

Chapter 1 : 40 things that happen when you turn 40

For more of The Life of Man, go to www.nxgvision.com When a man has hit forty, he has lived. He has achieved something, maybe. He has discovered who he is. And if he's lucky, he's only come.

I read a few pages but did not feel like proceeding. Now, that I am 49 years old and will be turning 50 in July, I bought another book, Life at 50 - For Men to be read next but I said before cracking that book open, I should first read what it meant to turn 40 so I can review if what I went through in the last decade of my life was what this book claims to happen, did happen. Turning 50 is bleaker than turning 40. They say that "life begins at 40" I purchased this book when I was 39 years old. They say that "life begins at 40" because that is supposed to be the year when you are entering the midpoint of your life. When I turned 40, I did not notice this because I got caught up with lots of happening in my career and my family. I had a very busy time at work going from one country to another implementing an e-business suite. I am also a hands-on dad so I always made sure I still do that I had time for my family especially to my very young then daughter. I guess I had no time to look at my face on the mirror and whenever I see a photograph just taken by friends, I would still like the way I looked. Turning 50 is different. I am now one of the oldest employees in the office and this means that there are just things that I am not supposed to do or I feel awkward doing. One is supposed to spew out words of wisdom to coach and inspire the younger people. There seems to be some unseen walls between generations that crossing them can be seen as violation against the law of nature. You know what I mean if you are in the same boat as me. Believe me, when I was turning 30 or 40, I did not see this because I was one with the majority, the "in crowd" in terms of age. People in the office are careful about any form of discrimination include that of age. But still I find myself with fewer friends unlike before. I have friends in the person of my wife and daughter at home but we all tend to spend more time in the office so having some trusted friends who belong to the same generation as you, is something that I now miss. There are some moments when I ask myself: Turning 40 may be the midpoint but 50 is like a "confirmation" that a person is closer to death than to birth. According to Wiki the life expectancy for male in the Philippines is 70 and for female, I have been trying to live a healthy life so I think I will beat the 70 but having another decade would be good as I will still be hopefully see my grandkids. But that would be a bonus. This book is written by an American for the American male readers. Yes, 40 is where I thought I reached the peak of my career and also my physical state I was going to the gym thrice a week and played badminton in the in-between days and that was when I had a freak accident that lead to my knee operation. It was also the decade when I saw my daughter blossomed into a nice responsible and talented lady. Did I have my share of midlife crisis? It is the decade when girls do not look at you anymore when you walk down the road no matter how nice you dress up or keep your body fit and trim. You just lose your charm and you have to accept it gracefully. This book is a nice book to read if you are hanged up on turning 40. Otherwise, I guess the real deal, in my case at least, is how to face

Chapter 2 : 40 Things That Happen When You Turn 40 | CafeMom

*When A Man Turns Forty: The Ultimate Midlife Manual [Curtis Pesmen] on www.nxgvision.com *FREE* shipping on qualifying offers. Amid all of the hype about "male menopause" & midlife crisis, it's not surprising that many men approach their 40th birthdays with trepidation.*

