

CONTACT

www.thenumethod.com

the.nu.method@gmail.com

718.638.9275

11th Issue

THE NU METHOD



LETTER FROM THE EDITOR

MEN Issue(s) By Tanya Fly

Although it's been well over a few minutes sense I was considered a teenager I can still remember vividly the very first time I laid eyes on ya girls version of her First Love.

I actually met him in a local park on his summer job back home in Michigan complete with, my sister conveniently cast as his nice but don't play yourself boss. She, was his desired Cougar, (19 or 20 I believe), long before women would know how valuable having that ability could be. (smirk) It may have been my 13 year old impressionable eyes glued upon *him* but HIS 16 year old testosterone hunt was dead on *her*! However, alas his fairy tale romance would never be for she was not only 3 to 4 years older, (Dog years in Teenage Land), but she was in COLLEGE. To my sister he was

just a kid in High School even with all his accomplishments, (Honor Roll Student, Captain of the Basketball team etc), simply put `She was just not that into him'. Nope my desired Romeo wasn't even a blip on my sister's radar screen but for me, child HE WAS THE SCREEN!

Anyway, months later it got back to him that I had this ridiculously-borderline obsessive crush and out of nowhere, he-called-me. My first clue that this would be the first brother to convince me "The moon was made out of cheese" thanks grandma, should have been that conversation.

The official introduction to his world, not mine, was to have me guess who HE was by *physically* describing himself with much swagga', (bravado) I might add. He was fine but like SERIOUSLY?!?!



TANYA FLY

Founder, Editor-in-Chief

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MEN FOLK continued

Hey what do you want from a barely teen? I was just a girl, talking to a boy, hoping he might LOVE HER, remember Julie R.-movie Knotting Hill. (TFly eyes fluttering) Although are interaction began when I was 14 we didn't actually begin seriously dating until I was in HS and he in College. Yes, you've seen this movie before and I no exception. However, unlike the feel good movie, you know my version ends badly, right? My puppy love having a natural demise would have been too humane. It had to be on my school's HOMECOMING (HC) NIGHT at the big football game where afterwards I would be co-hosting one of the hottest parties of the year. Turned out he had a coming out party of his own complete with his REAL cheerleader girlfriend, also 19, proudly by his side. Rock the OMG bells, baby. Humiliated is an understatement and had it not been for a HC Top Ten, (our schools version of royalty), Prince Charming saving me from myself I don't know what I would have done.

What does drama-teen flashbacks have to do with Health you ask? Everything! See,

my first love told me LONG before I was b@tch-slapped that he would not be good for my mental health. Nor would I ever be his number 1 girl. Sure, I longed to be, at times he would play Pretend Boyfriend but now the writing was on the wall for all to see. He was: Too Old, Too Experienced and TOO Self-Centered to ever really be with such a young girl. Instead of believing the truth of Him my rose-colored glasses way 3D could only read Fantasy; a part he happily played.

MEN. What really makes them tick? Can we find out BEFORE we're screaming like lunatics, regrets of eating "The whole thing" running a mock in our heads, smoking ourselves to death or straight up losing our minds? Instead of pretending to understand or half listening on my own anymore I decided to take it to the source. **MEN** this TNM's 11th issue is all about you. Who you are, what you think and want in your own words.

Women and Men, lend me your ears, kick up your feet and get your focus on cause' its TNM time.



MEN and HEALTH

Want to Look and Feel Better?

GET THE FACTS

Chronologically you may be a certain number but if you were to ask your body what would IT say? If you aren't sure, its time to find out.

Go to **Dr. Oz's** website and take his **RealAge Test** for **FREE!**

<http://www.realage.com/reg/regvar.st1.aspx?mod=LONGFORM&nologos=1>

THE NU METHOD will do you one better. **INTRODUCTORY OFFER:** We have provided you with the actual link. After taking the test if you have been inspired to improve your current status, at the purchase of 1 private session you will get your first consultation and training session absolutely **FREE!** **WOMEN** are also encouraged to take advantage of the test and savings.

