After 40, Men Lose This Critical Advantage Transcript

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Why Men Feel Weaker After 40

If you're over 40 and you're starting to If you're over 40 and you're starting to feel weaker, even if you still work out, feel weaker, even if you still work out, this is why. Because what you're losing this is why. Because what you're losing right now isn't just muscle.

right now isn't just muscle. It's one of the strongest predictors of It's one of the strongest predictors of how long you're going to live. how long you're going to live.

I'm Dr. Myra Reed. This is week two of I'm Dr. Myra Reed. This is week two of my men's health series. If you're a man my men's health series. If you're a man over 40 and you want to understand over 40 and you want to understand what's actually happening to your body what's actually happening to your body and in your body and how to stay strong and in your body and how to stay strong long-term, then subscribe.

long-term, then subscribe. I'm walking you through this all month. I'm walking you through this all month. And if you missed week one on hormones And if you missed week one on hormones and andropause, I'll link it below.

and andropause, I'll link it below.

Muscle Is the Biggest Longevity Lever

I want to start with something most men I want to start with something most men never hear. never hear. Muscle is the single most modifiable Muscle is the single most modifiable longevity lever you have.

longevity lever you have. You can't turn back age. You can't You can't turn back age. You can't completely stop hormonal decline. completely stop hormonal decline.

Testosterone Decline & Muscle Loss Explained

But muscle you can rebuild at 45, at 55, But muscle you can rebuild at 45, at 55, at 75, and even beyond that. at 75, and even beyond that. And this is where most men uh And this is where most men uh misunderstand what's happening. You misunderstand what's happening. You don't suddenly lose strength. You slowly don't suddenly lose strength. You slowly lose it without noticing.

lose it without noticing. You wake up one day and realize You wake up one day and realize something feels different. something feels different. But that change has been happening for But that change has been happening for years.

years. years. After 40, your body is programmed to After 40, your body is programmed to lose muscle. It's called sarcopenia lose muscle. It's called sarcopenia and it happens whether you feel it or and it happens whether you feel it or not. Let me make this really simple. If not. Let me make this really simple. If you're not actively building muscle, you're not actively building muscle, your body is slowly losing it. And this your body is slowly losing it.

Grip Strength Predicts Lifespan

And this connects directly to what we talked connects directly to what we talked about last week, testosterone, about last week, testosterone, especially the free testosterone that especially the free testosterone that that declines gradually.

that declines gradually. And testosterone plays a role in And testosterone plays a role in maintaining muscle.

maintaining muscle. So now you have two things happening at So now you have two things happening at once. You're losing muscle and the once. You're losing muscle and the system that helps you maintain it is system that helps you maintain it is shifting.

shifting. shifting. Not impossible to fix, but it requires Not impossible to fix, but it requires intention. And this is the part that intention. And this is the part that should be really get your attention.

should be really get your attention. Because we actually have data showing Because we actually have data showing how strongly strength predicts how long how strongly strength predicts how long you live.

you live. There's a study called the pure study. There's a study called the pure study. It looked at over 139,000 It looked at over 139,000 people across 17 countries.

people across 17 countries. And what they found was remarkable. And what they found was remarkable. Grip strength predicted mortality better Grip strength predicted mortality better than blood pressure.

than blood pressure. Your strength predicting how long you Your strength predicting how long you live. live. live. Quick question. Have you ever actually Quick question. Have you ever actually tested your great grip strength? Yes or tested your great grip strength? Yes or no?

no? no? Drop it in the comments. I read every Drop it in the comments. I read every one. one. one. Now, let me be clear. This doesn't mean Now, let me be clear. This doesn't mean squeezing something harder makes you squeezing something harder makes you live longer.

live longer. Grip strength is a marker. It reflects Grip strength is a marker. It reflects your overall muscle health, your your overall muscle health, your strength reserve, your resilience.

strength reserve, your resilience. Strength is the proxy for being here Strength is the proxy for being here longer, for living longer. And muscle is longer, for living longer. And muscle is the one tissue you can rebuild at any the one tissue you can rebuild at any age. This is exactly what I mean when I age. This is exactly what I mean when I talk about living smarter, stronger, talk about living smarter, stronger, longer.

longer. longer. Smarter, understanding what actually Smarter, understanding what actually moves your health. moves your health. Stronger, building the muscle that Stronger, building the muscle that protects your body.

protects your body. Longer, giving yourself more years than Longer, giving yourself more years than that actually feel good. And muscle sits that actually feel good. And muscle sits right at the center of all three.

right at the center of all three. And this is where most men make the And this is where most men make the wrong decision. wrong decision. You've been told everything is normal You've been told everything is normal and they stop pushing back. They accept and they stop pushing back.

How Men Can Rebuild Strength & Age Stronger

They accept getting weaker as part of aging and they getting weaker as part of aging and they stop training the way their body stop training the way their body actually needs. In functional medicine, actually needs. In functional medicine, we don't watch muscle disappear, we we don't watch muscle disappear, we build it. That means strength training build it. That means strength training two to four times a week at a minimum.

two to four times a week at a minimum. Challenging your muscles enough to Challenging your muscles enough to actually stimulate growth. actually stimulate growth.

Protein intake that supports muscle Protein intake that supports muscle building. building. building. Sleep, because recovery is where muscle Sleep, because recovery is where muscle is built.

is built. And when appropriate, we look at And when appropriate, we look at hormones because your biology and your hormones because your biology and your training work together.

training work together. So, if you've been feeling weaker, So, if you've been feeling weaker, that's not the end of your strength. that's not the end of your strength.

It's a signal. It's a signal. And it's something you can still change. And it's something you can still change. I've got a free men's hormone quiz on my I've got a free men's hormone quiz on my website.

website. website. It's the fastest way to understand how It's the fastest way to understand how your hormones and muscle connect and your hormones and muscle connect and what to do next. The link is in the what to do next. The link is in the description. Next week, I'm talking description. Next week, I'm talking about something most men feel, but they about something most men feel, but they don't talk about. Motivation, brain fog, don't talk about. Motivation, brain fog, and testosterone.

and testosterone. Subscribe so you don't miss it. Subscribe so you don't miss it. Because the goal isn't just to live Because the goal isn't just to live longer, it's to live smarter, stronger, longer, it's to live smarter, stronger, longer.

longer. longer.