Low level of testosterone can result to weight gain around the abdomen, difficulty in keeping or gaining lean muscle mass, depression, low sex drive, weakness and mood swings. In order to keep a healthy hormone level, specially if you are in your 40s, you should first get your hormone level tested to see if you at a normal level. At much as possible, you should get enough sleep, lower your stress level, avoid soy and avoid plastics. Testosterone is the essence of masculinity. It is responsible for libido, sex drive, lean muscle mass, bone density, strength, energy, mood, ambition. Men have evolved to be providers and protectors and testosterone is the one major hormone responsible for producing those traits. Unfortunately, environment, sedentary lifestyles, diet and exposure to certain chemicals can hinder testosterone production, causing men to lose virility faster than ever before. Benign Prostatic Hyperplasia prostate enlargement is caused by elevated levels of Dihydrotestosterone DHT , a metabolite of testosterone. This condition by itself can cause mayhem in your body, with hair loss at one end of the scale and urinary tract infections at the scarier end. Furthermore, research shows that men with prostate cancer often have relatively low levels of testosterone. More bad news sorry: Declining testosterone levels is also accompanied by a rise in Sex Hormone Binding Globulin SHBG , which means that more testosterone binds to proteins leaving less for normal functions. As we reach middle age, more testosterone is converted to estrogen and men start having estrogen-like effects, e. Losing hair, muscle, and libido and strength is not exactly an exciting prospect for a man to wrestle with. Fortunately there is more research being done on this subject and it turns out there are steps you can take to slow down or even reverse the process in some cases. The first thing is to get a hormone saliva or blood test for the following hormones: A basic test will look at the levels of these hormones but you can request a complete hormone test. If your levels on these tests are low or lower than normal, then with the supervision of your doctor you can supplement testosterone with weekly injections or a daily transdermal gel. It is recommended that you take transdermal as it is more convenient while keeping the hormone at a stable level. You might first want to see if diet and exercise can help raise your testosterone naturally. If you do go down the testosterone therapy route, then you will need to keep levels in a safe range the higher end of the normal range. The goal is to have levels like you had in your 30s not your 20s! Testosterone is what tends to make men aggressive so keep it within a safe range and remember that the goal is to bring back strength, confidence and sex drive. Too much is just as unhealthy as too little. Testosterone rises while we sleep, 7 to 8 hours of uninterrupted sleep should do the trick. Lower your stress level: Stress raises your Cortisol levels and lowers your Testosterone level. Soy increases Estrogen and decreases your Testosterone. It also lowers your sperm count! The chemicals you find in most plastics BPA are full of chemical estrogen. Avoid all drinks from plastic bottles unless there is a specification that it is BPA Free and do not reheat food or drinks in plastic containers. Avoid diets that are too low in fat: Carbs and trans-fats are the real enemies here. The testes convert cholesterol into testosterone so other fats can be safely consumed. Good sources of beneficial fats include: Nicotine and cotinine inhibit and reduce testosterone production. Reduce your carb intake drastically and focus on protein, healthy fats including saturated fats and lots of vegetables. Intense weight training sessions are proven to increase testosterone levels, focus on compound exercises like squats and deadlifts per example. Depending on how intensively you train, 30 to 45 minutes should suffice. Increase your Zinc intake: Eat foods high in zinc, like seafood oysters , beef, chicken, nuts, seeds pumpkin , spinach, beans, cocoa and mushrooms. If you decide to supplement with zinc, the maximum daily dosage for adults is 40mg a day. Start with mg a day. Increase your vitamin D intake: Vitamin D is a steroid hormone essential for the healthy development of the nucleus of the sperm cell and helps to keep semen quality and sperm count. It can also increase testosterone and may even improve libido. The best way to get vitamin D is by exposing a large amount of skin to sunlight until it gets to a light pink. If this is not an option then you can supplement with vitamin D3, the recommended dosage for

DOWNLOAD PDF WHEN A MAN TURNS FORTY

adults is about IUs per day. Increase your intake of Branch Chain Amino Acids: BCAAs taken in conjunction with strength training can increase testosterone levels. One email per week. Unsubscribe with one click. Yes, Sign Me Up Now! Your information will never be shared with any third party.

Chapter 3 : When A Man Turns Forty: The Ultimate Midlife Manual by Curtis Pesmen

When A Man Turns Forty has 2 ratings and 1 review. K.D. said: I purchased this book when I was 39 years old. I read a few pages but did not feel like pro.

