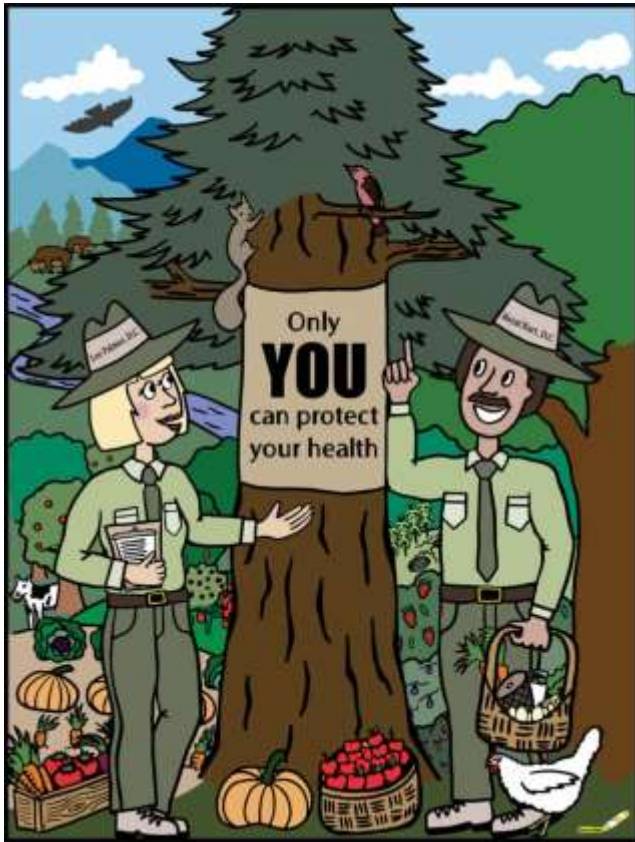


## Health Rangers #2: For Men Only



Hi! This is Dr. Royal Bart speaking to all you men out there about something important: the health of what makes a man a man. We all know that life flows through our nerves to every cell in our body, including, of course, the male testes. The brain must be able to talk to these male jewels in order to create healthy sperm. However, this is only possible if the spine is free of subluxations (vertebra out of alignment). These can disrupt nerve communication to our man parts, which in turn threatens the health of our sperm. Nerves from the T10 vertebra send sympathetic “hot action” impulses to our testes. And lower down, nerves in the 1L and 2L vertebra provide the sensory feel to the testes. We can sum it all up this way: *If you want to stay in the ‘ball’ game, you need a healthy spine.*

Next, there is another important consideration: life in the testes is in the blood flow, so we need a healthy heart to get ’er done. Thermoregulation, or the ups and

downs in the scrotum that maintain optimal temperature, ensures strong swimming sperm to pass on to the family tree. This is all under the control of the nerves that flow from the spine through the genitofemoral nerves and on to the family jewels hidden in the safe.

Life is also in the food. Just as a man will starve to death without food, the testes can also starve and malfunction without the right food. Native American hunters would eat not only the heart of the buffalo but also the testes (aka “rocky mountain oysters”). They knew these organs would provide strength, vitality, and courage to their future family members.

“*You rock, man.*” Remember hearing that old phrase when you did something great? Well, for your future and “rocks” to be strong enough to do a great job, keep your spine and nervous system healthy with regular chiropractic care. And if you want to get ’er done, help nourish your hormonal and cardiovascular system with the following supplementation from Standard Process:

- [Symplex M](#)
- [Cataplex B-Core](#)
- [Wheat Germ Oil](#)

There’s another old saying: “Life is in the blood.” Blood flows when the pump is strong and man is lifted up by the strength of his heart. Stay strong and keep on pumpin’ on!