1 Consult and 2 PVT sessions for \$85
(reg. price \$195)

Ever wondered what causes **Impotence**?
Here's a link from About.com to explain it

<http://video.about.com/menshealth/Impotence.htm>

Health Test Men NEED

These health screening tests are specifically chosen by the U.S. Preventive Services Task Force because early detection can lead to prevention and treatment that saves lives

**FREE
TNM
Workout!**

- 1) **Obesity**
- 2) **High Cholesterol**
- 3) **High Blood Pressure**
- 4) **Colon Cancer**
- 5) **Diabetes**
- 6) **Skin Cancer**
- 7) **Depression**
- 8) **HIV**

Resource

Men: Stay Healthy at Any Age—Your Checklist for Health. AHRQ Publication No. 07-IP006-A, February 2007. Agency for Healthcare Research and Quality, Rockville, MD. <http://www.ahrq.gov/ppip/healthymen.htm>.

To read the complete article go to: <http://longevity.about.com/od/inyour20s30sand40s/a/>

DID YOU KNOW?



Your Sex Life and Exercise:

A German study from Cologne University Medical Center has found that **physical exercise can be as effective as Viagra in dealing with erectile dysfunction.** Over 80% of their participants with mild to medium circulatory problems reported better erections compared to 74% taking Viagra!

Resource: About.com

TOP 12 HEALTH TOPICS for MEN

Editors of www.WEBMD.com determined the topics and placement on their lists.

Here are there results:

1. **Frequent Masturbation**
2. **Prostate Cancer**
3. **High Cholesterol**
4. **Natural Viagra**
5. **Getting "Wasted"**
6. **Back Pain**
7. **Pancreatic Cancer**
8. **Penis Facts**
9. **How to Stop Fighting**
10. **Quit Smoking**
11. **Penis Enlargement**
12. **Most Common STDs**



PROSTATE CANCER PREVENTION

Doctors cannot always explain why one person gets cancer and another does not. However, scientists have studied general patterns of cancer in the population to learn what things around us and what things we do in our lives may increase our chance of developing cancer.

Anything that increases a person's chance of developing a disease is called a risk factor; anything that decreases a person's chance of developing a disease is called a protective factor. Some of the risk factors for cancer can be avoided, but many cannot. For example, although you can choose to quit smoking, you cannot choose which genes you have inherited from your parents. Both smoking and inheriting specific genes could be considered risk factors for certain kinds of cancer, but only smoking can be avoided. Prevention means avoiding the risk factors and increasing the protective factors that can be controlled so that the chance of developing cancer decreases.

Although many risk factors can be avoided, it is important to keep in mind that avoiding risk factors does not guarantee that you will not get cancer. Also, most people with a particular risk factor for cancer do not actually get the disease. Some people are more sensitive than others are to factors that can cause cancer. Talk to your doctor about methods of preventing cancer that might be effective for you.

Purposes of this summary

The purposes of this summary on prostate cancer prevention are to:

- * Give information on prostate cancer and how often it occurs.
- * Describe prostate cancer prevention methods.
- * Give current facts about which men or groups of men would most likely be helped by following prostate cancer prevention methods.

You can talk to your doctor or health care professional about cancer prevention methods and whether these methods would be likely to help you.

The prostate is a gland in males that is involved in the production of semen. It is located between the bladder and the rectum. The normal prostate gland is the size of a walnut and surrounds the urethra, the tube that carries urine from the bladder.

Significance of prostate cancer

Prostate cancer is the most common nonskin cancer among men in the United States. Although the number of men with this disease is large, the number of men who are expected to die of the disease is

considerably smaller, since the majority of men diagnosed with prostate cancer do not die of it.

Prostate cancer prevention

Prostate cancer can sometimes be associated with known risk factors for the disease. Many risk factors are modifiable though not all can be avoided.

Age: The risk of developing prostate cancer increases as a man gets older.

Chemoprevention: Chemoprevention is the use of specific natural or man-made drugs, vitamins, or other agents to reverse, suppress, or prevent cancer growth. Several agents, including difluoromethylornithine (DFMO), isoflavonoids, selenium, vitamins D and E, and lycopene have shown potential benefit in studies. Further studies are needed to confirm this.

Diet and lifestyle: The effect of diet on prostate cancer risk is under study. A diet high in fat, especially animal fat, may be associated with an increased risk of prostate cancer. More studies are needed to determine if a low-fat diet with more fruits and vegetables helps prevent prostate cancer.

Studies show that a diet high in dairy products and calcium may be linked to an increased risk of prostate cancer, although the increase may be small.