Does he forget things, seem lethargic, or wake up sweating? If so, he may be suffering from male menopause. While this likely sounds unbelievable to most women, more and more people are suggesting that male menopause really does exist. Like female menopause, menopause in men seems to involve a drop in hormone levels around middle age. Often referred to with contempt as the "mid-life crisis," men may really be suffering from a documented illness. So grab the man in your life and make him aware of what he may be facing when he reaches middle age. What is Male Menopause? Not all men will go through andropause and it is unknown why those that will, do. Testosterone is the male sex hormone that is responsible for creating and releasing sperm, initiating sex drive and providing muscular strength. Hormone levels tend to peak around the ages of 15 to 18 in most males. Usually, these hormone levels will remain at a healthy level, but some men will see their testosterone levels drop significantly by the time they are By age 50, half of all men will experience a significant reduction in testosterone levels, causing a variety of uncomfortable ailments. Causes of Male Menopause Male menopause can occur naturally in some men. More often than not, though, andropause is triggered by illness, depression, dementia, and obesity. Certain diseases that attack the heart and lungs also seem to affect the production of testosterone. Men who have had autoimmune diseases or cancer seem to be at an increased risk for low testosterone levels. Menopause Menopause in men is not entirely similar to female menopause. Female menopause involves the complete decline of sex hormones. During menopause, your estrogen levels will decrease and then disappear, causing acute symptoms and the complete loss of fertility. Men will never lose their fertility completely during andropause. Testosterone will continue to be produced, as will sperm, permitting a man to have children well into his 80s. For this reason, there is much debate over whether this testosterone drop should be referred to as the male "menopause. Male menopause symptoms are very similar to those experienced by women during menopause, only much less intense. Common menopause symptoms include hot flashes, night sweats, fatigue, muscle and joint aches. Men also suffer from emotional symptoms like mood swings, irritability, depression, and listlessness. Sex and menopause in men is also an issue of concern. The most common symptom experienced by men with low testosterone is a diminished sex drive. Like women going through menopause, men can begin to feel like they no longer enjoy sex. If this is the case, a visit to the doctor can really help men to feel more in control of their physical and sexual wellbeing. Treatment Options Men often do not seek treatment for andropause. Signs of menopause in men can also be difficult to diagnose. Thanks to new studies, though, doctors have become more aware of this problem and are beginning to realize the importance of treatment. Like estrogen replacement in women, testosterone replacement aims to bring hormonal levels back up to a healthy level. Once testosterone levels are increased, most men begin to experience fewer symptoms. Because this is such a severe symptom for most men, other treatments for erectile dysfunction should be investigated. It is important for men to understand what is happening to their bodies as they age. Andropause does not affect all men and its symptoms have varying degrees of severity. However, if you know someone who is affected by andropause, encourage him to talk about his symptoms with a doctor.

Chapter 4 : What really happens to your body when you turn 40

The generations are changing, and the experience of turning 40 in today's world is probably a million miles away from when the Baby Boomers turned. After all, they all had steady careers, they.

Hey, Friends was on for 10 years. I never got a show on the air. Courtney Cox did all right. Not to get all Baz Luhrmann on you, but: We had forgotten how exhausting it is and collapsed soon after. For the most part, women and men separate at grown-up parties. This is the nature of marriage. In your 30s, it finally gets interesting and each article reads like your favorite book. What a bunch of ridiculous phonies. I care so much about my lawn, I wish it had a birthday so I could buy it presents. I even have dreams about the bald spots. What used to sound like hillbillies yawning over unplugged guitars now sounds like a soothing pile of heartfelt stories I could listen to all night. Cross my heart and literally hope to die because that would be an improvement over this parade of gut-wrenching, head-pounding, dry heaves. When you wake up, it feels like a Transformer took a dump in your head. Then nausea grips your whole body like a barf snowsuit and your skin feels like a doctor accidentally gave an AIDS patient chemotherapy. This lasts, without respite, until you go to bed and is even kind of there the following morning. While this is happening, scantily-clad girls go from sluts you catcall to young ladies who had better get a coat on or they are going to catch the death of a cold. I still get high but it goes like this: Getting a drawing from my daughter feels like doing a bump. Having a toddler fall asleep on your chest feels like heroin. To the bliss of matrimony and the joys of Fatherhood.

