

THE MASCULINE MANIFESTO

Secrets Of The World's Most Vital Men



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by



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As many men get older, they start to worry about losing their masculinity. They might not feel as energetic or as virile as they did when they were younger. They might look in the mirror and see that they are losing muscle mass and that their skin doesn't look as taut and glowing as it once did. Perhaps you are feeling these things already, even though you might still be relatively young.

What is it that's causing these changes in your body? What can you do to stop those changes? Generally, there are a few factors at play that you will have to deal with when you want to keep that masculine look and the virility you had when you were younger. Fortunately, it doesn't take a miracle to make this happen.

You will find that there are several things that you can do starting now that will help your body and your mind back to where it once was.





THE SECRETS TO MASCULINITY AND VITALITY

Do you want to know the secrets to being more masculine and retaining or regaining your vitality as you get older? You will find that the secrets below are easy to understand and to utilize in your life, and they can make real and noticeable differences. Incorporate all these tips that you aren't using yet into your routine and see what a change it can make for you.

First, consider the factors that affect the way that we age. It's not just getting older; it's how we get older. **Genetics and lifestyle are huge factors.** While genetics are not something that we can control, we do have control over our lifestyle in many cases. By making changes to your lifestyle, you will be able to be a masculine man who remains vital well into your golden years.



SECRET #1: WORKING OUT AND LOOKING GOOD

Perhaps the most important part of maintaining and increasing your masculinity and vitality is making sure that you are **exercising regularly**. With regular exercise, you will be able to keep your weight down. You will also be able to make sure that your bone density and your muscle mass remain high, which is very important for your overall vitality and masculinity. This doesn't mean that you need to cultivate the frame of a bodybuilder, but you will want to actively work to make sure that you are lean, fit, and muscular. **A healthy body can make you look and feel years younger.**

Look at some of the celebrities who are in their 50s, 60s, and beyond today who are able to maintain an amazing physique. They look, act, and likely feel far younger than their true age. With the right amount of exercise and lifestyle changes, you can emulate this for yourself.

What types of exercises should you be doing? Where you start will depend on your current level of fitness, of course. You want to make sure that you are not overdoing it when you first start, or you could cause yourself to be so sore that you don't want to keep working out.

Start out slowly and then build your strength and endurance. One of the best types of exercises for masculinity and vitality is lifting weights. Resistance training can help to increase your testosterone naturally. It helps you drop weight and put on muscle, and you will look and feel better when you lift.

However, you shouldn't have to limit your exercises to only lifting weights. You will also want to make sure you are stretching and doing flexibility exercises, and will want to add cardio to your routine.



SECRET #2: EATING HEALTHY FOOD

You've heard the old saying "**you are what you eat**" countless times in your life. While it might be a cliché, it's also extremely true. The food that you are putting into your body will make a massive difference in how you feel, how you look, and how your body performs.

There are myths that "real men" are only eating fatty steaks, back swilling whiskey and beer, and shoveling down mouthfuls of pie and sugar-laden coffee. This is a fast way to a heart attack, though. **In today's world, real men who are masculine, vital, and healthy are eating healthier foods.**

Sticking to whole foods, lean meat, vegetables, healthy fats, and steering clear of processed foods is the order of the day. It's also important to control how much you are eating. When you are working out, as you should be, you will need to have more calories in the day to maintain your weight. If you want to lose weight, you will be eating fewer calories.

Make sure that you have a healthy, well-rounded diet that you can follow for the rest of your life. Do not follow fad diets, as they tend to be dangerous. Simply eating right and hydrating with fresh water - not coffee, soda, or beer - is essential.





SECRET #3: SLEEPING WELL

If you are not sleeping well, you are not alone. Many people today, regardless of their gender or age, have trouble getting to sleep and getting good quality sleep through the night. If you are having trouble sleeping and aren't getting at least seven hours of sleep a night, you need to make some changes.

Think about your bedtime routine to see what might be throwing you off. Are you spending time watching television or online before you go to bed? This can cause your brain to remain active even when you are trying to get to sleep. When you don't sleep well, you wake up tired. This causes more stress on your body and makes it difficult to get things done the next day.

Create a bedtime routine that you can follow. Stay off the screens for at least an hour or so before you lay down for the night. When you get good sleep, you are going to feel more energized the next day. This energy ensures that you can work out and that you don't reach for sugars and caffeine to get unhealthy energy boosts.

SECRET #4: ELIMINATE THE VICES

There is an old perception of the "tough guy" who smokes cigarettes and cigars and who always has a drink in his hand. These are outdated concepts, and they aren't something that you should emulate if you hope to retain your vitality, particularly when you get older. **All of those vices - smoking, excessive drinking, etc. - are unhealthy for you and will actually wear your body down faster.**

A 2003 study conducted by the Department of Mental Health and Alcohol Research, National Health Institute in Helsinki, Finland found that "**alcohol intake affects the androgen balance in men**" and that it can actually decrease the blood testosterone in men because of an "effect on the testicular level."




