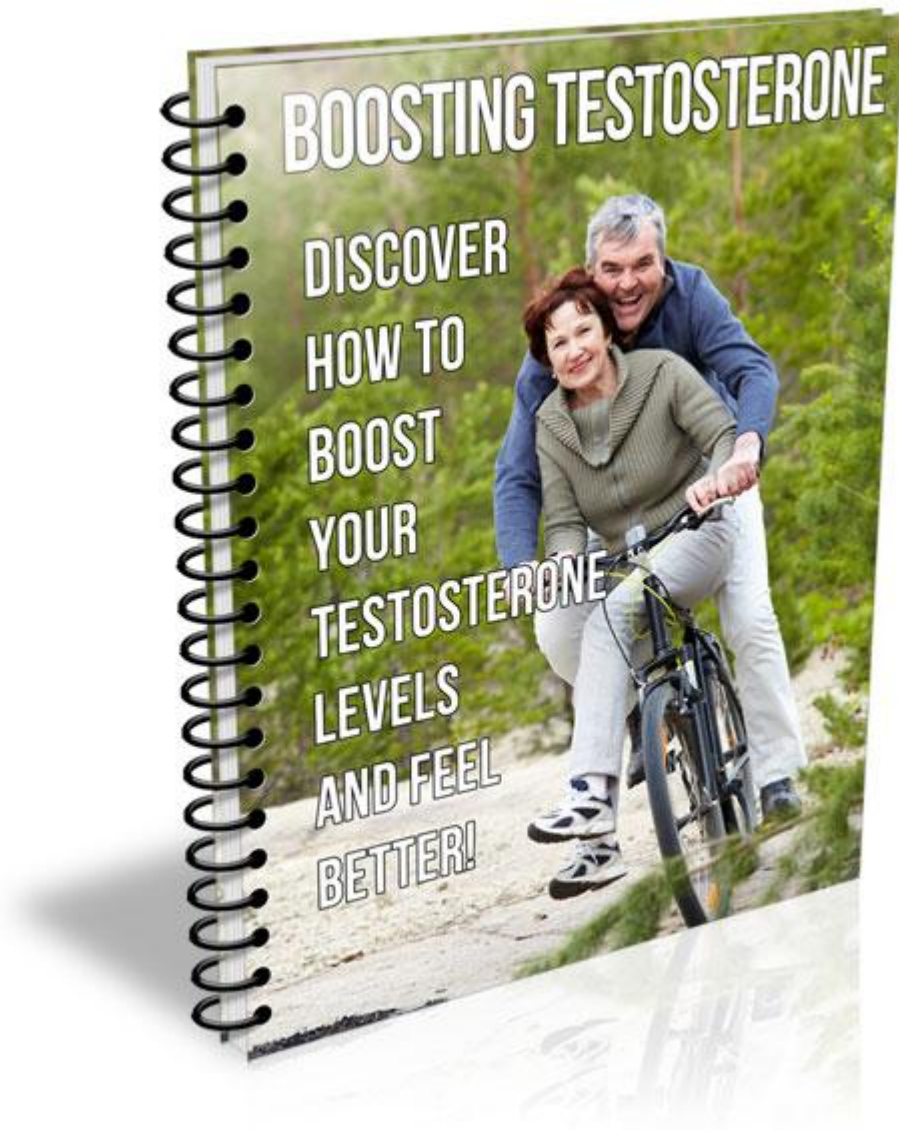


Boosting Your Testosterone

There are thousands of people who have low testosterone and they may not even know it. For those that do, there are things that you can do to boost your testosterone levels and feel much better!



Your Name or Website Address Here

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Low Testosterone Symptoms

A decrease in men's testosterone levels is natural as they age. Every year over the age of 30 means that the level of testosterone found in the man's body will begin to slowly drop at approximately 1 percent each year. As natural and common as this is, many are unaware of what this natural decrease in hormones are all about? If you or someone you know believes they are dealing with a significant decrease in testosterone levels, consulting a doctor is advised. Below are some side effects that you might experience.

It is first important to point out that testosterone is a significant type of hormone that helps with bodily functions that include: sperm production, fat distribution, red blood cell production, bone density, sex drive, and muscle mass. As a result of all the bodily functions testosterone aids in, it is quite common for men to begin to experience symptoms as it decreases.

Decreased Sexual Function

Most men will agree that the main concern about lowered testosterone levels is the possibility that their sexual performance and drive will be affected. The older a man gets, the more chances they have of experiencing several symptoms that are related to sexual function. Some of these complications include: Infertility, decreased desires to have sex, and fewer spontaneous erections.

Physical Changes

There are several physical changes that could take place as a result of lowered testosterone levels. Some of these changes include: increased body fat, hot flashes, fatigue, cholesterol metabolism effects, and fragile bones, decreased body hair, swelling of the breast tissue, and decreased strength in the muscle.

