

# Use it or Lose it!

**As you are saying goodbye to your sex life (not to mention your strength, energy and muscle tone), men in their 90s are having the sex of their lives!**

## Inside: Learn their secret and...

- **Wow your wife in the bedroom...**
- **Maintain all day energy...**
- **Stay lean, fit and toned...**
- **Keep a balanced, positive mood...**
- **And enjoy razor sharp memory and mental acuity...**

Dr. Mitchell Matez, D.O.



**Getting older used to make us the punch line of Nature's cruelest joke—decreased libido, weak erections, less energy and muscle tone.**

**But you don't have to give up the things that make you feel like a man.**

**See inside now and learn how to maintain the youthful strength and potency of a 30-something well into your 90-somethings. Guaranteed!**

**Be confident about your manhood. Open now and learn how!**





# Your energy and Don't let Nature's cruele

Dear friend,

Starting today, your age really is just a number.

The startling discovery I'm about to introduce you to can help you reclaim all of the best aspects of being a man.

Starting with the best sex of your life—well into your 60s, 70s or 80s.

I'm talking about:

- The interest, stamina and erections of a 30-something even if you're an 80-something...
- The strength, energy and muscle tone you may have thought were a thing of the past...
- The energy to do the things you love from the minute you wake up in the morning until you climb into bed at night...

While getting older and aging used to be one and the same—not anymore!

For too many men, the golden years are droopy, tired, lackluster years.

Well, let this cruel trick of Nature have its way with somebody else.

**Because I'm going to show you the secret to reaping some of life's greatest rewards no matter how many candles were on your last birthday cake...and for years to come.**

You see, typically when a man hits 40, nature wants to start stripping away his testosterone. A little at a time, year after year.

The changes are barely noticeable at first.

# masculinity are at stake. st joke strip you of your manhood!

But sometime around our 40s or 50s we start to realize we're not as strong as we once were. We don't have the energy we once had. Our muscles start to droop a little more. Our waistbands have become tighter.

And sex? If only it could be like it was in our 20s or 30s, right?

The men's health problem I'm talking about is called andropause. I see cases in my practice every day of the week—male patients suffering with the indignity and frustration of andropause.

They're seeking a remedy for their lagging libidos, they want to lose weight and they want to be able to get steely hard erections. The kind they used to enjoy during those all night love making sessions they had when they were younger.

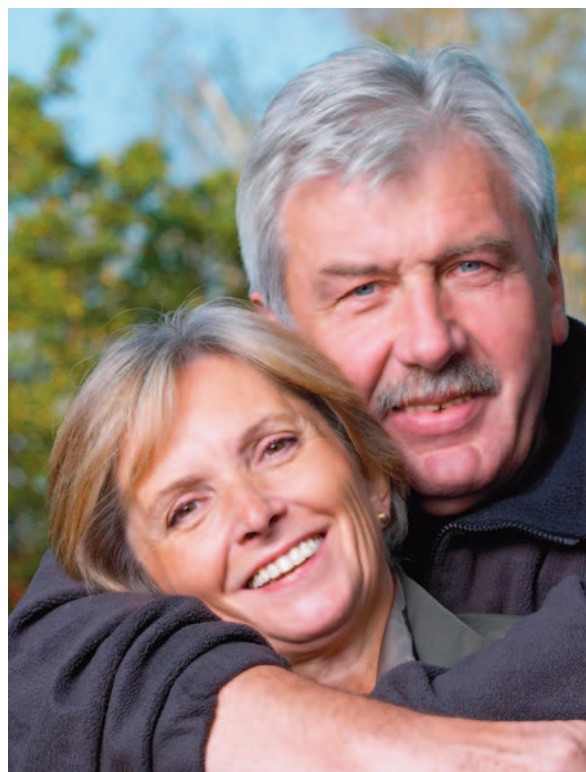
Sound familiar?

Well, if you find yourself:

- ✓ Less interested in sex
- ✓ Unable to achieve or maintain solid erections
- ✓ Putting on extra weight, especially around your mid-section
- ✓ Too tired to do the things you've always loved to do
- ✓ Developing woman-like breasts

Then you might be wrestling with andropause.

But don't worry. I'm about to show  
*(over please...)*



you how to not only put an end to Nature's cruel trick, but throw it in reverse!

## Starting today, reclaiming your manhood is easy

Andropause, and almost all of the male health problems I described above, are caused by declining testosterone levels.

Testosterone is the hormone that makes us men.

It's what makes us grow body hair, helps us produce erections and have ejaculations. It's what gives us muscle mass and tone—it even gives us that masculine odor. It's the powerful, natural hormone that our bodies create to make us manly and different from women.

