

Men urged to harden up, off grog

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A COUPLE of beers are no problem, but Territory blokes have been warned too much sugar could bring a premature end to their sex life.

Best-selling author Dr Sandra Cabot, a liver specialist about to embark on a speaking tour in the Top End, said eating too much sugar was a quick way to kill your liver, and make you impotent.

"The most common cause of liver problems is eating too much sugar, not alcohol," she said.

Dr Cabot said excess sugar could lead to a fatty liver, which could in turn cause greater health problems such as diabetes.

But she said it could also put an end to a man's ability to perform in the bedroom.

"A lot of men, when they develop a fatty liver, they develop low testosterone levels," she said.

She said low-carbohydrate beers - drunk in moderation - would not do great damage, but drinking to excess was a sure path to bedroom disaster.

"In particular, guys who drink too much beer, they will have lower testosterone," she said.

Maddy Thorne, 19, of Darwin City, said there was truth to the claim, and she claims to have first-hand experience.

"The guys go home and go to sleep, while the girls just lie there waiting," she said.

She hoped the discussion would raise practical awareness around drinking and fornicating.

"(Territorians) might think about it and have a water so they can get it up," she said.

Dr Cabot - whose best-selling book *The Liver Cleansing Diet* won The Australian People's Choice Award in 1997 - will hold two talks at the Novotel in Darwin at 10.30am and 7pm on Thursday.

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