Disturbed Sleep Patterns

While a common side effect of lower testosterone is a decrease in energy levels or feeling of increased fatigue, it is also common to cause insomnia and disrupt sleeping patterns. When undergoing treatment for low testosterone, there are also some therapies used that can cause sleep apnea which is a serious medical condition. It causes those affected to stop breathing in their sleep on a repeated basis.

Emotional Changes

Combined with increased physical changes in the body, low levels of testosterone can also affect men in an emotional way. Sad but true, lowered testosterone can lead to increased feelings of sadness or depression, as well as a lowered sense of well being. Some men report having difficulty remembering and concentrating, as well as a decreased attempt to self motivate and remain self confident. Don't Self Diagnose

This is only to act as a guide and should not be used as a way to diagnose low testosterone. Though all of the symptoms listed above are a side effect because of lowered testosterone levels, they can also be a sign of typical aging. There are also other medical reasons that these symptoms can occur including: thyroid problems, side effects from medications taken and increased alcohol use.

In order to figure out exactly what the cause is for your symptoms you should seek medical attention and have some tests done. Only proper diagnosis will lead you to the right treatments and cures for your concerns.

Women can also suffer from low testosterone or Low T. The symptoms of low T can vary for women and from woman to woman but some of the common ones are: **low libido, hot flashes, fatigue, mental foggiess** and **weight gain**. Also women need different treatment than men do, as they will need a combination of Testosterone and Estrogen, this is especially true for women who have had a hysterectomy and no longer have ovaries. The proper hormone replacement therapy can do wonders for these types of women.

What are the Causes of Low Testosterone?

Testosterone certainly plays a significant role in the life of a man. Most would describe it as being the hormones that make men... men. Testosterone is responsible for functions including facial hair, deep voice, sex drive, erections, and sperm production. Once a man begins to lose testosterone, different aspects of his bodily function can begin to fail including physical, emotional, and sexual health.

What is Low Testosterone?

To understand what low levels of testosterone are you should first know what is considered... Normal. Testosterone levels are tested through a simple blood test. A healthy adult man before the age of 30 is likely to have levels of about 270 to 1,070 nanograms per deciliter with 300 being on the lower side of the threshold.

Causes of Low Testosterone Levels

Now that you have a better understanding of what is considered a low level of testosterone, here are the most common causes for the decrease:

Age

Typically testosterone levels will naturally decrease in men once they reach the age of 30-40 years old. It continues to decrease at a rate of one percent on the yearly basis. Therefore, by the time an adult male reaches 70 years of age he has lost about 30% of his testosterone. However, because this is a natural cause, typically older men are still considered within a normal level for testosterone.

Obesity

Whether you knew this or not some of a man's testosterone will naturally change into estrogen (a hormone that is typically associated with women). It is important to note that men do need estrogen as well because it helps to maintain their bone density. However, once a man becomes obese this means that the testosterone to estrogen conversion will take place in the fat cells. The more fat cells a man has the more their testosterone will be converted to estrogen.

Injuries to the Testicles or Scrotum

When testicles are injured, it can sometimes be complicated for the testes to produce the level of testosterone that is needed. This only happens if both testicles have been injured. One functional testicle can still produce a healthy level of testosterone.

In Women

According to an article by *By André Guay and Susan R. Davis from Boston University School of Medicine:*

"Most of the current clinical experience with androgens and androgen deficiency has been in post-menopausal women who complain of decreased sexual desire after cessation of menses, and are not helped by estrogen replacement therapy alone. The question of androgen deficiency has largely been ignored in pre-menopausal women.

Testosterone levels have usually been measured in this population only when looking for excess production in women complaining of facial hair, loss of scalp hair, infertility, or acne. A recent presentation at the 2000 Female Sexual Function Forum meeting in Boston revealed that 36 premenopausal and 38 postmenopausal women complaining of decreased libido also had decreased total and free plasma testosterone levels as well as decreased levels of DHEA-S."

Women who have had a complete hysterectomy and no longer have ovaries can also be affected. With proper hormone replacement therapy these issues can change and a significant change can be felt.

What Can be Done to Prevent Significant Decrease?

As with most bodily dysfunctions, the number one way to improve your overall health is to eat right and exercise. Other ways of preventing complications with testosterone level decrease is to protect your testicles when playing sports, combined with exercise, men should also take up strength training, and eat a diet that is complete with fiber, fruits, and vegetables. Also, consuming less drugs and alcohol can do wonders.

For those who are currently suffering with low testosterone levels there are options for treating it that include hormone replacement therapy. If you feel that this is a treatment that you need you should talk with your doctor. They will explain the pros and cons of replacement therapy so that you can make an informed decision on whether or not this is the route for you to take. From there, your doctor can help you in planning a course of action to obtain normal levels again.

What is Low Testosterone?

