

How Gut Health Affects Male Libido and Performance

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Low libido and poor sexual performance in men are increasingly linked to gut health — not just age, stress, or testosterone levels. Emerging research shows that the gut microbiome directly influences hormone production, blood flow regulation, and systemic inflammation, all of which are foundational to male sexual function.

At Nektalov Chiropractic & Wellness in Forest Hills, Queens, we take a whole-body approach to men's health. As a chiropractor and enzyme nutrition specialist, Dr. Nektalov frequently sees patients who come in for back pain or sciatica and discover that chronic inflammation — rooted in gut dysfunction — is affecting far more than their spine.

Why Erectile Dysfunction Is Rising in Younger Men

Erectile dysfunction (ED) is no longer exclusively an older man's condition. According to a 2019 review published in *Sexual Medicine Reviews*, approximately 30% of men under 40 seeking treatment for ED have no identifiable hormonal or vascular cause — pointing to systemic inflammation and lifestyle-driven microbiome disruption as contributing factors.

Modern diets high in ultra-processed foods, refined sugars, and saturated fats promote chronic low-grade inflammation. That inflammation damages the endothelial lining of blood vessels, reducing circulation — and adequate blood flow is essential to erectile function.

How the Gut Microbiome Regulates Male Hormones

The gut is an active endocrine organ that influences testosterone, estrogen metabolism, and cortisol regulation through the gut-brain axis and enteric nervous system. When the balance of beneficial to harmful bacteria shifts — a condition called gut dysbiosis — the downstream effects can include lower testosterone, elevated estrogen, elevated cortisol, and impaired circulation.

GUT FUNCTION	IMPACT ON MALE HORMONES
Microbiome diversity	Regulates testosterone and estrogen metabolism
Gut-brain axis signaling	Influences cortisol and stress hormone output
SCFA production	Supports anti-inflammatory pathways protecting vascular health
Intestinal permeability	Triggers systemic inflammation disrupting hormone signaling

The Role of *Lactobacillus Reuteri*

One of the most promising areas in gut-hormone research involves *Lactobacillus reuteri*, a naturally occurring probiotic bacteria found in the human gut. A 2014 study published in *PLOS ONE* found that male subjects supplemented with *L. reuteri* showed significantly higher testosterone levels, improved testicular function, and greater overall vitality — even on a poor diet.

Research Insight

L. reuteri modulates inflammatory cytokines, supports oxytocin signaling, and appears to influence Leydig cell function — the cells in the testes directly responsible for testosterone production. Fermented foods naturally containing *L. reuteri* such as kefir, plain yogurt, and fermented cheese may offer modest hormonal support as part of a broader gut health strategy.

Chiropractic Care, the Nervous System, and Hormone Regulation

The nervous system is the master regulator of hormone production. Spinal misalignments — particularly in the lumbar and sacral regions — can create low-level interference in the autonomic nervous system, which directly governs the hypothalamic-pituitary-gonadal (HPG) axis, the hormonal cascade that controls testosterone production.

Chiropractic adjustments reduce mechanoreceptor stress on spinal joints and restore normal neural communication. Many patients at our Forest Hills clinic who present with lower back pain, sciatica, or disc compression report improvements in energy, sleep quality, and overall vitality following a course of spinal care — consistent with reduced sympathetic nervous system dominance, the chronic stress state that suppresses reproductive hormones.

Spinal decompression therapy may be particularly relevant for men with lumbar disc issues, as nerve root compression in the L2-L4 segments can affect pelvic floor function and genital blood flow.

Enzyme Nutrition: The Missing Link in Gut Restoration

Even a nutrient-dense diet cannot fully support hormonal health if digestive enzyme activity is compromised. Without adequate levels of proteases, lipases, and amylases, dietary fats and proteins — the raw materials for testosterone and other steroid hormones — are poorly absorbed.

Dr. Nektalov is among a small number of practitioners in the Queens area offering **Enzyme Nutrition Therapy** alongside chiropractic and spinal care. This integrative approach addresses:

- Protein malabsorption contributing to low anabolic hormone production
- Lipid malabsorption reducing availability of cholesterol-derived hormones including testosterone
- Digestive inflammation that perpetuates systemic immune dysregulation

Practical Steps to Support Gut Health and Male Performance

Diet

- Increase prebiotic fiber: garlic, onions, leeks, asparagus, Jerusalem artichokes
- Add fermented foods daily: kefir, kimchi, sauerkraut, plain yogurt
- Reduce ultra-processed foods and refined sugars — these selectively feed pro-inflammatory bacterial strains

Supplementation (Discuss With Your Provider)

- Digestive enzyme complexes: protease, lipase, amylase
- Targeted probiotic strains including *Lactobacillus reuteri* and *Lactobacillus acidophilus*
- Magnesium glycinate: supports testosterone production and deep sleep quality

Lifestyle

- Prioritize 7-9 hours of sleep — testosterone is primarily produced during deep sleep stages
- Manage chronic stress through structured physical activity and nervous system-targeted care
- Reduce alcohol consumption — ethanol directly suppresses Leydig cell testosterone output

Medical Disclaimer

If you are experiencing persistent low libido, fatigue, or performance issues, consult a qualified healthcare provider to rule out underlying medical conditions including hypogonadism, cardiovascular disease, or diabetes. The information in this article is educational and is not a substitute for professional medical advice.

Frequently Asked Questions

Q: Can gut health really affect male libido?

Yes. The gut microbiome regulates inflammation, estrogen metabolism, and through the gut-brain axis, influences testosterone production and cortisol levels — all of which directly impact male libido and sexual performance.

Q: What is the connection between chiropractic care and hormone balance?

The nervous system controls the hypothalamic-pituitary-gonadal axis, which governs testosterone production. Spinal misalignments can create low-level nerve interference that suppresses this hormonal cascade. Chiropractic adjustments help restore normal nervous system signaling.

Q: What is enzyme nutrition therapy?

Enzyme nutrition therapy is a structured approach to improving digestive function using targeted enzyme supplementation. It supports the body's ability to absorb the dietary fats and proteins needed for hormone synthesis, and reduces gut inflammation that contributes to hormonal disruption.

Q: Does Dr. Nektalov offer gut health support at his Forest Hills clinic?

Yes. Dr. Boris Nektalov integrates enzyme nutrition therapy with chiropractic and spinal decompression care at Nektalov Chiropractic & Wellness, located at 108-50 71st Ave, Forest Hills, Queens, NY 11375. Call (718) 569-5693 to schedule a consultation.

Q: What foods support gut health and testosterone naturally?

Prebiotic-rich foods (garlic, onions, asparagus), fermented foods (kefir, sauerkraut, plain yogurt), lean proteins, and healthy fats from avocado and olive oil all support a healthy microbiome and the raw material production needed for testosterone synthesis.

Ready to Take Control of Your Health?

If you've been struggling with low energy, reduced libido, or performance issues and suspect your gut health may be a factor, we'd like to help. At Nektalov Chiropractic & Wellness, we combine spinal care, enzyme nutrition therapy, and lifestyle guidance into a personalized care plan.

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DESCRIPTION**

Low libido linked to gut health. Dr. Nektalov explains the connection and how to restore balance naturally in Forest Hills, Queens.

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