Why Men Over 50 Must Build Muscle (Even If They Hate the Gym) Transcript

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Why Most Men Feel Older After 50

Men, when did you last feel generally Men, when did you last feel generally strong? Not just going through the strong? Not just going through the motions, not just keeping up, actually motions, not just keeping up, actually sharp, energized, like yourself. If sharp, energized, like yourself. If you're in your 50s, and that's a harder you're in your 50s, and that's a harder question than it should be, this video question than it should be, this video is for you. Because the men that I see is for you. Because the men that I see in their 60s and 70s who feel better in their 60s and 70s who feel better than they did in their 40s, they didn't than they did in their 40s, they didn't just get lucky. They didn't stumble into just get lucky. They didn't stumble into it. someone actually looked at what was it. someone actually looked at what was happening inside their body before the happening inside their body before the symptoms made the decisions for them.

symptoms made the decisions for them. That's what this entire series has been That's what this entire series has been building towards. And today we're building towards. And today we're bringing it all home. I'm Dr. Myra Reid.

bringing it all home. I'm Dr. Myra Reid.

The Dangerous Lie About u201cNormal Aging u201d

I practice early detection longevity I practice early detection longevity medicine. And what that means is simple. medicine. And what that means is simple.

I find what others miss. This is my week I find what others miss. This is my week four of my men's health series. And if four of my men's health series. And if you've been with me all month, you you've been with me all month, you already have more information about your already have more information about your body than most men get in a decade of body than most men get in a decade of annual physicals. If you're just finding annual physicals. If you're just finding this, subscribe and go back to week one this, subscribe and go back to week one because what we're building is a because what we're building is a complete picture. And today I want to complete picture. And today I want to show you how it all connects. Here's show you how it all connects. Here's something I noticed in my practice. Men something I noticed in my practice. Men come in accomplished, smart, come in accomplished, smart, disciplined, and somewhere along the disciplined, and somewhere along the way, they absorb a story about aging.

way, they absorb a story about aging. Not from one place, but from everywhere. Not from one place, but from everywhere. Slow down. That's just what happens.

Slow down. That's just what happens. Your numbers are normal for your age. I Your numbers are normal for your age. I want to stop on that last one because want to stop on that last one because normal for your age is one of the most normal for your age is one of the most dangerous phrases in medicine.

dangerous phrases in medicine. Normal means average. And average men in Normal means average. And average men in their 50s are tired, inflamed, losing their 50s are tired, inflamed, losing muscle, and losing ground. That's not muscle, and losing ground. That's not the standard that I hold for my the standard that I hold for my patients. This is the turn from problem patients. This is the turn from problem to possibility. Here's what the research to possibility. Here's what the research actually shows. Your body is still actually shows.

The #1 Predictor of Longevity in Men

Your body is still incredibly responsive after 40, at 50, incredibly responsive after 40, at 50, at 60, and even beyond. What changes is at 60, and even beyond. What changes is not your ceiling. What changes is what not your ceiling. What changes is what your body needs to perform. The window your body needs to perform. The window isn't closing. The rules are just isn't closing. The rules are just changing. And when you understand the changing. And

when you understand the new rules, you can play a completely new rules, you can play a completely different game. This month, we covered different game. This month, we covered the pieces that actually drive how you the pieces that actually drive how you age as a man. Hormones, specifically age as a man. Hormones, specifically testosterone, and what declining levels testosterone, and what declining levels look like before you even feel them.

look like before you even feel them. muscle and why sarcopenia is the muscle and why sarcopenia is the progressive loss of muscle mass is the progressive loss of muscle mass is the one most underdiagnosed longevity threat one most underdiagnosed longevity threat that we have sleep the one variable most that we have sleep the one variable most men completely underestimate men completely underestimate and motivation and brain health because and motivation and brain health because energy isn't just physical here's what I energy isn't just physical here's what I want you to see about all of this none want you to see about all of this none of it exists in isolation your of it exists in isolation your testosterone affects your muscle Your testosterone affects your muscle Your muscle affects your metabolism. Your muscle affects your metabolism. Your metabolism affects your sleep. Your metabolism affects your sleep. Your sleep affects your brain. And your brain sleep affects your brain. And your brain affects your motivation to do any of affects your motivation to do any of this. It's a system. And you either this. It's a system. And you either build the system or the system quietly build the system or the system quietly breaks down.

breaks down. Now, here's what most people, including Now, here's what most people, including most doctors, get completely wrong about most doctors, get completely wrong about where longevity actually comes from. one where longevity actually comes from. one marker that predicts health outcomes, marker that predicts health outcomes, cognitive function, and lifespan better cognitive function, and lifespan better than almost anything else that we can than almost anything else that we can measure. A large metaanalysis published measure. A large metaanalysis published in the British Journal of Sports in the British Journal of Sports Medicine looked at the relationship Medicine looked at the relationship between strength training and mortality.

between strength training and mortality.