Testosterone is a hormone that is required in a man's body. It is primarily produced by the testicles and helps in maintaining the proper function of a man's body including: distribution of fat, muscle strength and mass, sex drive, sperm production, red blood cell production, and bone density. While age is a common factor for decrease in testosterone levels, there are other reasons and issues that could attribute to it as well.

Hypogonadism

Hypogonadism is a disease where the body is no longer able to produce the right amount of testosterone as a result of problems with the testicles or the pituitary glands. Men suffering from this condition have been recommended for testosterone replacement therapy, testosterone pills, injections, patches, or gels.

Signs and Symptoms of Low Testosterone

Men can begin to experience signs of lowered testosterone as they age. Common changes reported include: changes in sexual function such as desire and infertility, changes in patterns of sleep, physical changes including increased body fat reduced muscle mass and strength, and emotional changes which can include increased sadness or depression.

While these are all signs and symptoms of lowered testosterone, it is always best to have the opinion and proper diagnosis of an expert to be sure. There are of course other reasons that these side effects could be happening including thyroid problems, depression, and excessive alcohol usage.

Testosterone Replacement Therapy

There is a lot of hope for men wanting to partake in testosterone replacement therapy. Some of the benefits include increased memory and concentration, increased muscle mass, increased libido, and improved energy levels. While these benefits seem great, it is important to understand that this is not a remedy for aging. Knowing the pros and cons of this treatment option are best so that you can make an informed decision on what works for you.

It is also important to note that testosterone therapy can help in cases where men suffer from hypogonadism; however, there is no clear indication that this form of therapy will have any added benefits for men who are healthy and seem to be aging.

Testosterone Therapy Risks for Normal Aging

There are risks to testosterone therapy, especially for men who are healthy and do not suffer from hypogonadism. The therapy could result in: sleep apnea which is a serious medical condition that disrupts the breathing pattern while a person is sleep, increased risk of heart disease as the body could begin producing too many red blood cells, acne and other skin conditions, stimulates growth of the prostate, and potential stimulation of growth in existing prostate cancer patients, enlarged breasts, limited production of sperm, or testicle shrinkage.

Talk to Your Doctor, Get Advice

If you're still contemplating the idea of undergoing testosterone replacement therapy it is a good idea to have a conversation with your primary care physician. Based on your medical history your doctor can better explain the risks and benefits that you could receive from this treatment option. You might find that taking testosterone supplements are best or you may also conclude that treating lowered testosterone due to aging is not advised.

Ways to Boost Your Testosterone Levels

There are tons of supplements out there claiming to significantly boost testosterone levels. While some men opt to take the supplement route, there are healthy and scientifically proven methods that can increase the production of testosterone in the body without having to spend a tone of money or intake medications. Below are a few of those methods for you to try.

Eat Enough Veggies

Studies have shown that vegetables that are rich in indole-3-carbinol (I3C), can alter the estrogen metabolism in men. As a result this will help in maintaining proper levels of testosterone. I3C is naturally found in vegetables such as broccoli, Brussels sprouts, cabbage, kale, cauliflower, rutabaga, and turnips. Eating one to two servings per day can help increase the hormones.

Eat More Meat

Protein which is found in meat great for increasing testosterone levels which is why many men eat more meats when weightlifting to increase muscle mass. Eating a least two servings of meat per day can do the trick.

Eat healthy Fats

Fats are a great energy source for the body. Healthy fats such as those found in avocados, flax seed oil, nuts, meats, and other foods are essential to your overall health. They help your body to consume the other nutrients, nourish the nervous system, regulate hormone levels, and helps in maintaining the structure of cells. It is important to remember to avoid Trans fat that is found in packaged foods and fried foods.

Relax

Pretty self explanatory is the advice to just relax. Get rid of the stress I your life if you can. As the body reacts to stress it produces a hormone called cortisol which can interfere with the production of testosterone. Cortisol is also responsible for increased appetite which then promotes belly fat and decreased levels of testosterone.

Get Some Sleep

Cutting out on sleep to work long hours or maintain a hectic schedule is the worst thing you can do. Research has shown that not getting enough sleep can significantly decrease testosterone levels. In fact a study conducted showed that men who only received about 5 hours of sleep at night had decreased levels of testosterone the next day of between ten and fifteen percent. For this reason men should try aiming for a good night sleep of about seven to nine uninterrupted hours. If you can't get seven to nine hours of uninterrupted sleep, you need to rearrange your daily schedule. It is possible that you're stressing your body out by doing too much in a small timeframe. Consider taking on less hours at work, going to bed earlier, or reducing some of your daily responsibilities in order to get the rest you need.

So these are some of the easiest and healthiest ways to increase your testosterone levels. They are all easy to incorporate into your lifestyle. Not only will these tips help improve your testosterone levels; they are also great for improving your overall quality of life. If complications from lowered testosterone persist, consult with a medical professional for advice.

Low Testosterone Resources

Add your website address here, or better yet add your affiliate links for extra income streams.