

THE BIG QUESTION

I'm losing my hair in my late 20s. Is that because I have high testosterone and a rampant sex drive? -JS

★ Believe that if you want to, JS. But you'd be largely kidding yourself. Like a lot of myths, this one's traceable to an old study that has been misinterpreted. Back in the 1940s, Yale psychologist James Hamilton found that 21 boys undergoing castration were less likely to develop baldness in adulthood. This led many to believe that the less testosterone you have, the lower your risk of premature hair loss. "But the idea testosterone determines baldness is simplistic," says Dr Russell Knudsen, past president of the International Society of Hair Restoration Surgery and founder of The Knudsen Clinic.

Testosterone plays some part, he says, but it's the conversion of testosterone to the more potent androgen dihydrotestosterone (DHT) that is more pertinent. While DHT promotes hair growth on your body, it can have the reverse effect on your scalp, shrinking the follicles and causing a proportion of your precious locks to call it a day. Your age, genetics and stress levels will also affect the extent of balding. "The most macho guy you know will not necessarily be the baldest," says Knudsen. "Arnold Schwarzenegger still has a full head of hair at 72, but nobody would dispute his testosterone count."



BIG GUNS AND A
DWAYNE JOHNSON
HAIRDO NEEDN'T
GO HAND IN HAND.

ANCIENT SOLUTION TO A MODERN PROBLEM

Q I want to ask out this girl from work but how do I deal with the awkwardness if she says no?

A You are scared of dying but tell me: is the kind of life you lead really any different from being dead?

- Seneca The Younger; b. 4BC

TEXT A PT



My wife can touch her thumb to her middle finger while encircling my wrist.

Right. So you have, um, delicate wrists and forearms. And you'd like to grow them?

Yes! Fast. 🚀🏃

For a lot of guys, just training back – pull-ups, rows – will build up your lower arms.

Not me. My back's decent. My upper arms are decent. My forearms are pencils.

OK. That's genetics, so don't beat yourself up. You just need to hit them with targeted moves.

Tack this routine onto your upper-body days. 4 sets of each move with a minute's rest between sets. Farmers walks (go heavy – for you). Dead hangs (for time). Barbell reverse curls.

That'll do the trick?

Sure will, Popeye. As long as you take each set to near-failure. Gotta let those muscles know you mean business. 💪

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NUTRITION KNOWHOW

My wife thinks my breakfast is weird and the kids poke fun at me: oats, whey, beet powder, psyllium husk, cinnamon, blueberries, almond butter.
Thoughts? Great for me?
Going to kill me? -JW

★ It's great for you! That's the verdict of nutritionist Chris Mohr. "I love the variety of nutrient-dense foods in there, which pack in solid nutrition, fibre and many antioxidants," he says. "It's got a balance of carbs and protein, too." If Mohr were to suggest an addition, he'd say toss in some hemp seeds for healthy fats. For those who don't have the time or

inclination to prepare this mighty feast, you can get by with just oats, a higher protein milk like The Complete Dairy High Protein Full Cream milk (to replace the whey), hemp seeds and blueberries. "Not quite as many bells and whistles but still full of awesomeness," says Mohr. As for your concoction, JW, your wife and kids can laugh at you all day long.



MAKE EVERY SPOONFUL OF YOUR BREKKY A NUTRIENT PUNCH.