Why Muscle Loss Changes Everything

What they found, just 30 to 60 minutes What they found, just 30 to 60 minutes of strength training per week, not per of strength training per week, not per day, but per week, was associated with a day, but per week, was associated with a 10 to 17% lower risk of dying from 10 to 17% lower risk of dying from anything early cause such as anything early cause such as cardiovascular disease, cancer, all cardiovascular disease, cancer, all cause mortality across the board. And cause mortality across the board. And here's what makes that remarkable.

here's what makes that remarkable. That's the effect from the minimum That's the effect from the minimum effective dose. And men who did more up effective dose. And men who did more up to a point saw even greater reductions.

to a point saw even greater reductions. Muscle isn't just aesthetics. Muscle is Muscle isn't just aesthetics. Muscle is medicine. And in my practice, when I medicine. And in my practice, when I look at men's labs work and his body look at men's labs work and his body composition data side by side, I can composition data side by side, I can almost always tell which direction he's almost always tell which direction he's headed. Not based on his age, but based headed. Not based on his age, but based on his muscle. Quick question. How many on his muscle. Quick question. How many minutes of strength training are you minutes of strength training are you actually getting each week right now?

actually getting each week right now? Even if it's zero, that's fine. Drop the Even if it's zero, that's fine. Drop the number in the comments. I read all of number in the comments. I read all of them. And I want to know where you're them. And I want to know where you're standing from. Now, I want to tell you standing from. Now, I want to tell you about a patient. Let's call him David.

about a patient. Let's call him David. David is 54, executive, smart guy, David is 54, executive, smart guy, looked fine. He came in because he was looked fine. He came in because he was tired in a way that sleep wasn't fixing

tired in a way that sleep wasn't fixing it. His motivation had flattened. He it. His motivation had flattened. He gained weight without changing anything gained weight without changing anything he was doing. His doctor had run a he was doing. His doctor had run a standard panel and told him, "Your labs standard panel and told him, "Your labs are normal for your age." When we ran are normal for your age." When we ran the comprehensive picture, not a the comprehensive picture, not a standard annual lab panel, here's what standard annual lab panel, here's what we found. Testosterone in the lower we found. Testosterone in the lower third of normal range. Free testosterone third of normal range. Free testosterone even lower. Muscle mass had been even lower. Muscle mass had been happening silently for years, detectable happening silently for years, detectable on a body composition analysis, and on a body composition analysis, and invisible on standard scale. elevated invisible on standard scale.

The Hidden Signs Men Ignore Too Long

elevated inflammatory markers, early stage inflammatory markers, early stage insulin resistance. None of these were insulin resistance. None of these were flagged on his previous labs because flagged on his previous labs because individually each one was technically individually each one was technically within the normal range, but together within the normal range, but together they told a story. A story about a man's they told a story. A story about a man's whose system was quietly declining. And whose system was quietly declining. And here's the thing about the story. By the here's the thing about the story. By the time those numbers move into the admiral time those numbers move into the admiral range on a standard test, you've already range on a standard test, you've already lost years. That's what early detection lost years. That's what early detection means to me. Not waiting for a crisis, means to me. Not waiting for a crisis, but finding the direction before the but finding the direction before the destination is set. David, with a destination is set. David, with a protocol built around his specific protocol built around his specific findings, rebuilt his muscle, brought findings, rebuilt his muscle, brought his testosterone in optimal ranges, and his testosterone in optimal ranges, and resolved his insulin resistance. Eight resolved his insulin resistance. Eight months later, he told me he felt better months later, he told me he felt better than he had at 44. He didn't need a than he had at 44. He didn't need a miracle. He needed someone to actually miracle. He needed someone to actually look. This is what I mean when I talk look. This is what I mean when I talk about smarter, stronger, longer. These about smarter, stronger, longer. These aren't just words. They're a clinical aren't just words. They're a clinical framework. Smarter means making framework. Smarter means making decisions based on data about your decisions based on data about your specific body habit, not just generic specific body habit, not just generic advice, not what worked for someone advice, not what worked for someone else. What your labs, your markers, your else. What your labs, your markers, your body composition tell you about what you body composition tell you about what you actually need. That's smarter. Stronger actually need. That's smarter. Stronger means muscle intentionally built and means muscle intentionally built and maintained because strength is not maintained because strength is not vanity. Strength is the physical vanity. Strength is the physical foundation that protects your heart, foundation that protects your heart, your brain, your hormones, and your your brain, your hormones, and your metabolism.

metabolism. metabolism.

