

Chapter 1 : NPR Choice page

About American Male. In American Male set out to change the way men thought about a haircut. Not a typical barber shop and not a typical salon American Male is a hybrid of both.

What about our icons? The next time you watch a newer movie with a white, American male under the age of 40, does he portray the same, strong, male, masculine characteristics of men from a previous era? Sadly, the answer to that question is no. Is it a coincidence that we are now importing leading men from Australia or Ireland to play many of our heroic American film roles? Why have we become more Beta than Alpha in recent years? There are several reasons for this, and studies are showing that from a biological standpoint, we are not as masculine as our predecessors. For example, according to a study published in the Journal of Clinical Endocrinology and Metabolism in January, there is sufficient evidence showing that testosterone levels spanning three decades were on the decline. They studied the testosterone of men ranging from the age of 45 to 79 in three waves " , " , and " and discovered that men who were 65 in had much higher testosterone levels compared with men of the same in age in and Not only are testosterone levels taking a nose dive, but so are sperm counts. Studies have shown that not just sperm quantity, but sperm quality is on the decline. This trend is very alarming and troubling with regard to our survival as a species. Although the exposure may be small with each individual chemical, the combination of what we are exposed to on a daily basis becomes quite significant and overwhelming. In recent years, men and boys are exposed to more estrogen mimicking substances than ever before that are demasculinizing us. These substances can be found in the water we drink, the food we eat, prescription drugs we take as well as environmental factors we are exposed to on a daily basis. What are Endocrine Disruptors? Endocrine disruptors interfere with our hormones, can cause cancerous tumors, birth defects, and other developmental disorders. Xenoestrogens are basically estrogens in chemical form while phytoestrogens are estrogens naturally occurring in foods and plants. They both mimic the action of estrogen in our body at the cellular level and can in fact alter hormonal activity€scary stuff! Let that sink in for a minute. Our bodies are being flooded with estrogen! No wonder why so many men and boys are developing breast tissue, have lower than normal testosterone levels and sperm counts. EDC damage is believed to be most severe during prenatal or early pregnancy exposure. According to the World Health Organization WHO , EDCs can also be transferred from the pregnant woman to the developing fetus or child through the placenta and breast milk. Pregnant mothers and children are the most vulnerable populations to be affected by developmental exposures, and the effect of exposures to EDCs may not become evident until later in life. Exposure to estrogen mimicking endocrine disrupting chemicals during this crucial time in the first few months of life for a baby boy can adversely affect what should be normal, male hormonal development.

Common Sources of Endocrine Disruptors Your first defense against this chemical warfare being waged against your manhood is to be able to identify the most common sources of endocrine disruptors so that you can protect yourself, your family and future generations. Phthalates are mainly used as plasticizers and are added to plastics to increase their flexibility, transparency, durability making them harder to break and longevity. They are used in hundreds of products, such as vinyl flooring, adhesives, detergents, lubricating oils, automotive plastics, plastic clothes raincoats , and personal-care products soaps, shampoos, hair sprays, and nail polishes. BPA stands for bisphenol A. BPA is used to manufacture polycarbonate plastics. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles, plastic dinnerware, automobile parts and toys. BPA resins are used in the protective linings of canned foods and beverages, dental sealants, as well as thermal paper used for sales receipt and movie tickets, that can easily leach out onto your hands. Parabens are a class of chemicals found in personal products that act as preservatives and antimicrobials. Parabens are used in a wide variety of cosmetics, as well as in foods and drugs. Cosmetics that may contain parabens include makeup, moisturizers, hair care products, and shaving products, among others. Cosmetics sold to consumers in stores or online must have a list of ingredients, each listed by its common or usual name. This is important information for consumers who want to find out whether a product contains an ingredient they wish to avoid. Parabens are usually easy to identify by their

