

MEN'S VITALITY STARTER KIT

Unlock your energy,
confidence &
longevity in 20
minutes



www.menshealthinst.com





INTRODUCTION & CONTENT

Welcome to Your New Beginning

Dear Reader,

If you're holding this guide, it's likely because you've sensed a change in your energy, drive, or overall well-being. These shifts are common, but they are not inevitable. And they are not irreversible.

I'm Dr. Rui Graça, a specialist urologist with over 30 years of experience in men's health. After relocating to Portugal, I established the Men's Health Institute in the Algarve to provide advanced, doctor-led care for men across the EU seeking clarity, structure, and results.

This guide was created to offer you a clear and practical starting point – no hype, no quick fixes. Just small, evidence-based actions and a roadmap to help you take control of your health.

Most men wait until something breaks. This guide exists so you don't have to!

In the pages ahead, you'll:

- *Assess key signs of hormonal, metabolic, and lifestyle imbalance*
- *Implement four simple changes with immediate impact*
- *Begin tracking essential health markers*
- *Understand your next steps through the Vital Blueprint consultation*

There is no need to wait for symptoms to worsen. Begin here and move forward with clarity.

Warm regards,

Dr. Rui Graça

Medical Director, Men's Health Institute

1

HOW THIS KIT WORKS

This isn't a brochure. It's your blueprint in motion.

Welcome to a practical, step-by-step reset. This kit isn't just for reading - it's for doing. Follow the steps below and you'll already be taking control of your health by the end of today.

📌 **Step 1: Take the 12-Question Vitality Self-Check (pp. 3-4)**

This quiz takes under 5 minutes and helps you spot early signs of hormonal, sexual, metabolic or mental burnout. You'll get a personal "Vitality Score", and see clearly whether you're in Maintenance, Investigation, or Act Now territory.

Why it matters: Early signs often go unnoticed. This puts you back in the driver's seat.

📌 **Step 2: Apply One "Fast Win" Today (pp. 5-6)**

You'll get four easy, science-backed actions that restore testosterone rhythm, improve energy, boost bedroom function, and calm stress.

Tip: Choose just one. Try it for 24 hours. Most men feel a difference by tomorrow.

📌 **Step 3: Record Your Metrics for 3 Days (pp. 7-8)**

Track your energy, libido, sleep, waist, and other real-world data across three days. No guesswork, just a snapshot of your actual baseline.

What to do: Use the tracker space provided. If you book a consult, bring it with you - we'll upload it into your AI-powered Personalised Treatment Plan.

📌 **Step 4: Book Your Vital Blueprint Consultation (pp. 9-12)**

This is where it all comes together. In your first MHI session, we'll run targeted tests, scan your tracker, and build your Vitality Roadmap using our doctor-led + AI-enhanced system.

Takes just 1 minute to book.

100% private and prepaid online.

Includes full physical + strategic lifestyle review.

Scan this QR to reserve your spot today:



2

VITALITY SELF-CHECK QUIZ

How's Your Vitality - Really?

Most men miss the early signs of decline, until it's too obvious to ignore. This quick quiz helps you identify subtle shifts across four key areas:

- Hormones
- Sexual Function
- Metabolic Health
- Mental Energy & Drive

Instructions:

For each statement, score yourself as:

0 = Never,

1 = Sometimes,

2 = Often

Add up your total score at the bottom.



VITALITY SELF-CHECK

- I wake up feeling tired, even after a full night's sleep.
- I've noticed a drop in my sex drive compared to previous years.
- I struggle to maintain a strong erection during sex.
- I've gained more than 5 kg (11 lbs) in the past 3 years.
- I find it harder to lose weight, even when I try.
- I often feel mentally foggy or less sharp than I used to.
- My motivation, at work, with family, or exercise, has dropped
- I get irritable or anxious more easily than before.
- I have trouble building or maintaining muscle mass.
- I often skip meals, overeat, or crave sugar late at night.
- I avoid social or sexual situations because of how I feel.
- My waistline or belly has noticeably grown.

Your Score: ____ / 24

What Your Score Means

Score	Interpretation	Suggested Action
0–8 ● Maintain	Your foundation looks solid.	Keep current habits. Consider an annual health review with bloods.
9–16 ● Investigate	There are clear warning signs.	Book your Vital Blueprint soon, to pinpoint what's shifting and prevent deeper issues.
17–24 ● Act Now	Multi-system issues likely affecting performance, metabolism, and long-term risk.	Book your Vital Blueprint this week to begin structured, doctor-led recovery.

