

Lesser of Men Than Our Fathers, No Men in A Few Decades, Human's Become Extinct After

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Abstract: This paper proves that the ever decreasing testosterone levels in men will eventually be compounded by the ever increasing caustics which along with genetic changes from the past generations will eventually make the men incapable of procreating, creating new life and lead to the end of human life on earth, the complete extinction in the next decades. We are lesser of a man than our father due to such reasons and will never become father's again for the next father's to come. The only way to save mankind is by reversing the caustics back to the normal again and ever surpassing them to create real heaven on earth.

Keywords: Mankind, Testosterone Levels, Heaven, Earth, Extinction, Generations

I. INTRODUCTION

Testosterone is a hormone found in men and other animals that is primarily produced in the testicles. It is the primary male hormone and is important for normal male sexual development and functions. Testosterone levels are naturally higher in people assigned male at birth than in people assigned female at birth. During puberty, testosterone helps boys develop male features like body and facial hair, deeper voice, and muscle strength. In men, testosterone:

- Regulates sex drive (libido)
- Regulates bone mass, fat distribution, muscle mass and strength
- Regulates the production of red blood cells and sperm
- Regulates sex differentiation, producing male sex characteristics, spermatogenesis, and fertility

Low testosterone levels can affect men physically and emotionally. Physical changes include trouble with memory and concentration, lowered motivation and self-confidence, and feelings of sadness or depression.

II. OBSERVATIONS & DISCUSSIONS

Some of the main reasons to falling testosterone can attributed to the following:

- Are older.
- Obesity.
- Diabetes.
- Diet.
- Sleep.

- Toxins.
- Alcohol.
- Physical Activity.
- Stress and Mental Health Problems.
- Other causes as tight fitting underwear, warmer temperatures at home, etc.
- Chronic medical conditions, such as kidney dysfunction or cirrhosis of the liver.
- HIV/AIDS.

Obesity is a major public health emergency that is going to affect almost every country in the world. Globally, obesity rates have been increasing steadily over the last three decades. In almost every region, there are now more people living with obesity and it is projected that by 2025 more than 1 billion adults, or 12% of the world population, will be living with obesity [4][18]. In fact, a new report by the World Obesity Federation (WOF) states that by 2035 more than half of the world's population will be obese [3]. The 2021 report by IDF Diabetes Atlas shows that 10.5% of the adult population that is between 20 to 79 years has diabetes. IDF projections also show that by 2045 this will increase by 46% as more than 1 in 8 adults will be living with diabetes [5][19]. As per ScienceDaily, more than 95% of the world's population have health problems. About one in three adults suffer from multiple chronic conditions (MCCs) globally. 93% of Americans desire to eat healthy with only 10% saying that they eat healthy all the time [6][20][21]. Millions of Indians die every year due to poor diet as more than 71% cannot afford to eat healthy meals [7]. 98% of the people worldwide have their diet as poor, unhealthy and unbalanced as opposed to healthy, warm and balanced diet required for a healthy life. According to World Sleep Day, insomnia affects 50–60% of the adult population at the extreme [8]. Exposure to EDCs (Endocrine-Disrupting Chemicals) has been found to cause structural and functional impairments of the reproductive systems in both humans and animals. Exposure to EDCs has been the primary reason for undescended testicles and urethra defects in men and endometriosis and fibroids in women. Higher amounts of BPA (Bisphenol A) in the body have been linked to Ovarian cysts. For the past 50 years due to EDCs toxins, there has been declining sperm counts, earlier puberty in girls, and genital malformations in people and animals worldwide. Plastics, one of the primary source of EDCs has seen an annual growth from 50 million tons to 300 million from the 1970s and continues to increase in leaps and bounds every year [9]. The total alcohol consumption globally increased by 70% from 1990 to 2017 according to a 2017 study.