Unfortunately, getting older comes with a natural, steady decline in testosterone production.

After age 30, our testosterone levels drop by about 10 percent every decade. Smoking, lack of exercise and, surprisingly, a lack of sexual activity, can actually speed up your decline in testosterone production.

A recent study in *The Journal of Clinical Endocrinology and Metabolism* reported that testosterone levels have been steadily declining at a rate of about 1% a year since the 1980s. That means a 65 year old man in 2002 would have testosterone levels 15% lower than a 65 year old man in 1987...<sup>1</sup>

By age 40, low levels of testosterone can hinder you from staying sexually active, masculine and energetic.

As testosterone levels continue to decline, you may start having trouble getting and maintaining an erection during sex, you may lose interest and energy for sex altogether. You might put on excess weight and lose your masculinity—becoming soft, getting lazy and you may even start developing feminine features like breasts.

Our modern lifestyle further worsens the situation. A recent study in *The Journal of Clinical Endocrinology and Metabolism* reported that testosterone levels have been steadily declining at a rate of about 1% a year since the 1980s.

That means a 65 year old man in 2002 would have testosterone levels 15% lower than a 65 year old man in 1987. The culprits, they say, are pollution, environmental

*(continues on page 6...)*



## Meet Dr. Matez

With more than 20 years of clinical experience in general surgery and alternative and complimentary medicine, Dr. Mitchell Matez is considered by many as one of America's foremost health champions.

As well as being the featured Alternative Medicine Columnist for the South Florida newspaper, his writings for Natural Awakenings' Magazine on the subjects of fitness, proper nutrition and correct supplementation also draw rave reviews.

As a practicing

physician at the world-famous Haimes Centre Clinic, Dr. Matez gets to see first-hand how his patients respond to the various natural remedies he recommends and how specific ailments can be successfully treated with some of Mother Nature's most gentle healing gems.

### **Memberships:**

- American Osteopathic Association
- American College of Osteopathic Surgeons
- The Institute for Functional Medicine
- Board Certified, American Osteopathic Board of Surgery
- Associate Professor of Surgery, Nova Southeastern University
- Former Chairman Dept. of Surgery, Southern Ocean

County Hospital

- Certified Functional Medicine Specialist
- Certified, American Board of Clinical Metal Toxicology
- Staff Physician, Haimes Centre Clinic, Boca Raton, Florida

### **Dr. Matez's practice includes:**

- ✓ Chelation Therapy
- ✓ Immune System Enhancement
- ✓ Weight Management
- ✓ Rejuvenation
- ✓ Colonics
- ✓ Nutrition
- ✓ Prolotherapy
- ✓ Homeopathy
- ✓ Osteopathic Manipulation
- ✓ Naturopathic Medicine

toxins and the use of prescription medications!

## **That's the bad news...the *good* news is you don't have to let Nature have her way with you!**

I'll show you how to unhinge Nature's plan in just another minute, I promise. But there's another aspect of andropause that can make matters even worse.

You see, as our testosterone levels decline, our estrogen levels actually increase in its place.

Some estrogen in the body is important. It supports heart and brain health and also acts as an antioxidant.

But the bottom line is, estrogen is what makes women feminine and it does the same thing to men when testosterone levels are declining or are low.

Estrogen zaps men of their sexual potency and desire, it makes them lazy and fat—it even starts growing woman-like breasts on men. In short, it feminizes a man and takes away every ounce of manhood and masculinity from him.

And while some men lose their muscle tone and strength from elevated estrogen levels, others develop weakened bones with a strong possibility for simple fractures and painful breaks.

Other men with higher levels of estrogen have sleep loss, hot flashes, night sweats and irritability.

Higher than average estrogen levels can also affect prostate health, heart health and longevity. Men with depressed levels of testosterone and higher levels of estrogen usually have a complete loss of sexual desire. Not a very appealing picture if you ask me.

## **Stop this feminization process—naturally and effectively!**

Andropause was first described in medical journals in the 1940s. So it's not really new. But, our ability to diagnose it properly is.

Some men find it difficult to admit that they're experiencing a lagging libido, low energy or breast development. Plus, tests for testosterone levels weren't available until fairly recently, so andropause has gone through a long period where it wasn't di-



## **Don't let the feminizing effects of rising estrogen levels ruin your manhood and your sex life!**

This is the single best advancement in men's health in the last hundred years. The master blend of ingredients are guaranteed to restore your sexual prowess, bring back your on-demand erection capability and prevent you from developing breasts and other feminine features.

