted blood vessels in various parts of the body. Other chemicals in tobacco smoke also lead to many other health problems, including a persistent cough, chronic obstructive pulmonary disease (COPD) (3), cancer, and heart disease.

Because the physiology of erection is heavily dependent on vascular changes, many of the known cardiovascular risk factors such as hypertension and diabetes have been associated with erectile dysfunction. Cigarette smoking can lead to cardiovascular dysfunction and is now an independent risk factor for the development of erectile dysfunction, a more ominous form of vascular disease.

Quitting is beneficial at any stage. And while some damage may have occurred due to long-term usage, quitting the habit as soon as possible can positively affect your energy levels and health in general.

Once you quit smoking, positive changes begin to take place. These include improved breathing, improved circulation, and better heart function. Men who stop smoking may also get better erections. These changes mean that your body functions better such that you have increased energy to perform physically and mentally. (4) (5)

De-Stress

If you are constantly worrying about different things, you are likely to become overstressed. In this state, a lot of the energy is used to maintain your stressed body and nervous system, leaving little power for other activities. When stress persists, the body begins to break down, and problems like erectile dysfunction can occur.

De-stressing increases the energy available in your body to carry out different activities; hence you need to come to terms with issues causing stress. To do this, you may take part in yoga and meditation. (6) If symptoms do not improve with relaxation techniques, medical treatment may help. A healthcare professional can help find a therapy that relieves the symptoms and encourages positive sexual experiences.

Get Enough Sleep

Sleepiness is associated with low energy. As it usually occurs during the day, it can lead to poor sleep habits such as being unable to sleep during the night.

To break this habit, train yourself to avoid giving in to sleep during the day. Find something to do whenever you feel sleepy during the day: take a walk, exercise, or participate in a discussion. If you avoid daytime sleep and go to bed always at the same time at night, you will soon develop a healthy sleeping pattern that will improve your body's energy production. And if you are not tired, you have more energy for sex.

Reduce Alcohol Intake

While moderate alcohol intake late in the afternoon usually has minimal effect, higher amounts, especially if taken during the day or late at night, could rob you of energy. When this becomes a habit, it can lead to chronically low energy for men over 50, as persistent alcohol use is known to induce sexual dysfunction. Besides, taking drinks at night can interfere with your sleep so that you are not well-rested when you wake up. (7)

If you have low manly energy and consume more than two drinks a day, it is time to reduce this, or better still, quit and opt for water instead. (8)

Eat a Proper Diet

As the body ages, it becomes less efficient in absorbing nutrients from food; hence older men are more prone to low energy if they don't eat a healthy diet.

For this reason, men over 50 should deliberately eat nutrient-dense foods throughout the day. Carbohydrates, protein, fiber, fat, vitamins, and minerals need to be taken in the right

proportions. The best choices are whole grains, healthy fats such as olive oil, fish, nuts, seeds, legumes, lean meat, poultry, and low-calorie, high-fiber vegetables.

Some caffeine in your diet can also help maintain alertness during the day. However, moderation is advised, as the intake is limited to no later than noon, not to impair sleep at night. (9)

Exercise Regularly

Everyone knows that physical exercise is good for health and is one of the best natural energy boosters. Physical activity increases hormone levels, including testosterone and adrenaline.

You may start your workout routine with gentle exercises or with a daily walk. Go outside and walk around the block or in a park, stretch your legs, enjoy the fresh air.

Over time, you can include strength training exercises in your workout routine, as they are beneficial in increasing muscle mass and fat burning. These exercises include lifting weights and pushups. (10)

Note also that you should not overdo working out because overexertion could have adverse effects. Working out for 30-minutes every other day should be adequate.

Summary

Unhealthy habits cause most cases of low energy and low libido. Take time to start with the tips above, and adopt them for your weekly routine. If you stick to this routine, you may notice that your energy will boost, and great sex life may become a reality.

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