

Why do women live longer than men?

Men, there is something that all women do better than you... they live longer! Right now there is a 4.5 year difference in the life expectancy between men and women. The average life expectancy for a woman in the U.S. is 80.8 and for a man 75.6. Why is that?

It seems that from the moment a boy is born they begin to learn the *all too familiar* "boy code"... which teaches young boys to be rough and tough. Research also shows boys are discouraged from seeking help and are often punished when they do. Boys come to believe they should "walk off the pain" and just play through it. This is an ideal that is hammered in by coaches, fathers and sports heroes.

In addition, there are a number of health problems that men face as they age. Some common things are heart disease, respiratory disease & lung cancer, prostate cancer, prostate enlargement, erectile dysfunction, loss of libido, depression & suicide, and strategies for longevity.

To close that life expectancy gap, you must improve your health. Many of you are probably wondering how it got to be such a confusing time in healthcare? *Do low fat diets work? Should we not eat eggs? What are we supposed to eat... butter or margarine? How come our arteries clog up, are we eating too much meat? How come these miracle drugs called statins lower cholesterol but don't prevent heart attacks and strokes? How did we get so mixed up?*

While there isn't a "Magic Bullet" for improved health, there ARE some simple, easy steps that you can take immediately to improve your overall health and wellbeing. #1- increase your intake of dark green leafy vegetables (the number 1 predictor food for longevity). #2 – increase your water intake (slows down joint and skin aging). #3 – do some kind of exercise (ie. walk, jog, bike, swim) for at least 30 minutes five days per week.

To learn more, please attend our Men's Wellness Workshop, where we touch on a number of the most important health problems that affect men today and share with you some simple rules to live not only a longer life but a more vital and active life. Join us 5:30 P.M on Thursday, April 11th at Yost Family Chiropractic.