Hormonal prevention: Studies are underway to discover the role of certain drugs, such as finasteride, that reduce the amount of male hormone as preventive agents for prostate cancer.

Race: The risk of prostate cancer is dramatically higher among blacks, intermediate among whites, and lowest among native Japanese. However, this increase in risk may be due to other factors associated with race. Studies have shown a link between levels of testosterone and prostate cancer risk, with black men having the highest levels.

Get more information from NCI

Call 1-800-4-CANCER

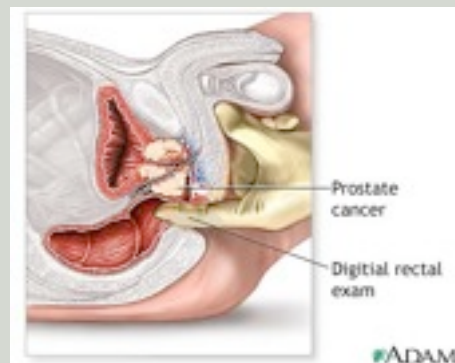
For more information, U.S. residents may call the National Cancer Institute's (NCI's) Cancer Information Service toll-free at 1-800-4-CANCER (1-800-422-6237) Monday through Friday from 9:00 a.m. to 4:30 p.m. Deaf and hard-of-hearing callers with TTY equipment may call 1-800-332-8615. The call is free and a trained Cancer Information Specialist is available to answer your question.

Search the [NCI Web site](#) provides online access to information on cancer, clinical trials, and other Web sites and organizations that offer support and resources for cancer patients and their families.

Source: U.S. National Institutes of Health, National Cancer Institute. <http://www.cancer.gov/>

****NEXT Issue of TNM check out my personal introduction to My Very First Mammogram!****

PREVENTION



Research has shown that there seems to be cancer-fighting qualities in both broccoli and tomatoes. A study from the University of Illinois shows that the two working together may have even better tumor-shrinking capabilities. Professor John Erdman said: "When tomatoes and broccoli are eaten together, we see an additive effect. We think it's because different bioactive compounds in each food work on different anti-cancer pathways."

MEN SPEAK READY?

Since the beginning of time, Men and Woman have found communicating and understanding one another to be almost an impossible feat. How would TNM gain true insight into the Male Psyche on topics such as health, love and life in general? Believe it or not we just had to ASK!

Although these men were obviously willing there were certainly differences. In our last issue of TNM we had 4 Women discussing the challenges *they* face in finding Balance in their lives. Once *they* agreed, there was no lag time between asking and receiving their thoughts. Generally speaking, women like to talk—sometimes in great detail.

The MEN on the other hand although no exception regarding their candor were not looking to provide you all with such “Language Foreplay”. So ladies if you’re looking for that Communication Filter moment you’ve come to the wrong party. Get ready for a meat and potato version of TNM’s Q&A!

Note: There were men who were asked and agreed to participate between the ages of 25-35 but TNM unfortunately never received those interviews in time for this article.

General Information

TNM

Guys thanks so much for agreeing to share yourselves with our TNM Community. I’d like to start with introductions please:

Steven 47

Kev 48

Eric 53

What is your educational background and your occupation?

Steven



BFA. Professor

Kev

2 yrs of College. Producer/Engineer/Composer/Programmer

Eric

M.A (Graduating in May)

We all know time and resources, (cash etc.), can be hard to come by but when you do get the opportunity to have a bit of free time what do you love to do?

Steven

*No answer.

Kev

Spend time with my kids, hang out with friends

Eric

I love to spend time in my home, both in NY and at our summer home on Cape Cod. Cooking and entertaining friends is a major part of my life. I enjoy going to the theater, walks on the beach with my husband and my dog when I’m on the cape, spending time

with our three grandsons and two nephews, working in my garden, driving my convertible, riding my bike, window shopping and tea dance in P-town.

Spiritual or Meditation Practice

Are you all Spiritual? What is your practice and why?

Steven:

Not sure exactly what you mean here. I do believe in living with the premise that God is always present in my life. This is in general the Hindu /Buddhist way of life. Why-Because of the positive effects this practice is in my life.

Kev:

Yes. I believe in a higher power and believe that we are all spiritually inter-connected

Do you consider yourself Religious? Your Practice and Why?