Chapter 5 : what happens to a man when he turns 40? | Yahoo Answers

When a man turns forty by Curtis Pesmen, , Rodale Press edition.

You could be edging toward the very best years of your life. However, there are some physical and emotional phenomenon that occur when you hit 40 that are worth learning about. These are changes that happen around age 40. It may be harder to lose weight. Shutterstock Remember when you could cut out soda and fast food for two weeks and drop ten pounds? Kathryn Boling says that, on average, a woman gains as many as 15 pounds between the ages of 40 and 50. It goes hand and hand with muscle loss. Because you lose muscle tissue at a rate of up to 5 percent per year starting at age 30, by 40 your resting metabolism drops, which results in your body burning less calories. So, if you eat the same stuff at 40 that you did when you were in your twenties, you will definitely gain weight. Frank Lipman says there are ways to build muscle, and in turn burn calories, no matter what your age. By exercising, eating plenty of organic protein and taking supplements, you could ward off the weight gain. And, these changes can go on for a decade before "The Change" occurs. Estrogen and progesterone, the reproductive hormones that regulate your cycle, start to fluctuate. The physical symptoms can include irregular periods, insomnia, headaches, random hair growth, hot flashes, changes in libido and more. The first thing that will probably happen is irregular periods. You might have more cramps and bleeding than usual, or you might skip a period or two. You might have some short-term memory loss, mood swings, anxiety or anger, among a host of other things. At 40, however, your chances are 1 in 10. A baseline mammogram will get your doctor familiar with your breasts so any changes shown in future scans will help with early detection. There are things you can do, as well, to reduce your risk. Studies show women who consume two or more alcoholic drinks per day have a 50 percent higher risk. Family history is a factor, of course, as is diet. The Susan G Komen Foundation, among others, say eating fruits and vegetables could lower breast cancer risk a bit. And, an exercise regimen increases overall health. Your bone density might decrease. Shutterstock Your bone density stays pretty consistent until you turn 35 or so. Every year after that, you lose about one percent of bone density every year. Weight-bearing exercise and strength training can help bone loss, and it will build bones and make them denser and stronger. Calcium supplements can also help. Try about 1000 mg per day, along with vitamin D. Magnesium will help your body absorb the calcium, so hooray for trace minerals! They say confidence makes you more attractive, right? Deb Schilling, PA-C, says women 40 and older are more confident and depend less on other people. Your libido might increase. Shutterstock While some studies show a decrease in female libido because of perimenopause or depression, others maintain that women in their 40s are more sexual than their younger counterparts. In a study of women, Buss found women in their "middle years" are more interested in sex. He also proposes that as women produce less eggs, their bodies are wired to be more sexually aroused because of their decline in fertility. You may be a better first time mom. Shutterstock If you do decide to become a mom at 40, there are risks and rewards. It can be difficult for some women in their 40s to conceive, but there is fertility therapy and plenty of other options to explore. You might become lactose-intolerant. Shutterstock Dairy. Some people have problems with it since birth. Others develop lactose intolerance later in life. Like, around age 40. One source tells us 80 percent of African American and Asian women will develop lactose intolerance, and 25 percent of Caucasians will. Your body makes an enzyme called lactase, and it helps your small intestine digest lactose. As you age, the levels of lactase lower, and the lactose you ingest hits your colon in an undigested state, creating gas and other intestinal problems. While a lot of lactose intolerance is caused by genetics, it can also be brought on by life events like pregnancy, surgery, infections and chemotherapy. Signs of lactose intolerance are gas, diarrhea, bloating, headaches, stomach cramps and skin breakouts. You might experience changes in your vision. Shutterstock Around age 40, your vision might start to change. The most common changes can vary, but many will have trouble seeing close up, like when reading or doing close work, like threading a needle or working a jewelry clasp. Some will need more light for reading, as well. Others experience glare when driving at night, or in bright sunlight. Colors may look different. Dry eyes might become a problem. Eye conditions like glaucoma, cataracts and macular degeneration become more of a risk. Exams should include evaluation of the optic nerve and pupils.