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As per Statista, the global market of alcoholic drinks, by volume is expected to increase by 8.62% from 2023 to 2027. As per British Liver Trust, about 2.4 billion people worldwide drink alcohol which is 32.5% of the world's population. Within few years, about half of all the adults around the world will consume alcohol with about 23% of adults engaging in binge drinking at least once a month [10]. About 28% of adults worldwide are physically inactive as per a new 2018 study. As of this day, more than 85% of adolescents and 33% of adults do not meet WHO's recommended levels of physical activity [11]. In their lifetime, one out of every two people in the world will develop a mental health disorder and this number will increase to 60-70% in next few decades, i.e. more than 3/4th of the world will be mentally ill [12][22]. One study shows that some young adults are aging three times faster than others [13].

Studies have shown that age-specific testosterone levels in men have been on a consistent and slow decline for several decades. Researchers have called the changes as "alarming" from an evolutionary point of view. Although the averages are still not in the "low" range for the overall population with the downward trend in the age-specific testosterone levels but they are progressing closer year after year [1].

A New England Research Institutes in Watertown, Massachusetts study found that the average levels of the male hormone dropped by 1 percent every year as per Dr. Thomas Travison and his colleagues. This means that, for example, a 65-year-old man in 2002 would have testosterone levels 15 percent lower than those of a 65-year-old in 1987 [2]. Prorating this to another 15 years from 2003 to 2015 and considering the exponential nature of the decay, we can easily say that the testosterone levels in men have fallen by another 23% to make it a total of 38% from 1987. Now coming back to the present day in 2023, after another 8 years which is half the time the decay to be another 9% to be approx., or in other words the total decrease in male testosterone from 1987 to be around 50%!

This means in the next 30 years considering the statistic and the rate of decay as described of the causal factors (as described in the last paragraph), the testosterone would have decreased by more than 98%. This means that we will be men no more in the future as we are already worse off men now than our fathers, a few decades back. This is evident in the percent of U.S. adults who identify as something other than heterosexual that has doubled over the last 10 years, from 3.5 percent in 2012 to 7.1 percent recently. For younger Americans, in-fact a Gallup poll predicts that the number of adults who identify themselves as LGBTQ will exceed 10 percent in the near future [14]. "Yeah absolutely. I mean like the report states we have doubled the numbers since 2012 and we do see a lot of generation Z Americans identify more as LGBTQ community," says Communications Director for Equality California, Jorge Reyes Salinas. This has been described as stunning and unprecedented growth in the percentage of people saying they identify as LGBTQ with a recent CDC's survey suggesting that one in five U.S. high school students don't see themselves as heterosexuals [15]. In fact, Erectile Dysfunction (ED) as one of the other symptoms of low testosterone has increased from over 152 million men

in 1995, to be approximately 322 million worldwide in 2025 with more prevalence predicted. One of the other symptoms of chronic fatigue associated with low testosterone is said clearly to be in terms of "is not a rare illness," as said by CDC's Dr. Elizabeth Unger [16]. The other symptom of decrease in libido is seen in the statistic that between 2009 and 2018, the proportion of adolescents with no sexual activity, rose from 28.8 % to 44.2 % among young men and from 49.5 % to 74 % among young women [17].

III. CONCLUSION

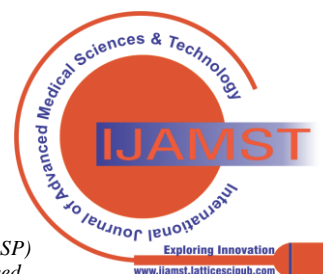
Looking at the 1% decrease in male testosterone level every year since the end of 80's and prorating it by factoring in the decay of the causal factor's that get compounded, every increasing with each of them genetically entrenched in human DNA, leads us to conclude that the day is not far when the testosterone levels in men comes to 0%. The effects are not only showing in lab results but getting manifested in real life with more and more people born with no definite male or female sex organs, confusion about their genders in their minds and their actions that definitely does not categorize them into one specify category, the ever increasing number of them. The ever increasing problem of erectile dysfunction in males that is not limited to them but is also seen in women too, the chronic fatigue numbers, the loss of libido in both sexes, especially in younger generations, the generation Z where the effects are more prevalent. This only means that we can no longer be and called "real" men in the next decade, we cannot procreate, fertility does not happen and humans become extinct. The day is not far and we need to act now as we alone can save ourselves, no one will, otherwise no one will be there in this planet to save themselves.

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