

# **MANBOOB NATION: AN INTEGRATIVE MEDICAL MODEL TO LOW TESTOSTERONE BY NATHAN GOODYEAR**



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## About the Author

Nathan Goodyear, MD received his bachelor of arts from Louisiana Tech University in Ruston, LA and his doctor of medicine from Louisiana State University Health Sciences Centre.

Dr. Goodyear is a board-certified gynecologist, and fellowship-trained Metabolic specialist. He served as chief resident in Obstetrics/Gynecology at the University of Tennessee.

After ending his college football career, a hundred-pound weight loss led Dr. Goodyear to integrative medicine. He is the founder, co-owner, and lead physician at Seasons in Farragut, Tennessee.

Dr. Goodyear lives with his wife of twenty-three years and their three daughters and one son in Farragut, Tennessee.

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Testosterone provides the hormonal foundation for masculinity, determining what it means to be male. So what does a global decline in testosterone levels say about the current generation of men? Why is the greatest testosterone decline seen in American men under the age of thirty?

A broken, reactive medical system isn't concerning itself with answering these questions. The medical profession classifies testosterone loss as "testicular dysgenesis syndrome." Calling a condition a syndrome, however, is just a fancy medical term for "we don't know why this is happening." When a condition is classified as a syndrome, the symptoms receive treatment, not the cause.

Nathan Goodyear, MD rejects reactive approaches to testosterone loss, as well as the pharmacological marketing that sees low testosterone as the latest cash cow. Instead, he offers a solution.

Dr. Goodyear argues that low testosterone results from eight specific causes, backing up his claim with hard scientific facts and outlining treatment options for each cause. With proper treatment, low testosterone levels can be reversed.

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## Most helpful customer reviews

1 of 1 people found the following review helpful.

Sounds great, but does it work?

By x

The premise (promise) of this book is that you can return testosterone to healthy levels by "natural" methods. It sounds all very good in theory, but in practice it often does not work, leading to drawers full of supplements and an array of unused exercise machines. Whilst much of the book is well researched and nicely referenced, most of the "natural" methods do not stand up to scientific scrutiny. I wonder if the frustration and time/money invested in "natural" methods is really worth it. My suggestion: Buy a dozen other books on testosterone and get a reading of the diverging opinions of highly experienced doctors. Nobody has yet a "unifying theory" about testosterone, but injections work well for many.

0 of 0 people found the following review helpful.

A savvy approach to restoring male hormone health

By Mike Mutzel, MS

This is a book all MEN should read; no matter age or health status. Dr. Goodyear is a true pioneer when it comes to improving health and optimizing hormones-- and it shows with his latest book. There are so many nuggets that one can learn from this excellent book to not both improve testosterone and also to maximize overall health. Dr. Goodyear reveals how belly fat can be causing low testosterone and what you can do about it. Also he gives insight into the sources of many hidden toxins and estrogens in your environment that maybe causing ill health.

1 of 2 people found the following review helpful.

Low testosterone and more !

By Dr. A. Lekkos

This book is not only about low testosterone, its causes, and how to correct it, but dives much deeper into the human body and looks at a host of physiological influences on our health. He even explains in detail the influences our genes, our environment, and our lifestyle has on our health. Dr Goodyear even looks at the disaster our medical society has become - a money driven debacle of insurance greed.

As a physician, I found it an easy and entertaining read. Non-medical people will have no problem following the book and Dr Goodyear presents the material in a thorough, light and humorous way. A great overall book to learn about testosterone, and how to keep yourself healthy for a lifetime. A must read.

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