**You can be confident about your manhood again. Turn to page 15 to find out more details.**

agnosed or treated correctly.

Even still, many times doctors conclude that the symptoms are related to other medical conditions or are simply related to aging, telling men to accept that “you're just not a spring chicken anymore.”

So a lot of men turn to sex boosters. But a sex booster alone isn't the answer.

They only provide a temporary solution for a much bigger problem—how to get testosterone levels back up and estrogen levels down again.

*(over please...)*

After considerable study and investigation, I found some very interesting and enlightening research about andropause. It turns out men can actually slow down and even reverse the inevitable onset of feminization!

## **This phytonutrient is your key to reclaiming your strength, stamina and masculinity!**

Scientists recently discovered a phytonutrient (nutrients found in the skins of many vegetables and fruits) called Indole-3-Carbinol. And as you digest it, it becomes another compound called Di-Indolylmethane (DIM).<sup>2</sup>

DIM is an all natural plant compound found in all cruciferous vegetables—like broccoli, cauliflower and cabbage—that helps balance the male/female sex hormones in the body.<sup>3</sup>

**In 2002, five researchers from the Department of Urology and Andrology Medical Academy in St. Petersburg, Russia conducted a six month study on DIM's effects on middle-aged men. They found that not only were estrogen levels depressed when the test subjects were given DIM, but testosterone levels were up. They also found that prostate health improved significantly and that prostate specific antigen (or PSA, an indicator of overall prostate health) levels had dropped as well!<sup>4</sup>**

The scientists who made this discovery realized that not only can DIM suppress feminizing estrogen levels, but Indole-3-Carbinol and DIM have no effect whatsoever on the “good” or necessary estrogen that men's bodies create naturally as an antioxidant for brain and heart health.

A recent university research study on the effects of Indole-3-Carbinol and DIM showed estrogen levels dropping in test subjects by a whopping 64% in just one week!<sup>1</sup>

Another study showed a drop in test subject estrogen levels by 47.5% with regular DIM and Indole-3-Carbinol supplementation.<sup>3</sup>

With this research, and with the diligent help from my associates at Goldshield



Direct, we've created a potent nutritional supplement that puts an end to the embarrassment and humiliation of being feminized by rising estrogen levels once and for all. And we call it Androl.

Androl is an all natural herbal supplement that I personally helped formulate. And I personally guarantee that it can help bring this silent men's health problem back under full control—so you and every other man, can start living the kind of life you deserve.

## **The potent, natural ingredients in Androl mean you never have to sit on the sidelines again**

We formulated Androl with just the exact amount of Indole-3-Carbinol your body needs to produce de-feminizing DIM. But, we've also included extra DIM as well.

That means twice as much protection against bigger woman-like breasts, loss of sexual desire and muscle atrophy.

Extra DIM has been added to Androl for another very important reason.

Researchers at a very prestigious university found that DIM works to help forestall the onset of prostate health problems...<sup>4</sup> problems like frequent night-time urination, straining when trying to go, a weak or sputtering urine stream, dribbling and the feeling that one hasn't completely emptied their bladder.

And, as you know, it works to increase your testosterone levels—the all important hormone that makes for a healthy sex life, a strong libido



## **Never sit on the sidelines again**

As men age, testosterone levels begin declining and levels of estrogen, the female hormone, begin rising. Elevated estrogen levels in men causes zero to little sex drive, breast enlargement, retention of abdominal fat, hair loss, lack of energy, loss of muscle size and tone, and irritability.

Formulated with a man's specific needs in mind, Androl is an all-natural nutritional supplement is sure to raise manly testosterone levels and lower feminizing estrogen levels and amp up sexual potency and prowess.

**Turn to page 15 now to find out how to stop this feminization process.**



**“Androl is working excellent for me... I would recommend it to anybody who is having a sexual problem. Androl is a very, very good product.”**

**—William R., Oregon**

and added lean muscle and a faster fat-burning metabolism.<sup>5</sup>

## **Androl also means your bed is for more than just sleeping again!**

**Boost sexual desire and performance with Mucuna pruriens.** Mucuna pruriens is an Ayurvedic herb used in India for centuries to stimulate mood. It was studied at the College of Pharmaceutical Sciences, and was found to increase sexual activity by stimulating testosterone levels. In fact, research shows study participants had increased sexual desire and improved sexual performance after just 3 to 4 weeks.

Mucuna pruriens can heighten sexual arousal, increase sexual activity and even sustain your arousal while helping to delay ejaculation.

