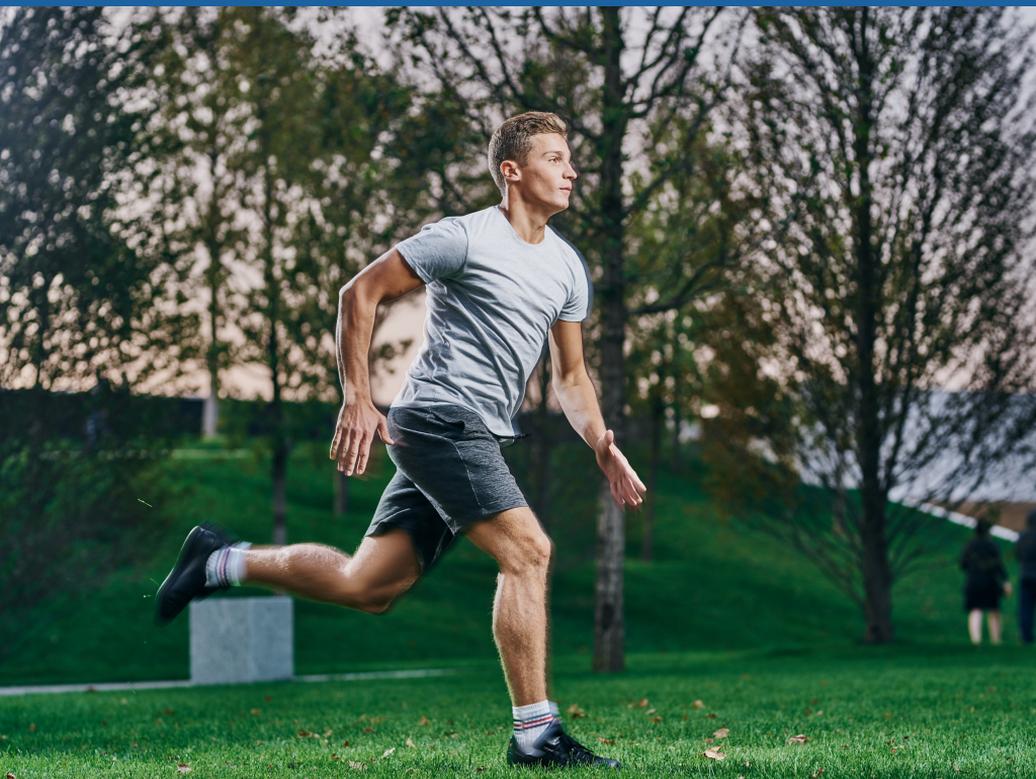


BRANDEIS MD

PHYSICAL REJUVENATION

PROTOCOL

DR. JUDSON BRANDEIS' GUIDE TO PHYSICAL
HEALTH THROUGH MID-LIFE AND BEYOND



JUDSON BRANDEIS, MD

INTRODUCTION

The sixties are the most important time in life to build muscle because the loss of muscle accelerates significantly after a man's sixtieth birthday. Weak muscle tone in older age leads to falls and other accidents which destroy the quality of life in older men.

Since my days as a competitive runner and triathlete, I have always been interested in physical fitness. Working with men in the second half of life has given me the opportunity to see the effects of time on the male physique. However, my experience with testosterone replacement, EmSculpt, body composition analysis, and supplements has helped me to design this program to build muscle and trim fat in men over 50.

I have a series of BrandeisMD patients whose results are so remarkable that I am going to submit them to a physical medicine journal. These are men in their mid-60s who put on 5 to 8 pounds of muscle and removed 5 to 20 pounds of fat over a period of 4 months.

What follows is the BrandeisMD Men's 12 Step Physical Rejuvenation Protocol.

If you feel like you could benefit from improved muscle mass and fat loss, we would be happy to work with you to optimize the quality of your physical fitness and set you on a path to a healthier and happier life.



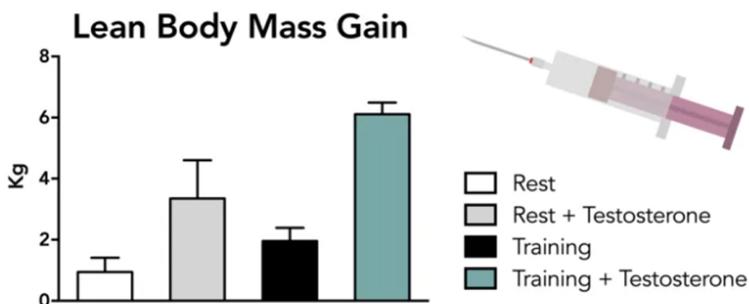
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PROTOCOL

Step 1: Optimize testosterone levels.