Steven:

I am Baptist, because I believe in the teachings for life, which a Baptist lives. I love learning about the bible to know how God wants us to live. I originally was Catholic but I don’t have the same connection which that religion as I do with being Baptist.

Kev:

No. Religion is man made, divisive and controlling.

Eric

I was raised in the AME church but I now attend the Universalist Unitarian Meeting House in Chatham because I find it more inclusive and less restrictive than other organized religious practices.

MEN SPEAK CONTINUED

Relationships

I know both Steven and Eric are married. Steven you've been with your wife for 16 years and Eric has been married to Greg for 28. Kev, what's your status?

Key:

Single. My last long-term relationship was for 5 years ending 3 months ago.

Does what you do for a living reflect who you believe you really are on the inside?

Steven

Yes... I have passion for my career, which only extends from the person I have become...passionate about my family and the well being for all.

Key

Not at all.

Eric

Yes

What about physical activity? How important is it in your life and a few examples of what you do if it is.

Steven

Physical activity is very important in my life. I do exercise occasionally and walk daily. I now am going to take yoga to clean my mind for inner peace. I try to eat healthy, especially since I am getting older.

Key

It is...Jumping Jacks, use Nintendo Wii fit, occasionally play touch football.

Eric

Moderate to very I would say. I walk everyday and try to get to the gym at least three times a week.

How important is it for your significant other to be active? If moderate to very, define what that exactly means and/or looks like to you?

Steven

It is major for my wife. She daily goes to the gym

Key

I want my woman to be healthy and fit but she doesn't have to be a size 5/6.

Eric

My husband has MS and it is very important that he continue to be physically active to maintain his quality of life. He works out everyday and takes Pilates twice a week.

SEX and INTIMACY

Alright people, you knew it was coming. How important is an active sex life from 0, (not important) to 10, (extremely).

a) More than you are

1 person



involved at a time?

with

b) How does Variety play into the program?

c) *Exploration* with same partner, (monogamous) but together, you know different techniques, practices--etc?

Steven

a- 6 , b- not important at all, but I do think about it sometimes when I am annoyed with my wife and c- exploration for variety

Key

a) 8-10, b) 6 c) 7

Eric

Always into trying something new.

Tell us how much you believe your health and Well-being effect how you see your overall quality of life?

Steven

1000%

Key

I'm really not sure...

Do you find it as challenging as women to balance your responsibilities of your relationship(s) and/or family?

Steven

It is very challenging. I am constantly juggling all balls to make everything work, family/career/love life/ community service.

Key

Very challenging.

Eric

No answer.

What would you spend MORE of your time doing?

Steven

Time I spend maintaining my business

I must admit, I'm lovin' the coombya moment. (Laughter) So if I had a magic wand what would you have your fairy God-mother cut out of your life?

Steven

Less time arguing with my wife.....

This is major for me. I cannot think of other points.

Key

Less community service/less time at work/less time debating what to do.

The amount of time that I have to work.

The amount of traveling I sometimes have to do.

Single People thru Friends with Benefits

I've recently come to LOOVVVVE asking this question. Possibly, in part, because it can greatly affect either directly or indirectly single folks like myself. So... what exactly is the *benefit* you all think if any?

Steven

This section isn't for me but I wanted to answer point 11.....

MEN SPEAK CONTINUED

Kev

I have a certain amount of freedom. I can step away from my mate at time to clear my head. I can spend time with her at her place, which sometimes seems like a mini vacation.

Any thoughts about why you've chosen this lifestyle vs. another?

Kev

Good question

Eric

I actually enjoy my life just the way it is.

Can any of you think of the most romantic and/or sexiest thing a person has ever done for you?

Eric

Throughout our 28 years together Greg has done many more romantic and/or sexy things than I could possibly list here. However, he sings to me daily and always songs of his own devising. This reminds me on a daily basis just how lucky I am to have him and how empty life would be without him.

Talk to us about the importance of emotional understanding and connection with your partner vs physical connection and consistency? How much or often would you like to be engaged or not?

Steven

Emotional attachments are deeper than physical connections because they are long lasting. I find I am more attracted to an emotional connection because I find it more sincere. When I was younger, more importance was placed on the physical.

Kev

To me they're both equally important.

Eric

We are always emotionally connected. I think if you are emotionally connected physical connection comes as an extension of that.

Any questions for women in general?