**This sexual mood enhancer can also boost potency.** It's called Tribulus terrestris (also known as puncture vine) and its bioactive saponins have been found to increase sexual desire and reproductive behavior in countless professional studies.

**Get rock hard, long lasting erections with the help of Maca.** Maca is found in the Andes mountains of both Bolivia and Peru. Natives

chew on the plant's roots to give them hard, long lasting erections and stamina. In fact, Ancient Peruvian tribesman were given Maca before going off to fight in battle to make them ferocious warriors!

We've also added L-Arginine and Ginkgo Biloba. L-Arginine, an amino acid found naturally in the body and Ginkgo Biloba, a plant extract, both help speed oxygen-rich blood throughout the body. They help boost brain function, cardiovascular health and, best of all, they open the blood vessels in the penis creating the kind of erections men crave.

*(continues on page 12...)*

FROM THE DESK OF MICHAEL SWIFT  
PRESIDENT, GOLDSHIELD DIRECT

Dear Friend,

When Dr. Matez brought his idea for Androl to the team here at Goldshield Direct, all I can say is that I've never been more enthused or excited about any new product in years.

Now men finally have a real answer to lagging sexual desire, weak erections, low energy levels, unwanted weight gain, breast enlargement and the other feminine features and traits brought on by rising estrogen levels.

I don't know about you, but I hate the thought that my breasts will be getting bigger one day and until Androl came along, there wasn't anything I could do about it. I realize that this is a normal "getting older problem" for guys. But I don't want to experience it. Why would any man want to?

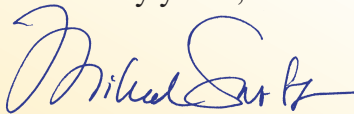
Androl is a safe and potent nutritional supplement guaranteed to put your sex life back on track and give you the anytime, anywhere pleasure of powerful erections again.

Enjoy being a man again. I have—you should too.

Don't let rising estrogen levels feminize you.

I urge you to give Androl a try for yourself. You'll be VERY glad you did. I guarantee it.

Sincerely yours,



Michael Swift  
President, Goldshield Direct

P.S.: Don't forget at Goldshield Direct we proudly offer Androl to you 100% RISK-FREE. If you're not satisfied with Androl, return the unused portion within 90 days and we will refund your entire purchase price – no questions asked – you have my word on it.



**“Androl is helping my prostate & my sexual level is good.”**

**–Eli M., Delaware**

And lastly, Androl also contains saw palmetto and zinc to ensure lifetime prostate health. Plus it's rich in vitamins, nutrients, minerals and the powerful botanical Green Tea Leaf Extract. Green Tea Leaf works to detoxify, cleanse and fortify the entire body safely and quickly.

And because Androl works naturally, with your body, over time there's no more waiting for pills to kick in...no messy liquids or sprays, patches or pumps—powerfully hard erections can happen naturally. Again and again guaranteed!

## **Put Androl to the test absolutely RISK-FREE**

I want to make sure there's nothing stopping you from reclaiming the strength, energy, potency and stamina you deserve.

That's why, through a special arrangement with my associates at Goldshield Direct, I'm offering you a chance to avoid the humiliation and embarrassment of being feminized. A chance to eliminate rising estrogen levels, super-charge testosterone production and feel like a man...absolutely RISK-FREE.

Try Androl for the next three months. If it isn't absolutely everything I've described to you—if you don't experience:

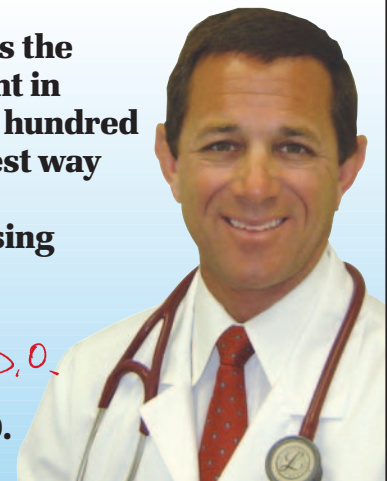
- Increased potency and sexual stamina
- Hard, firm, lasting erections
- Vibrant, all-day energy
- Increased strength and muscle tone

Just send back the unused

**“I believe that it is the single best advancement in men's health in the last hundred years. It is the single best way I know of to control the feminizing effects of rising estrogen levels.”**