Testosterone is the most important muscle-building and motivational hormone in men. If a man has both laboratory results and symptoms that suggest low testosterone, he will likely benefit from Testosterone replacement. Testosterone cannot be taken in pill form, but there are several options for Testosterone replacement including injections, creams, and pellets that are placed under the skin. I prefer to use BioTE pellets to optimize testosterone because there are no extreme highs and lows in the level of T. For men with adequate testosterone, we provide a 15% boost with a DHEA-based supplement formulation like Support from AFFIRM Science. This supplement also provides DIM (also found in cruciferous vegetables such as broccoli and kale) to block the conversion of testosterone into estrogen, Tongkat Ali, and Ashwagandha.

[Click to view Dr. Brandeis' video about Low T.](#)



Look at this study on the benefits of testosterone and exercise on muscle mass. The exercise-only group built twice as much muscle as the control group, but the testosterone alone with no exercise group built 3 times as much muscle as the control group. Impressively, the group that combined testosterone and exercise had seven times as much muscle gain!

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Step 2: EmSculpt for core, legs, and arms.

Once a week for six to eight weeks and then maintenance every three months. I add Emsculpt for quadriceps and calves as needed based on physique and goals. EmSculpt uses HIFEM (high intensity focused electromagnetic waves) to rapidly grow muscles. I have found that the results of each treatment is the equivalent of 10 to 15 workouts, and it requires no effort on your part. Please visit my [EmSculpt playlist on YouTube](#).

a. Core (abs & glutes)– I have seen men build 3.5 pounds of abdominal muscle over 4 months. Core work is essential for proper posture.

b. Legs – Glutes, Quads, Calves for building leg strength.

c. Arms – Triceps and Biceps – with this protocol, I have seen men add 0.75 pounds of muscle to each arm over 4 months.



Step 3: Vigorous exercise.

Emsculpt does not entirely replace exercise and maintaining muscle strength and cardiovascular fitness is essential to living a healthy life. If you are not sweating, you are not exercising. When you actively exercise, you burn an additional 500 calories an hour, which you can add to your daily caloric intake. The type of exercise is less important than the consistency and intensity. It doesn't matter to me whether you are running, swimming, playing basketball, or playing pickleball, as long as you enjoy it and avoid injury.

Step 4: Cardio exercise.

Cardio should be at least forty minutes four days per week according to the American Heart Association. The Heart rate Goal for exercise is $220 - \text{age} \times 0.75$. For a fifty-year-old man, this is $(220 - 60) \times 0.75 = 120$ BPM.

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Step 5: Circuit training with weights.

Weight training 2 to 3 days per week. Hit all major muscle groups, including arms, legs, core, chest, back, and glutes. Use free weights, machines, bodyweight, bands, or classes. It does not matter to me other than that you enjoy it, and you can (and will) make time for it.

Exercise is as easy as ABC.

A – Cardio A (Running, Elliptical, Swimming, Biking, Rowing, Brisk walking ...)

B – Cardio B (Running, Elliptical, Swimming, Biking, Rowing, Brisk walking ...)

C – Circuit Training for 45 minutes



As you age, you need 3 days to recover from a vigorous workout and so, by rotating A, B, and then C on a daily basis, you give your body the recovery it needs to build muscle.

STEP 6: Stretching or yoga.

Spend time stretching or doing yoga for at least 15 minutes every morning. Wake up 15 minutes earlier and start the day with better flexibility and circulation. Try ManflowYoga.com or follow my morning stretching video (click the picture below to watch the full stretching routine).



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Step 7: Basal Metabolic Rate (BMR).

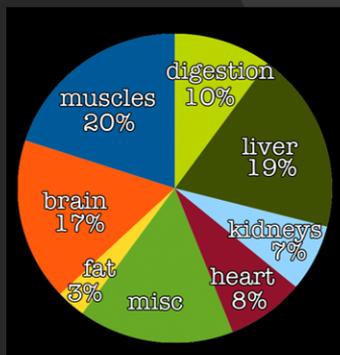
You need to know what your Basal Metabolic Rate is to begin the process of losing weight. Basal Metabolic Rate is the number of calories required to keep your body functioning at rest. There are online calculators that will calculate this for you based on your age, height, and weight, or you can get a more accurate version with a body composition analysis device as we have at [BrandeisMD](#).

To lose weight, daily caloric intake should be 500 calories less than BMR plus calories burned during exercise. This formula will give you 1 pound of fat loss per week. Crash diets make you lose water weight, which quickly comes back when you eat salty foods. So the healthiest way to lose weight is one pound of fat per week. Use an app like MyFitnessPal to count your calories.

$$\text{Daily Calories} = \text{BMR} \text{ ____} - 500 + \text{exercise calories burned}$$

Basal Metabolic Rate and Weight Loss

- BMR – Daily calories burned at rest
- Calorie is a unit of heat/energy
- 1 pound of human fat is 3500 calories
- $3500/7\text{days} = 500$ calories per day
- To burn off 1 pound of fat per week:
 - $\text{BMR} - 500 \text{ calories} = \text{Goal calories}$
- Goal + workout (500 cal/hour) is your total calories per day
- Eat protein, healthy fat, low carb, high fiber, micronutrient rich