Steven

What makes women always question a firm statement?

Why is finance the cause for disagreements?

What is their uneasiness to talk about intimacy and the needs of their partner?

Kev

Why? That's it.

Eric

No idea.

Anything you wish women really understood about men in general!

Steven

*Men can be really supportive.

*Men can be intimate and still have an argument.

*Men can run a household, laundry-etc and still be masculine

Kev

*Smothering a man with affection isn't sexy.

*Trying to change your man into someone else isn't sexy.

*Yelling and screaming while arguing is the worst shit you could do to get your point across.

Talk to us...we really want to know what you think men finally "Get" about women?

Steven

*Women need to hear from their partner that they love them completely, not only during sexual encounters.

*Women need to know that there is financial security in a relationship, especially when children are involved.

*Women need to communicate and as a man you have to have patience to listen then give support. No need to react, just respond.

Kev

*Know when to just hold your woman and nothing more.

*Let your woman know how much you appreciate her.

*Respect the love that you have for your woman.

Eric

*Talk to them.

Monogamy? Any value? Why or Why not?

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Steven

Yes... You only learn to grow more with the partner you have selected. Sex becomes more than a release. If the relationship is true, monogamy can enhance your life. You will be complete. You do not have to keep looking for that quick release....

Key

Of course, especially if you have a woman that is on the same page as you mentally, spiritually, and sexually.

How about an Open Relationship?

How comfortable do you think you'd be having one with a person you were emotionally invested with?

Steven

Not sure if I could...my wife and I haven't both reached that level of maturity in our relationship in order for us to trust one another in an open relationship.

Key

At one time I was, but not now.

HEALTH

Time...what a commodity don't cha think? We're all grown and know better but honestly do you feel you spend the necessary time you should on your health comparatively to your career status or financial wealth? Why or Why not?

Steven

No. I need to spend more time on maintaining my health.

Key

Not like I should, procrastination is a bitch.

So, say your partner gained 30+ lbs more than when you met would weight gain alone affect the quality of the relationship and why? What would you say/do?

Steven

My partner has gained weight and so have I, since we were married. We both communicate how important it is

to maintain a healthy relationship by not continuing to expand with weight. We only encourage each other with our words of comfort for one another about weight gain. Example- Honey lets exercise together or let's try not to eat so much fried food....How about broiled fish instead?

Key

Yes, it most likely would affect how attracted I was to them. What would you say/do? I would encourage "us" to eat healthier and get some exercise.

Freestyle

What's the BEST of who you are you think?

Key

I'm witty, a good listener, an attentive lover, smart, ambitious and driven.

Steven

My best quality is that I am great at responding to the needs of my partner and do not react to her emotions. I take the time to understand the problem before I judge an answer.

Are you the man (mind, body, and spirit); you thought you would be 10 years ago? Why or Why not?

Steven

I am developing into the man I wanted 10 years ago. I still have a way to go but I do see the light at the end of the tunnel.

Key

Almost, I just need to stop trying to please everyone...

BONUS TRACK:

What do you believe the definition of EXPANDING your DEFINITION of HEALTH and WELL BEING when you CHOOSE NU from the INSIDE out?

Steven

I feel this statement means knowing exactly what's needed in order to define how the choices you make truly

affect the outcome of your life. You have to know what is sound and correct for you first before you are able to broaden your horizons. Good Health is important for your positive well being in life. Many people underestimate its value.

FINAL WORD JUST A THOUGHT

We all have loved and loss and some would even go as far to tell the person who once said, "It is better to have loved and loss than to have never loved at all" clearly didn't get there you actually can meet a worst fate!

The mysterious psyche of the male/female persuasion may never be completely unraveled in a fully comprehensive way but I'm no longer certain that's even the point. Maybe, part of our understanding one another is really more of us taking more time to love and understand ourselves, proactively and completely.

If you really get who you are, what you want and value in life you can't help but be a Victor not a victim. That doesn't mean men and women would then miraculously finish each others sentences or something, but you'd instinctively know possibly if his/her station of Crazy was also your radio station. Hell, I don't even get some women I come across so why would I spend another waking moment wasted on worrying about not always comprehending a males process? Stay true to your own path and "Respect the Love" for yourself and others and I'm betting eventually it'll all work out for good. No matter how challenging it can sometimes be.