name, such as methylparaben, propylparaben, butylparaben and ethylparaben. Eat Foods that are Free of Pesticides, Herbicides, and Added Hormones Research shows that many agricultural pesticides disrupt male hormones. Scientists are strongly recommending that all pesticides in use today be screened to check if they block testosterone and other androgens, the hormones critical to a healthy reproductive system for men and boys. Stay Away From Soy! Soy is one of the heaviest subsidized crops in the United States and, almost all soy is genetically modified. Soybeans mean big business for farmers and food manufacturers, as well as a huge boom for Monsanto which creates the toxic pesticide Roundup which is sprayed on crops and, is also the leading manufacturer of GMO soybeans. With the case of soy, your health takes a back seat to profits and big business. Soy contains isoflavones which are plant-derived compounds that can disrupt your hormone levels and function causing a decrease in testosterone. Before you reach for bottled water, you first need to ask yourself if drinking bottled water is better than drinking tap water? Like tap water, drinking bottled water has its risks as well when it comes to being exposed to endocrine disrupting chemicals. The federal government does not require bottled water to be safer than tap. Tap water in most big cities must be disinfected, filtered to remove pathogens, and tested for cryptosporidium and giardia viruses. Bottled water does not have to be. Both kinds of water are tested regularly for bacteria and most synthetic organic chemicals, but city tap is typically assessed much more frequently. For example, bottled-water plants must test for coliform bacteria just once a week; city tap needs to be tested or more times a month. When comparing tap water to bottled water, in short, the bottled water industry is actually LESS regulated than your local water system. Also, when it comes to bottled water, the actual bottle that it comes in causes concern. Plastic bottles contain phthalates and BPAs which can leach into water over time. We obviously need to drink water, but the question is, how can you protect yourself and your family from harmful chemicals? The short answer to that question is that your best line of defense is a water filtration system and to use glass bottles or steel containers instead of plastic water bottles. What can you do? Knowledge is the best weapon. With knowledge we can change our lifestyle and diet to protect ourselves, our children and future generations against some of these toxins that threaten our survival. Here are some actionable items you, your family and friends can start doing right away. Choose Grass Fed instead. Little changes in our everyday life can make big differences in our health and the survival of man.

Chapter 2 : Average height for men, height and weight chart

American Male, a short film from MTV's Look Different Creator Competition, is a gritty look at how gender norms make it hard for us to be who we really are. Head to calendrierdelascience.com

Jacinta Moore Although I have spent the last 16 years in two long-term relationships with an American and an Italian, there have been intermittent periods of dating in two international metropolises—New York and Rome. I have also experienced the grey area of accepting dates from Europeans living in America, that provided the best of both worlds. Many stories of relocation have common threads in which people from all walks of life leave their childhood home and start anew in a big city for personal and professional goals and fulfillment. This can be true from someone who has picked up and taken off from the American Midwest or migrated from southern to central Italy. However, there are some unique, funny, cultural, and outright strange differences that really impact the experience of courtship from both sides of the Atlantic. The next time a date is offered and accepted, here are some things to consider:

1. First impressions and personal sense of style. European men take great pride in dressing up and being well-groomed for a date. They select their clothes for the fit and neutral color palette and appreciate a warm smile at first glance based upon their effort and attractiveness. Only if coming from work, perhaps a suit without the tie. They are more concerned about comfort yet will maybe joke that they are too dressed down. European men have a strong sense of cultural and historic pride. American men have a strong sense of degrees earned and career related pride. A first date may be to meet up for drinks or a mid-week dinner and reciprocally discuss university studies, internships, promotions, and the workday. Compliments, flirting, and laughter. European men are charming with their words. American men are sweet yet more reserved with the outpouring of compliments. If they make her laugh, they are working hard to win her over. Most men will be insulted or put off if she reaches for the check, offers to split it in half, or emasculates him by overtly shooting down what he has planned for their enjoyment together. In return, he sincerely wants to be met half way with simple kindness and attentiveness. With women making equal or even more money, a power struggle or blurred lines can occur anywhere from making plans, initiating communication, and determining the direction of the courtship. The chase and conquer. European men love the chase. From boyhood they have learned to convince, persuade, hunt, negotiate, and develop skills of being persistent and clever—as passed on from their fathers, grandfathers, and so on. Women who gently resist, make them work to win over her heart, and present a playful challenge will make him feel successful that he has conquered the heart of his treasure. American men tend to be more direct, straight talking, and relaxed. If they want to court a woman, they will let her know through actions and words without much fuss, but will still hold her to standards of being too willing and eager to give to him without rightfully earning her affection. The beauty of doing something vs. European men may think up interesting, stimulating, and amusing dates but it tends to be one outing or activity per meeting. This is because Sunday lunch can last for four hours followed by a walk. Going dancing means you start the night at American men are thoughtful in their planning, yet also have spontaneity to see how the date is progressing. It may start out as a Sunday brunch and if all goes well, an early evening movie at the theatre, followed by catching a bite and a drink afterwards. Smoking and drinking while enjoying an evening out. Europe is known for its healthier and farm fresh cuisines, active lifestyle of frequent walks around the town or city square, along with valuing the importance of taking a daily dose of fresh air. However, smoking is still quite predominant within many countries. However, a glass of wine is sipped and enjoyed for its flavor and accompaniment to conversation or the meal, not for further recreation. Yet there is less interest in smoking as people choose to protect this aspect of their health. However, anywhere from a glass to four of alcohol may be enjoyed during the course of dinner along with some under-the-influence behaviors. The language of the gaze. European men will gaze at a woman of interest until she senses it. During courtship, a language of the eyes develops as looks, stares, and glances speak volumes of appreciation, interest, flirtation, and comfort. American men will wait for a woman to stare at him first and give him the go-ahead to approach once their eyes have met. During courtship, he relies more on gestures and words rather than eye contact to demonstrate his affection. European men are hot

blooded and passionate about life, love, politics, economy, family, sports, and their interests. They are more emotive and expressive yet retain their masculinity. American men have more of a cool reserve that certainly illustrates strong work ethic, intelligence and interest in both world concerns and academic education, along with making time for hobbies. However, they express themselves conversationally and with more tranquility. Independence and future planning. European men like to live in the moment. However, there is a lot of external factors regarding economic crisis and strong family ties that impedes the path of marriage sooner rather than later. American men are more future oriented and value organization, hard work, and planning to reach both short and long term goals. If they feel good in the presence of their woman, they tend to commit and marry sooner because they see the value of wanting her to share life together side by side. They also strike more of a balance between family and their personal lives. More From Thought Catalog.

Chapter 3 : The Continued Pussification of the American Male - Bold and Determined

Pussification: The Effeminization of the American Male and millions of other books are available for Amazon Kindle. Learn more Enter your mobile number or email address below and we'll send you a link to download the free Kindle App.

You get to use your muscles to pick up heavy things, you get to use your dick to fuck things, and you get to use your brain to think and create things. But how the heck have they convinced MEN that being a man is bad or evil? And convinced they have. American men are less like men and more like little boys, effeminate little boys stuck in a state of arrested development. Even worse, some men apologize for being men or supplicate and pander to women, minorities and gays. Next time you watch a newer movie with a masculine, alpha male character go to imdb. You will see one thing in common: I will gloss over the reasons and give you some links to read for yourself. News flash, the food pyramid is bogus. A box of cereal can sit on the shelf for months, a cut of steak can sit on the shelf only a few days. The pussiest of the pussy men eschew meat all-together in favor of a soy based diet. Another news flash, soy is an estrogen enhancing garbage by-product repackaged and sold as health food and Americans eat more of it than anyone. Women are right, always. Men are wrong, always. In the media Men are constantly portrayed as buffoons to their all-knowing spouse or girlfriend. According to the media you must always bow down to your Woman. Here are a few things you may not know: Men used to work all day to provide for their wives and children. C Women and Men are not the same and they are not equal. There are differences in the gender which is why for the entire history of mankind Men have been the providers and Women have been the caregivers. The tides are turning, Women are becoming more masculine and Men are becoming more feminine. In the media Men are portrayed as completely unnecessary, which is completely true of your goal is to raise criminal children. The wealth is systematically distributed from the man to the woman via divorce theft. Every ad, TV show, Movie, and misc media portrays Women as the smarter, better sex and Men as weaklings. Men are taught to be ashamed of their masculinity. In a PC culture most men have to walk on eggshells to not offend any women or minorities or gays. Working men have to avoid charges of sexism, racism, and sexual harassment at all costs. Whatever happened to kicking ass and taking names? Load up on steak, eggs, chicken, raw milk, butter and all other real products. Limit your consumption of processed food one day a week is fine. Eat high protein, moderate to high fat, and low carbohydrate to boost testosterone. Eat grass-fed beef if you can afford it. You can hardly be a man and be a weakling at the same time. Bosu ball nonsense if ok for the girls not really but no man should be caught dead doing shoulder presses with 10 lb dumbbells off a stability ball. Learn to defend yourself. Learn to box, learn MMA, buy a gun but do something. Defending yourself is perfectly fine even against a woman but only a repugnant coward beats on those weaker than him. You MUST discipline your kids or they too will turn into spoiled little nancy-boys. Stop the supplication and pandering. Entrepreneurship is one of mans greatest callings. What it does mean is that you should never be ashamed or apologize for your masculinity.

