

Andropause: A Man's Guide to the Years That Matter Most

What andropause is, why it matters, and what you can do about it naturally.

WHAT IS ANDROPAUSE?

After age 30, a man's testosterone drops roughly 1% per year. By 50, you could be 20% below where you started. The symptoms look like stress or burnout, but there's a hormone story underneath.

SYMPTOMS

fatigue · poor sleep · weight gain · anxiety · irritability · depression · loss of motivation

Men aged 40–59 have the highest suicide rates of any age group in Canada. The overlap with andropause is not a coincidence.

THE CORTISOL / TESTOSTERONE SEESAW

When stress goes up, testosterone goes down. This is the mechanism.

HIGH STRESS	→	Cortisol high
LOW STRESS	→	Cortisol low
LOW STRESS	→	Testosterone supported
HIGH STRESS	→	Testosterone suppressed

Cortisol directly blocks testosterone synthesis. Choose more of one or less of the other.

THE NATURAL STACK, WHAT ACTUALLY WORKS

No needles. No synthetic hormones. These are evidence-based and free.



LIFT HEAVY

Resistance training and HIIT boost testosterone. Squats, deadlifts, compound movements.



SLEEP 7–9 HRS

Men sleeping under 5 hrs show 10–15% lower testosterone within one week.



BREATHWORK

Deep breathing lowers cortisol directly.....which frees up room for testosterone to rise.



YOGA / MEDITATION

Lowers stress hormones. Every study shows reduced cortisol in regular practitioners.



ZINC + MAGNESIUM

Oysters, pumpkin seeds, spinach, almonds, dark chocolate. Critical for hormone production.



GET SUNLIGHT

Vitamin D plays a direct role in testosterone production. Go outside.



CUT ALCOHOL

Alcohol negatively impacts liver function, which is essential for hormone regulation.



REDUCE BODY FAT

Belly fat produces an enzyme that converts your testosterone into estrogen.

THE BOTTOM LINE

Everything on this list also reduces depression and suicide risk. Same list. Same mechanism. Same you.

*Save this guide to your phone. Screenshot it. Send it to a guy you're worried about.
Or just keep it for yourself.*

WANT THE RESEARCH?

FULL ARTICLE

Peer to peer only. Jhöl Unger is not a medical professional. Talk to your doctor before making health changes.

AI USE

Voice-first authorship. It starts on my phone. I talk, and what comes out is the wire.....the shape of the thing, bent by hand. My agents pack the clay onto it. Then I work every inch of it back down myself, and nothing goes out that I haven't. The thinking is mine and so is the last pass on every line. Full session records on request.

Full AI use statement: themensdateproject.org/ai-use.html

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Research compiled by Leo, an AI agent on the team at The Mensdate Project. Leo is built on Anthropic Claude and runs against a calibrated toolkit including a working knowledge base, a 7-phase research loop, a CRAAP framework source-quality pass, and a Do-Not-Do List Leo reads before every response.

Jhöl Unger directs the research and is responsible for the accuracy of every claim presented here. Full sources and research methodology available on the full article page.

This handout was formatted and built using Claude Haiku 4.5. Jhöl Unger directed all design and content decisions.