Those who drink a lot tend to be heavier, as well, because they are consuming so many calories. **Being obese can lower testosterone.** Those who smoke have a range of health problems. If you want to be truly masculine today, you will kick those vices to the curb as soon as you are able.

SECRET #5: PROPER GROOMING

For some reason, many men start to let their grooming go once they get past a certain age or a certain stage in their life. They might not feel as much of a need to have a neatly trimmed beard or to shave. Perhaps they don't feel that they have the time to shop for clothes that fit and that actually make them look good.

Regardless of the reasons, you need to rethink your approach to grooming. **As you get older, you need to continue to take care of yourself and the way you look.** When you are happy with the way you look, from your hair and facial hair to your skin and the clothes you wear, you are going to look and feel more confident. As mentioned, this confidence comes across as masculinity.



A man with a grey beard and hair is getting a haircut. He is wearing a black barber cape. A hand with red nail polish is holding scissors to his hair. The background is dark with a faint, repeating leaf pattern.

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SECRET #6: A SHARP MIND

Looking good but having a dulled mind isn't a good look at all. The brains change as people age, and you start to lose neurons. Many of your abilities, including your memory, reaction time, and cognitive function will all start to decline. In addition, depression starts to occur more often as people get older.



A review published in the Journal of Alzheimer's Disease looked into evidence that **social isolation could be associated with poor cognitive function later in life.**

They reviewed 65 articles and include 51 articles in their meta-analysis, where they concluded that there does seem to be a correlation between social isolation and cognitive function. Those who are isolated are not always able to exercise their mind as much as they might need.

Therefore, **you will want to exercise your brain as much as you exercise your body.** Make sure you are reading regularly. Try crossword puzzles and other brain exercises. Spend time with family and friends, and out in social settings. Make sure that you are taking your brain to the gym just like you take your body.

SECRET #7: REDUCE YOUR STRESS LEVELS

How much stress do you feel on a regular basis? The world is a stressful place and there seems to be something new to worry about each day. From the bad news you hear on the television to problems with family life or work, there are plenty of things that pile the stress onto your shoulders. All of this stress can wreak havoc on your body.

It releases a hormone called cortisol, which diminishes your testosterone. You might find that you are gaining weight, or that losing weight is difficult because of the increase in cortisol. Exercise helps, but you have to find the underlying causes of the stress and try your best to remove them from your life if you can.

There are also a number of techniques that you can try to help you remove the stress and feel better. **Deep breathing exercises and meditation can work wonders.** While you might not immediately equate masculinity to meditation, the two can go hand in hand. When you aren't stressed, you are going to feel better and more confident. Confidence is a trait of men who are considered masculine.

Find other ways that you can relieve your stress, as well. Engaging in a hobby that you like and that relaxes you will help to get your mind off the stresses of the day.





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SECRET #8: VISIT THE DOCTOR

In addition to the above lifestyle changes, it is important to understand that as you are getting older, you might be facing different types of challenges to your health. These challenges can affect your wellbeing, as well as your overall ability to feel masculine.

Making sure that you are getting your checkups with the doctor regularly can help you learn whether there are any areas of your health that need special attention. The advice from a medical professional regarding certain aspects of your health will help ensure that you are taking better care of yourself.

SECRET #9: TAKING TESTOSTERONE SUPPLEMENTS

Testosterone helps you to keep and add muscle to your frame. It also helps with your sexual health. Men start producing testosterone when they are going through puberty and through much of their lives.

However, as they get older, the production of testosterone starts to drop off substantially. When this happens, working out and eating right can help. Yet, it is still not often enough to provide you with all of the testosterone that you need or want. **Therefore, you will want to start supplementing with natural testosterone.**



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Always take the time to find a high-quality supplement that is all-natural and that is safe to take. **Man Pulse** from **Nature's Blast** is a fantastic option. It can help to lower cholesterol levels, reduce the risk of cardiovascular disease, and provide you with the added testosterone you need for more energy and for more muscle mass. It is a natural option that can make a **positive difference in your life going forward.**



Just because you might be feeling down and lethargic right now doesn't mean that you have to feel that way for the rest of your life. As you can see, there are steps that you can take right now to start improving yourself. With these lifestyle changes and taking the right supplements, it becomes possible to maintain and increase your vitality and masculinity.

Focus on being active, eating right, and taking better care of yourself. Reduce your levels of stress and find the things in life that make you happy. Take the right supplements and start making progress on your health and your body today.

At Nature's Blast, we believe that achieving better health shouldn't be a source of stress or guilt. We're here to support you every step of the way, recognizing that everyone's path to wellness is unique. Our goal is to provide you with the tools and knowledge you need to make informed decisions and create lasting, positive changes in your life.



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