PLANT BASED PROTEIN

PROTEIN PER 100G

CHICKPEAS  7g protein	OATS  11g protein	TOFU  13g protein
BROWN RICE  3g protein	QUINOA  4g protein	LENTILS  6g protein
CASHEWS  18g protein	PEANUT BUTTER  28g protein	ALMONDS  29g protein
AVOCADO  2g protein	BROCCOLI  4g protein	EDAMAME  12g protein

*Some incomplete proteins

ANIMAL BASED PROTEIN

@thefitnesschef_

EGGS  14g protein	TURKEY MINCE  25g protein	CHICKEN BREAST  25g protein
PRAWNS  18g protein	TUNA  25g protein	SALMON  25g protein
PORK CHOP  19g protein	RIBEYE  19g protein	DUCK  27g protein
SEMI SKIMMED MILK  4g protein	GREEK YOGURT  9g protein	EDAM CHEESE  26g protein

*All complete proteins

Step 8: Protein Intake.

Eat at least 0.5 grams of protein per pound of body weight (200-pound man needs to eat at least 3 to four ounces of protein (1/4 cup or 100 grams). The source of protein is less important to me. You can eat red meat, chicken, fish, beans, nuts, tofu, or whey protein as long as you hit your protein goal. Protein is essential for building muscle and it is very difficult to build muscle as you age without more than adequate protein levels.

Protein Goal = Weight ____ x 0.5 = ____ grams of protein

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Step 9: Optimal individualized diet.

I support any diet that follows these principles:

- High in protein
- Low in carbs,
- High in micronutrients
- High fiber,
- Add healthy fats to reach the goal daily caloric intake.

Diets I support include: Mediterranean, Keto, Zone, Vegan, Intermittent Fasting, South Beach, Paleo, as long as you still enjoy eating and can stay on a diet.

Step 10: Supporting Nitric Oxide (NO).

AFFIRM nitric oxide booster two tablets twice a day. Boosting circulation and improving blood pressure is mission-critical to building muscle and physical and mental fitness. AFFIRM 2 tabs AM and 2 tabs in the PM help to restore your body's supply of nitric oxide.



Step 11: Creatine monohydrate.

Five (5) grams per day, half before and half after exercise to increase energy production (ATP). Creatine helps to regenerate ATP which is the source of energy that your body uses and improves exercise and recovery.

Step 12: Drink fluids.

Drink enough water so that your urine is a light straw yellow color. If your urine is clear, drink less and if your urine is bright yellow, drink more. Adequate hydration supports blood pressure, circulation, and joint health.

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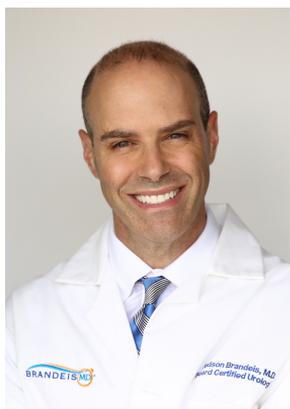
The BrandeisMD Physical Rejuvenation Protocol combines hormones, nutrition, hydration, supplementation, and physical exercise principles with cutting-edge diagnostic and exercise technology. It builds in flexibility of diet and exercise to accommodate all men. Except for Emsculpt and possibly the cost of testosterone replacement, the rest of the program is free. All that is required is dedication and determination.

Please allow us to help you improve your physical fitness to improve the quality of your life and be ready for the 70s, 80s, and beyond!



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MEET DR. BRANDEIS



Judson Brandeis, MD, is a board-certified urologist who currently practices men's health and sexual medicine in Northern California. His book, *The 21st Century Man*, is the most comprehensive guide to men's health and has won multiple awards.

Dr. Brandeis attended Brown University, Vanderbilt Medical School, and received a Howard Hughes Medical Institute Research Award for

his year of transplantation immunology research at Harvard Medical School. He completed two years of general surgical training and four years of urology residency at UCLA Medical Center and served as Chief of Urology at John Muir Hospital and at Hill Physicians from 2012 to 2018.

At BrandeisMD, he performs clinical research using shockwave therapy, platelet-rich plasma, high-intensity focused electromagnetic waves, microvascular ultrasound, and nutritional supplements for conditions such as sexual dysfunction and Peyronie's disease. Dr. Brandeis is on the Board of Advisors for BioTE, GAINSWave, and BTL. He is the CEO of AFFIRM Science, which creates nutritional supplements based on current scientific data, formulating products that include AFFIRM, PreLONG, Support, and SPUNK. He has been voted Top Urologist in the Bay Area by San Francisco Magazine for eight consecutive years, 2014 to 2021, and has appeared on The Doctors TV show and numerous podcasts, including Ben Greenfield Fitness and Dr. Drew.



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