Note: This quiz is not a diagnostic tool, but a self-awareness check designed to help you reflect and take action early.

You don't need to score high to justify a consultation; you just need the desire to improve.

Ready to take the next step?

Scan the QR code on Page 2 above, to schedule your Vital Blueprint Consultation, or

message us on WhatsApp to chat privately with someone from the MHI team -

WhatsApp: +351 962 687 641. (message only)

3

FOUR FAST WINS

Quick Wins. Real Shifts. Start Today.

You don't need to wait for results. Small changes, done well, spark powerful shifts.

Below are four fast wins - one for each pillar of men's vitality.

Try at least just one today. Most men notice a difference within 48 hours.

1 HORMONE JUMP-START

10 minutes of early morning sunlight + protein breakfast

What to do:

Go outside within 30 minutes of waking up.
Get sunlight on your eyes (no sunglasses) for at least 10 minutes.
Follow this with 30g of protein (e.g., 3 eggs or a scoop of whey).

Why it works:

Morning sunlight regulates your circadian rhythm and stimulates natural luteinising hormone (LH), which signals your body to produce testosterone.

Stack it:

Walk outside while sipping a protein shake = full win.

2 BEDROOM BOOST

5-minute pelvic-floor activation drill

What to do:

Try this at home:

1. Sit or lie comfortably.
2. Squeeze the muscles you'd use to stop urinating.
3. Hold 3 seconds. Relax. Repeat x10.
4. Do 3-4 sets daily.

Why it works:

Strengthening your pelvic floor improves erection quality, stamina, and bladder control.



3 METABOLIC SPARK

Follow the ½ + ¼ + ¼ dinner plate rule

✦ **What to do:**

At dinner, aim for:

- ½ your plate = colourful vegetables
- ¼ = quality protein (fish, chicken, legumes)
- ¼ = smart carbs (sweet potato, quinoa, brown rice)

✦ **Extra tip:**

Avoid fruit juice or alcohol in the evening - they spike evening insulin and disrupt testosterone.

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4 MINDSET RESET

Box-breathe before bed: 5 rounds of 4-4-4-4 seconds

What to do:

- ✦
1. Inhale for 4 seconds
 2. Hold for 4 seconds
 3. Exhale for 4 seconds
 4. Hold empty for 4 seconds
 5. Repeat x5 rounds

✦ **Why it works:**

This technique lowers cortisol, improves HRV (heart rate variability), and primes your nervous system for restful sleep.

✦ **Suggested cue:**

Do this in bed after turning off the lights. Let it anchor your wind-down ritual.

Your Next Step:

These small changes work best **when integrated into a full personalised plan.**

If one or more felt good, imagine what's possible with targeted testing, expert analysis, and a structured upgrade path.

Scan the QR (Page 2) to book your Vital Blueprint

To build an expertly crafted and personalised therapeutic plan, for the individual you are.

4 3-DAY VITALITY TRACKER

Your Body Leaves Clues. Let's Catch Them.

✦ *Most men don't realise how much their body is already communicating - until we track it.*

This simple 3-day snapshot will help you see your patterns clearly.

You'll spot where energy dips, what triggers cravings, and when your drive peaks or crashes.

And best of all? It gives your MHI doctor powerful insights to personalise your treatment if you decide you need to move forward.

How to Use This Tracker:

- *Fill this out at the end of each day, before bed.*
- *Be honest - this isn't about perfection. It's about awareness.*
- *Optional: Use your phone or smartwatch to track steps & sleep.*

Break It Down: Action Steps

Day	Sleep (hrs)	Energy (1-10)	Libido (1-10)	Daily Steps	Notes (mood, appetite, stress, alcohol)
Mon					
Tues					
Wed					
Thu					
Fri					
Sat					
Sun					

Interpreting Your Data

Don't overanalyse each number. Instead, look for patterns:

- *Are energy and libido consistently low? → Possible hormonal link*
- *Waist increasing + low steps? → Metabolic stress*
- *Mood swings or cravings at night? → Cortisol/glucose loop*
- *Poor sleep + low energy + high stress? → Nervous system overload*

You may go over this with your MHI doctor at your first consultation - this replaces guesswork with real-world, real-you data.

Optional Fields

If you have a blood pressure monitor or glucose reader at home, jot these down daily as well:

- *Fasting glucose*
- *Morning blood pressure*
- *Resting heart rate (RHR)*

These values are not required - but they add clinical depth.



