

Benefits of Testosterone Supplemental Therapy for Men

A man's testosterone level begin a gradual fall as they enter their 30s and this downward turn encourages estrogen to rise, yes men have estrogen in their bodies! This matters because declining testosterone levels may be associated with increased fat mass, weight gain, muscle atrophy and weakness, osteoporosis, reduced sexual functioning and sex drive, metabolic syndrome including diabetes risk, cognitive impairment, depression, and an increased risk of developing Alzheimer's disease. Furthermore, men with low levels of testosterone are up to more likely to develop frailty, a condition associated with early death, compared to those with higher levels. The life-shortening effects of low testosterone may be substantially reversed by returning testosterone levels to optimum levels.

The building of muscle mass and bone density while reducing abdominal fat are well-desired improvements in body composition, optimizing testosterone levels to desired levels may enable these results to come culminate into desired results. Recent studies show that testosterone may not only help increase the strength and size of each muscle cell, but also influences nearby cells into becoming muscle cells. Keeping in mind that building strong muscles from weight bearing exercise causes new bone formation and helps to keep existing bones strong.

Perhaps the most detailed descriptions in the recent studies show the sexual-enhancing affects that occur when a man's testosterone levels are restored to optimal levels. Numerous case reports of patients who had lost interest in sex or were unable to perform satisfactorily, and/or who no longer experienced satisfaction saw changes within weeks after testosterone levels were restored to optimal levels resulting in more youthful sexual urge, performance, and pleasure.

Simply put, natural testosterone supplementation may offer a wealth of health benefits for men starting in their 30's. The diagnosis of age-related low testosterone is rising, with an estimated **2.4 million** American men age 40 - 69 years old suffering from the condition. Studies show there is a vast majority of aging men who could benefit by boosting their testosterone levels naturally and keeping their estrogen levels in check by incorporating bio-identical progesterone for it's wonderful balancing affects.

Testosterone building supplements have long been studied and have a great track record showing improvements in the areas discussed above and may help reverse many of these age-related disorders. Also, natural supplementation may help encourage the body to start making more of his own testosterone the way nature intended unlike traditional testosterone therapy.

Conclusion: This means that more men than ever may benefit from natural testosterone supplementation. Unfortunately, many men and or their doctors avoid having open dialogues regarding the subject of low "T".

Always consult a qualified health care professional. The FDA has not evaluated these claims and this information is not intended to treat, diagnose or cure disease.

