

Who is a Prospect for Testosterone Therapy?

Do you feel that you might have low testosterone or be a good candidate for testosterone therapy? Below are some factors that can cause low testosterone or point to a need for therapy.

• **Age**

- **Extra fat** – toxins are stored in fat, many toxins have an estrogen component, and fat cells make more estrogen (men make some too). Fat makes less energy than muscle.
- **Obesity** – see above, call it compounded. 2.4 times more likely to be testosterone deficient
- **Insulin resistance** – documented to occur before the excess fat appears.
- **Diabetes** – too much insulin resistance, too much fat, not enough energy, etc. 2.1 times more likely to be testosterone deficient
- **Estrogen** injected into cattle and chicken contaminates many foods.
- **SOY** – is an estrogen food and widely used as a meat substitute. (Small amounts of non-GMO ok)
- **Xenobiotics** – are estrogen chemicals used as insecticides & pesticides
- **Plastic containers** – plastic is estrogenic (water leeches estrogen chemicals out of the bottle). Anything wrapped / bottled in plastic is a potential source of estrogen.
- **PVC piping** – plastic pipes in construction of buildings still very common
- **Lack of exercise** – especially weight lifting
- **Vegetarian diets** – vegetables are good for you and should be ample portions. Animal foods are still important to our health and production of hormones. Get “organic” meats with NO INJECTED HORMONES
- **High blood pressure** – “the silent killer” 1.8 times more likely to be testosterone deficient
- **Inflammation** – Now regarded as a cause of almost all diseases. Prostate problems are long term inflammatory conditions many men experience.
- **Chronic infections** – like hepatitis, HIV, etc.
- **Adrenal insufficiency** – stress, caffeine, sugar / carbs
- **Low thyroid** – the “spark” in every cell. Less spark equals less production, and vice-versa.
- **Liver damage** – matures all hormones. “malabsorption” of undigested food clogs the liver.
- **Medications** – pain relievers (opiates & NSAIDS), anti-depressants, anxiety or sleeping pills, etc.
- **Atherosclerosis / coronary arterial disease / poor circulation** – which comes first? Either way it compounds the problem.
- **Pituitary deficiency** – not counting an active disease, chemicals accumulate and impair brain function.
- **Junk food diets / food preservatives, additives, etc.** – chemical toxicity
- **Lack of nutrition** – even in “good food” there is ever decreasing vitality.
- **Smoking** – very likely the #1 killer of circulation.
- **Alcohol** – is an estrogen chemical plus impairs the liver.
- **Marijuana, ectasy, etc** – all “party” drugs are estrogen chemicals.

This is only a partial list. If you are affected by any of these factors or would like to learn more, call us and we can discuss your case with you. You might benefit from testosterone therapy.

"In other words, the fear we have had for decades that testosterone treatment would somehow cause unregulated growth of the prostate or prostate cancer appears to have no merit." - New England Journal Med 2004; 350: 482-492