

Men's Health Issues: Low Testosterone

Harmony & Health

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Quality Products for Health

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Important Deciding Factors:

Testosterone is male hormone responsible for muscular strength, libido, sperm production and male physical characteristics. When it is low, men can experience anxiety and low self esteem, as well as decreased sex drive and lack of muscle tone. Too many xenoestrogens (found in pesticides, plastics, commercially raised red meat, etc) and also fluoride are principle causes of testosterone imbalance.

Some Products to consider:

- **Ashwaghandha** Is traditionally used to support adrenal function and decrease physical fatigue
- **DHEA-M** is the building block for hormones such as testosterone. Also, it can be helpful for male reproductive problems.
- **Eleuthero** helps the body cope with stress and stimulates male hormone production
- **Ginseng (Korean)** helps the body adapt to stress and strengthens sexual hormones of those who are weak or sickly. Should not be taken by young individuals.
- **Men's Formula** improves prostate function and may help with impotency.
- **Men's X-Action Reloaded** is a combination that may enhance male energy and reproductive organs; helpful for erectile dysfunction.
- **Rejuvenaid** is a drink mix that increases nitric oxide through red beet root and L-arginine. This can increase blood flow throughout the body for healthy sexual performance.
- **Maca** strengthens sexual desire and performance; as well as increasing general energy.+
- **Cinnamon Essential Oil** helps stimulate circulation and has testosterone-enhancing actions.

** **Exercise!!** Regular exercise helps increase testosterone production.

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Help Your Body Stay Healthy with Natural Remedies.

