

Testosterone

Men's Health

Harmony & Health

(812)738-LIFE(5433)

Quality Products for Health

www.harmony4health.com

www.facebook.com/harmony4health

Testosterone is a steroid hormone that the body mainly produces in the testicles or ovaries and the adrenal glands. It is the 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 principal causes of testosterone imbalance. Try to minimize daily exposure to bisphenol-A (BPA), parabens, and other chemicals found in some types of plastics.

Here are four ways to increase your testosterone levels naturally.

- 1. Exercise** -Resistance training, such as weightlifting, has been shown to boost testosterone; High intensity interval training (HIIT) can be very effective as well, although all types of exercise show some benefit.
- 2. Good diet** -a healthy balance of protein, fat, & carbs can help optimize your hormone levels; some research shows that a low fat diet could decrease testosterone levels. Watch your alcohol intake, some research suggests excessive alcohol consumption can decrease testosterone levels. Heavy alcohol use can lead to reduced testicular function.
- 3. Minimize stress** - stress can elevate the hormone cortisol & elevations in cortisol can reduce testosterone; These hormones often work in a seesaw-like manner, as one goes up, the other comes down. Good quality sleep is as important as diet & exercise. One study involving 2,295 teenage boys & men found that impaired sleep could be linked to lower levels of testosterone. Most research recommends 7 or more hours.

4. Supplementations

- **Vit. D3** -Some research shows that low vitamin D levels may be linked to lower testosterone levels, a 2017 study involving 102 men with a vit. D deficiency found that taking a vitamin D supplement increased testosterone levels and improved erectile dysfunction.
- **Ashwagandha** - traditionally used to support adrenal function and decrease physical fatigue
- **DHEA-M** - building block for hormones such as testosterone; helpful for male reproductive problems.
- **Eleuthero** - helps the body cope with stress and stimulates male hormone production
- **Ginseng (Korean/ Red)** helps body adapt to stress, strengthens sexual hormones overall
- **Men's Formula** improves prostate function; may help with impotence.
- **Men's X-Action Reloaded** - combination to enhance male energy; helpful for erectile dysfunction.
- **Power Beets** - drink mix that increases nitric oxide through Tibetan red beets; can increase blood flow throughout the body for endurance, energy, & healthy sexual performance.
- **Maca** strengthens sexual desire and performance; as well as increasing general energy.
- **Zinc** - benefits men & women with low testosterone, may help with infertility.

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.

Building Better Health Naturally