The Habits That Protect Strength and Energy

Strength is the variable that shows up Strength is the variable that shows up in the mortality data over and over in the mortality data over and over again. Longer doesn't mean just more again. Longer doesn't mean just more years. It means more years where you are years. It means more years where you are fully present, cognitively sharp, fully present, cognitively sharp, physically capable, energetically alive, physically capable, energetically alive, not a longer decline, a longer peak.

not a longer decline, a longer peak. That's longer. Smarter, stronger, That's longer. Smarter, stronger, longer. That's the goal. And if I had to longer. That's the goal. And if I had to simplify everything we've covered this simplify everything we've covered this month into what actually moves the month into what actually moves the needle, it comes down to four things.

needle, it comes down to four things. Strength training, challenging your Strength training, challenging your muscles progressively. This is muscles progressively. This is non-negotiable for men over 40. The non-negotiable

for men over 40. The research is there. First, protein. Most research is there. First, protein. Most men over 40 are significantly men over 40 are significantly undereating protein. Not slightly, but undereating protein. Not slightly, but significantly. We look at the body significantly. We look at the body composition data alongside dietary composition data alongside dietary intake. It explains a lot more about intake. It explains a lot more about where the muscle is coming from. And where the muscle is coming from. And sleep, the most underrated hormone sleep, the most underrated hormone regulator in existence. You cannot regulator in existence. You cannot optimize testosterone, optimize testosterone, growth hormone, cortisol, or insulin growth hormone, cortisol, or insulin without proper sleep. Cardiovascular without proper sleep. Cardiovascular fitness, zone two, cardio, the kind fitness, zone two, cardio, the kind where you can still hold a conversation.

where you can still hold a conversation. Do this three or four times a week. It Do this three or four times a week. It has measurable effects on metabolic has measurable effects on metabolic health, brain health, and longevity.

health, brain health, and longevity. That is the system, and it works. Not That is the system, and it works. Not because it's complicated, because it because it's complicated, because it addresses the actual levers. And here's addresses the actual levers. And here's where most men get stuck. They look for where most men get stuck. They look for something more complicated or faster.

something more complicated or faster. Because here's what I want you to take Because here's what I want you to take from this entire series. The best time from this entire series. The best time to build this system is before you need to build this system is before you need it. The second best time is right now.

it. The second best time is right now. In coastal personalized medicine at my In coastal personalized medicine at my practice, this is exactly how we practice, this is exactly how we approach it. We don't wait for symptoms approach it. We don't wait for symptoms to break. We find what's shifting before to break. We find what's shifting before it becomes a problem. We look at the it becomes a problem. We look at the full picture and we build a plan that's full picture and we build a plan that's specific to you. Not to all men in specific to you. Not to all men in general, but to you because that's what general, but to you because that's what early detection longevity medicine early detection longevity medicine actually means. Finding what others miss actually means. Finding what others miss before it cost you your years. This is before it cost you your years. This is the final video in men's month series.

the final video in men's month series. And if you've watched all four, I want And if you've watched all four, I want you to know something. The fact that you to know something.

What Healthy Aging Actually Looks Like

The fact that you're here learning this, thinking you're here learning this, thinking about this, that already puts you in a about this, that already puts you in a different category than most men your different category than most men your age. Most men will wait. They will wait age. Most men will wait. They will wait until the symptoms are loud enough that until the symptoms are loud enough that they can't ignore them. They'll wait they can't ignore them. They'll wait until a diagnosis forces their hand.

until a diagnosis forces their hand. You don't have to be that man. Your best You don't have to be that man. Your best decade is not behind you. It's being decade is not behind you. It's being built right now.

built right now. It's being built by what you choose to It's being built by what you choose to do this week. this month, this year. And do this week. this month, this year. And I would love to be part of your building I would love to be part of your building what make you who you can be better. I what make you who you can be better. I have a free men's hormone quiz on my have a free men's hormone quiz on my website. It takes about 3 minutes to do website. It takes about 3 minutes to do it. It's designed to help you start it. It's designed to help you start connecting what you're feeling to what connecting what you're feeling to what you might actually be driving you. The you might actually be driving you. The link is in the description. If you want link is in the description. If you want to go deeper, if you're ready to to go deeper, if you're ready to actually find out what your numbers say, actually find out what your numbers say, a consultation information is there, a consultation information is there, too. You can make that.

You can call my too. You can make that. You can call my office or go online.

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you have been hearing about. Peptides. What they are, what they actually do, What they are, what they actually do, and who they really help. If you're and who they really help. If you're interested in improving energy, interested in improving energy, recovery, and long-term health, make recovery, and long-term health, make sure you subscribe so you don't miss sure you subscribe so you don't miss this. So, share this series with a man this. So, share this series with a man in your life who needs it. Because this in your life who needs it. Because this is a message I want every man over 50 to is a message I want every man over 50 to hear. Don't let your first symptom be hear. Don't let your first symptom be your last. The goal isn't just to live your last. The goal isn't just to live longer. It's to live smarter, stronger, longer. It's to live smarter, stronger, longer. I'll see you in the next week's longer. I'll see you in the next week's series and share the information next on series and share the information next on