*Dr. Mitchell Matez, D.O.*

**Dr. Mitchell Matez, D.O.**



# Androl has been formulated to restore and revitalize your male sexual power and potency quickly and easily.



<b>Supplement Facts</b>		
Serving Size: 2 Tablets	Servings Per Container: 30	
	Amount Per Serving	% Daily(DV) Value
Vitamin A (as beta-carotene)	1,000 IU	20%
Vitamin C (as ascorbic acid)	200 mg	333%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folate (as folic acid)	200 mcg	50%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Zinc (as zinc arginate)	5 mg	33%
Selenium (as selenomethionine)	25 mcg	36%
Green tea leaf extract (98% polyphenols)	300 mg	**
<i>Tribulus terrestris</i> (fruit) 40:1 extract (45% saponins)	200 mg	**
Indole-3-carbinol	100 mg	**
Saw palmetto berry ( <i>Serenoa repens</i> ) (fruit)	100 mg	**
DIM (dindolylmethane)	75 mg	**
<i>Mucuna pruriens</i> extract (20% total catecholamines) (seed)	50 mg	**
Ginkgo biloba leaf	50 mg	**
Soy isoflavones	25 mg	**
Maca root extract	10 mg	**
L-Arginine	5 mg	**

\*\* Daily value (DV) not established.

**Other ingredients:** Dicalcium phosphate, microcrystalline cellulose, croscarmellose sodium, stearic acid, magnesium stearate, silica and pharmaceutical glaze.  
**Contains soy.**

Shown to slow prostate health problems.

Scientifically shown to slow rising-feminizing-estrogen levels.

Guaranteed to give a man a hard, powerful erection.

Increases blood flow to the penis ensuring a rigid erection.



**Androl is offered  
to you 100%  
RISK-FREE!**

You're protected by the  
"no questions asked"  
Goldshield Direct  
90 day money back  
guarantee. If you're  
not completely satisfied  
with everything  
Androl does for your  
manhood and masculin-  
ity return it for a full  
refund of your purchase  
price. Try it now!

portion within 90 days and Goldshield Di-  
rect will refund your entire purchase  
price—no questions asked.

**Order now. Try it now.  
Get results—guaranteed!**

I'm confident you'll get the protection  
you need and the results you want from  
Androl. This offer is 100% RISK-FREE.

So, protect your manhood. Put an end  
to weak, wimpy erections and a declining  
sex drive NOW and enjoy your life the way  
a man should. Order now!

Yours in Excellent Health,



Dr. Mitchell Matez, D.O.

free. You're protected by my 90-Day, "no questions asked" Goldshield Direct money  
back guarantee. If you're not completely satisfied with everything Androl does for  
your manhood and masculinity simply return it for a full refund of your purchase  
price. Try it now!

P.P.S.: Enjoy maximum savings when you choose our Autoship program! It's the per-  
fect way to ensure that you never run out of your supply of Androl. At a savings of  
over \$140 a year, there's no reason not to try it. We'll automatically send you a fresh  
3-month supply, just as you're about to run out. And you can cancel at anytime. Don't  
wait—sign up today!

1. *J Clin Endocrinol Metab* 1997;82(5):1472-9.

2. Chang YC, et al., Cytostatic and antiestrogenic effects of 2-(indol-3-ylmethyl)-3, 3'-diindolylmethane, a major in vivo product of dietary indole-3-  
carbinol. *Biochem Pharmacol*, 1999 Sept 1;58(5):825-34.

3. *Eur J Endocrinol* 2002 Jan;146 (1):121-8. *Eur J Endocrinol* 2002 Apr;146 (4):505-110

4. Pechersky, AV., et al., Androgen administration in middle-aged and aging men: effects of oral testosterone undecanoate on dihydrotestosterone, oestra-  
diol and prostate volume. *Int. Journal of Andology* 2002 Apr; 25 (2) :119-25

5. *BJU Int* 2002 Apr; 89 (6):526-30. *J Urol* 1999 Sept; 162 (3 Pt. 1):319-21. *Clin Endocrinol (Oxf)* 2000 Oct;53 (4):517-22

THE STATEMENTS CONTAINED HEREIN HAVE NOT BEEN EVALUATED BY THE U.S. FOOD AND DRUG ADMINISTRATION. ANDROL IS NOT INTENDED  
TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. ANDROL IS NOT INTENDED AS SUBSTITUTES FOR YEARLY MEDICAL EXAMINATIONS.  
DO NOT USE ANDROL IF YOU ARE AT RISK OR ARE BEING TREATED FOR KIDNEY, THYROID OR HEART DISEASE, PSYCHIATRIC DISORDERS OR  
SEIZURE DISORDERS. CONSULT A PHYSICIAN BEFORE USING THIS PRODUCT IF YOU HAVE HIGH BLOOD PRESSURE OR ARE TAKING A  
MONOAMINE OXIDASE INHIBITOR.





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# Use it or Lose it!

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