To protect your eyes, use UV protection sunglasses, eat a healthy diet and treat your eyes with kindness. Your sense of smell and taste may change Shutterstock This might be the biggest bummer of all. As you get older, your number of taste buds decreases, meaning your sensitivity to the main tastes sweet, sour, bitter, salty and umami declines gradually over the years. It happens to women earlier than men , by years. Your sense of smell also takes a hit when you age. Loss of smell and taste is diagnosed by getting a patient to compare smells or tastes and a doctor determines the level of loss. This affects your hearing, and, since your inner ear controls your balance , you may become a little less coordinated. What causes the deterioration of the ear parts? The National Institute on Deafness and Other Communication Disorders NIDCD reports that around 15 percent of Americans between 20 and 69 experience high-frequency hearing loss because of their exposure to noise at work or through personal activities â€” thank you all those rock shows we attended with no earplugs.

Chapter 6 : When a man turns forty (edition) | Open Library

I read "When a Man Turns Forty" by Curtis Pesmen a little after my fortieth birthday last year. As I approach my forty-first birthday, I just might read it again.

There are people 40 years old and older laughing at this while basking in an afterglow. Like Suzanne Somers who at 66 says she has sex twice a day. Or at least something to look forward to when you reach your 60s -- lots of sex. Maybe she just has more time on her hands. Let that be a lesson, twerkers. There are, however, plenty of things that do happen when you turn. Things you will embrace, things you will celebrate, and things that will have you freaking out begging for your 30s back. Check out these 40 things that happen when you turn.

Advertisement

You bones start cracking more than your old wood floors. Only you think those old wood floor creaking sounds are charming and your bones are making that sound pathetic. You no longer can read a menu without squinting or using the table candle to see better. You sort of stop caring about the grays. You convince yourself they are cool. Strange and very long hairs suddenly appear on your chin. And in other weird areas. Your bedtime, however, gets earlier. You start calling year-olds kids. So does your neck. You look at photos of yourself from five years ago that you remember hating and think, I looked so good back then. Five years ago felt like yesterday. You start drinking more coffee. But you pay for it dearly the next day. You realize you have to now get mammograms every year. And you do it but it scares you. But you do it. You think everyone you meet is younger than you. Weird things start happening with your period. Will a maxi-pad work just as well? Your hair is thinner and not nearly as shiny so you start buying those fancy and expensive conditioners. You pick up a new vice. You realize you are half way to Cosmo mag starts feeling too young for you to read. The clothes you had in high school are considered vintage. Like what you ate for breakfast. Unless you want to eat eggs once at 9 a. You talk about cleaning products like you used to talk about cool bands. Country music starts to sound cooler. You stop caring what people think. And this is awesome. You finally learn how to say no. And this is awesomer. You weeded out all your insane friends. Awesome times a million! You may have more one-piece bathing suits than bikinis now. Metabolism is your nemesis. Incredible tales of your youth when you were wild and carefree and they are the best stories ever. You care about things. How much can you relate? Which ones have happened to you so far?

Chapter 7 : 10 Things About Turning 40 - Taki's Magazine - Taki's Magazine

Losing hair, muscle, and libido and strength is not exactly an exciting prospect for a man to wrestle with. Fortunately there is more research being done on this subject and it turns out there are steps you can take to slow down or even reverse the process in some cases.

Chapter 8 : Men " What Happens To Your Body Past 40? - www.nxgvision.com

After 39 years of not being 40, I decided to give it a try. Being two score is unlike anything before it so I feel it would be prudent to warn you about a few things

1) YOU DON" T CARE WHAT PEOPLE THINK

In my late 20s, I asked a cab driver what it was like to be 40 because that's what he.

Chapter 9 : NPR Choice page

are there any changes he goes through mentally or physically. my husband is about to be 40 in 3 days and was curious. any information on this subject is very much appreciated.