5

YOUR ROADMAP

From Curiosity to Clarity - Your Journey with MHI

Health doesn't have to feel random. At MHI, we've designed a smart, step-by-step pathway that combines world-class medical insight with cutting-edge tools - and puts you in control.

Whether you're here for prevention, performance, or recovery... your journey starts with a single first step, the Vital Blueprint.

The MHI Vitality Pathway

Step 1: Men's Vitality Starter Kit (That's what you're doing now!)

A quick self-check, simple wins, and a tracker that shows where you stand. No commitment. Just clarity.

Step 2: Vital Blueprint Consultation

Your personalised first session with the MHI doctor. Includes:

- *Detailed history, symptom questionnaire & lifestyle review*
- *Targeted blood tests*
- *Expertly crafted treatment planning*
- *Your custom PTP roadmap (not a generic printout)*

60-75 minutes that could add decades to your healthspan.

Step 3: Choose Your Pathway

Based on your results, we'll guide you into the right MHI focus program:

Program	Ideal for	What You'll Get
TRT Focus	Men with low-T symptoms or suboptimal testosterone	Bioidentical TRT therapy + lifestyle upgrades for energy, libido & strength
Metabolic Reset	Men with weight gain, belly fat, insulin resistance	Doctor-led weight loss program, CGM tracking, metabolic reprogramming
Sexual Recovery	Men with ED, low desire, or performance anxiety	Root-cause therapies for sexual health, including pelvic floor, vasculature care, psychological support

Step 4: Alumni & Longevity Membership

Long-term optimisation with advanced labs, vitality upgrades, and priority care.

For men who want to go from not ok, to good, to great, and stay there.

You Don't Have to Guess. We've Built the Map.



6

REAL-LIFE WINS

Real Men. Real Results. Real Hope.

These are not just testimonials. They're snapshots of lives reclaimed - men who felt stuck, frustrated, or unsure... and chose to take a different path.

James, 55 - Testosterone Reset

"I honestly thought feeling drained was just part of getting older. But my Vital Blueprint revealed suboptimal testosterone, poor sleep habits, and low vitamin D.

Within three weeks of starting treatment, I was waking up sharp. Within three months, I was back in the gym - and enjoying it."

Result:

Increased free T, better sleep, morning motivation returned.

Program: TRT Focus + Lifestyle Counselling

📍 Location: Paris (via Telehealth)

Jack, 49 - ED Conquered

"I tried supplements, YouTube hacks, even pills. Nothing really helped.

At MHI, I discovered it wasn't just physical - I had pelvic floor weakness, stress overload, and insulin spikes I never knew about. They helped me fix the root cause."

Result:

Erections restored, confidence back, anxiety down.

Program: Sexual Recovery + Stress Protocol

📍 Location: Lisbon (via Telehealth)

David, 52 - Metabolic Reboot

"I felt sluggish and heavy. My GP told me to 'watch carbs'. That was it.

MHI gave me a complete metabolic reset - targeted blood tests, CGM guidance, food mapping, accountability. I lost 9 kg, dropped my HbA1c, and I feel like myself again."

Result:

-9 kg, HbA1c dropped from 6.4 to 5.4, sleep + libido improved.

Program: MR-90 Metabolic Reset

📍 Location: Porto (online + used lab partner)



7

You've Got the Insights. Now Let's Build the Plan.

This kit gave you a clear start. But clarity alone doesn't solve low energy, sexual frustration, or creeping weight gain... action does.

That's why your next step is the most important one:

→ **Book your Vital Blueprint Consultation**

Book Your Consultation Now

See Dr Rui Graça, founder and clinical director at MHI, complete your targeted blood tests, and walk away with your expertly designed Personalised Therapeutic Plan (PTP) with clear, structured, and doctor-led solutions.

*Takes 1 minute to book
(Online or in-person options)
Secure payment via Stripe*

Scan this QR to book now

Or visit: menshealthinst.com/appointments



Got a Quick Question?

message us on WhatsApp to chat privately with someone from the MHI team -

WhatsApp: +351 962 687 641.(message only)

Discreet, private, no obligation.

100% Confidentiality Guarantee

We treat every man's story with the same discretion and care we'd want for our own brothers, fathers, or sons.

- *Medical-grade data privacy*
- *EU-compliant health record storage*
- *Secure billing through Stripe*

Your details are never sold, shared, or reused - ever.

You've made it this far. Don't stop here.

Take the next step while it's fresh - you won't regret investing in your health.

