

# ALL NATURAL TESTOSTERONE-THERAPY?



Do you need testosterone therapy, that is the question, let us find the answer. Either we're in a low Testosterone epidemic or an epidemic of us falling for very well written persuading ads. Testosterone prescriptions have soared, they are quadrupled in us guys between the ages 18 to 45 and in some cases older, as ads for this therapy have become widespread in a very big way. If you're tired or if you are losing muscle, or have ED, or you can't concentrate, feel irritable, or maybe just never feel that great, could TESTOSTERONE therapy really help? (Get Tested). Sounds obvious, however as many as a quarter of us men or more receiving Testosterone therapy do so blindly.



They start a regimen without testing whether they actually have low testosterone, and the powers at the command are laughing all the way to the bank. Testosterone supplementation won't help if your Testosterone levels are normal. In fact my friends, it will turn off your very own production, says Brad Anawalt, M, D, chief of medicine at the University of Washington Medical Center. The pituitary recognizes there is plenty Testosterone in the blood and stops producing hormones that stimulate the testicles to make more. The only way to be sure is to get a fasting Testosterone test from your own doc, morning time being the best time to do it, when the hormone's levels peak. Repeat the test at least once, with the second being perform a couple days later. Two low morning readings indicate Testosterone deficiency, readings can vary from day to day, even hour to hour, they also can be lower if you are under the weather, so it is not a good idea to be tested if you are sick.



If your levels are a little low don't just be blaming it on your age, because lately, some doctors have begun to question the idea that Testosterone actually begins dipping by about 1% a year around age 35. If that were indeed the true, it should happen in all of us men, and it does not accord to Ranjith Ramasamy, M, D, director of male reproductive medicine and surgery at the University of Miami Miller School of Medicine. A healthy, fit 40 year old will also have Testosterone levels like a 20 year old's. Poor health is more likely to cause low Testosterone than the other way around my friends. If your levels are around 300 ng/ dL, which is on the cusp of being low, and if you have some symptoms, look first at other conditions. Dr, Anawalt says Medications like opioids will lower Testosterone, so does a condition called male hypogonadism, in which problems with testicles or the pituitary gland-or both- prevent your body from producing

enough Testosterone. Far more common my friends than either of these; extra pounds. If you're overweight and lose 7 or 8 % of your body weight, Testosterone could increase 10 to 15 %, which would put you squarely in the normal range, Dr, Anawalt says.



Now let us weigh the risks, you don't want Testosterone therapy if you do want kids, please my friends pay attention now, in healthy men, it can make the pituitary shut down sperm production. Possible some side effects of Testosterone therapy also include an increased risk of sleep apnea, blood clots, and also prostate cancer. Your doc still may write you an Rx. In us men with verifiably deficient levels generally below 300 ng/dl and low Testosterone symptoms (fatigue, decreased sex drive), replacement can ratchet up the desire, sexual activity, physical function, and also vitality. But not this

weekend. It takes around three to six months for Testosterone supplemental to have an effect. I now ask each and every one of you men to please think about everything that you have just read in this article about Testosterone therapy.

May you be always healthy, humbly yours Paul Earl

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META Title ALL NATURAL TESTOSTERONE -THERAPY?

META Description the good and the bad of TESTOSTERONE-THERAPY