Chapter 4 : Key Statistics for Breast Cancer in Men

Numerous theories purport to explain the existence of straight men who have sex with other men. Though all have some empirical validation, a consensus is s-l-o-w-l-y evolving as to which is the.

Average height for men November 8, By Dr. Halls Did you know that the average height for men is 5 foot, 10 inches, or about 1. I wish I was taller Your wish is granted. Reminds me of a joke. Average male height for Americans The average American height for men is cm or Good thing you are tall then. Easier would be better. I have some ideas for moving crosshairs. Explanation of the average height for man chart. As we can see from the chart, the height of man after age 20 tends to remain the same, until around age 50 years. As a man ages, a gradual decline in height occurs. The thick red line in the middle of the chart shows the median or average height 50th percentile of men. Did you know that the tallest man on record measured in at 8 foot Now, that is tall! Yes, and the world tallest woman is 7 foot 8 inches. You have to remember though that these height variations are often due to medical conditions. Average height for Men compared with Weight Finding out your height is important because then you can find your ideal weight or the most desirable body weight for you. Even better use our very own ideal weight calculator to see how you are doing in comparison with others of the same age, race and height. Important measurements such as Body mass Index BMI are based on both height and weight for man and woman. Once you know your height percentile, you can visit the weight chart for men too and see if your body weight matches your height. A Body Mass Index chart or calculator is basically weight for height measurement. Ethnicity or race and average height for Men The height for the average man does change according to race and ethnicity. So, to see how your height compares look at the charts according to race below:

Chapter 5 : The Demasculinization of the American Male | Critical Bench

Unlike Poodles, shaved bears don't look funny, they look like the worst nightmare you can come across in the the woods.

Chapter 6 : List of average human height worldwide - Wikipedia

The American Males were a professional wrestling tag team in World Championship Wrestling (WCW) composed of Marcus Bagwell and Scotty calendrierdelascience.com gimmick was of two "pretty boys" who were fond of their own bodies and popular with women.

Chapter 7 : 10 Differences Between Dating American And European Men | Thought Catalog

If you are seeking a hair stylist in Berwyn, PA, check out American Male's Berwyn men's hair salon. We are a top destination located on the Main Line. Each experienced hair stylist on our team is an expert in men's hair cuts, color, styling and so much more.

Chapter 8 : The American Males - Wikipedia

EnglÅsh ' Susan Orlean "The American Ivale at Age Ten" "The American Male at Age Ten" by Susan Orlean If Colin Duffly and I were to get married, we would have matching srryerhero notebooks.

Chapter 9 : The Last American Man: Elizabeth Gilbert: calendrierdelascience.com: Books

Kavanaugh Is the Face of American Male Rage. Men are being held accountable â€” and it has them mad as hell.