

## **Are You Half the Man You Used to Be?**

High levels of testosterone are, quite literally, what make you a man and keep you healthy and vital throughout your entire life. The loss of youthful levels of testosterone can greatly diminish your energy, strength, mental, emotional, and sexual function and contribute to fatigue, premature aging, and disease. Luckily, your testosterone level—and overall state of well-being—are within your control!

Did you ever wonder why you don't recover as rapidly or have the same stamina you had when you were younger?

Without an optimal level of testosterone, your muscles simply don't have the capacity to generate maximal power or recover fully after a hard, physical effort. Your reaction time, coordination and balance also suffer.

Age doesn't matter. Your testosterone level is what determines your youthful vitality.

While testosterone levels are high among most men in their late teens and twenties, they can gradually begin to decline with age. Most men (and their doctors) accept this as a natural consequence of getting older. And while testosterone levels do naturally decline somewhat with age, it is now understood that 95% of all hormonal insufficiencies and imbalances are not caused by age or disease, but by poor cellular health. The greatest contributing factors are counterproductive dietary, lifestyle choices and toxins such as environmental pollutants and medications.

### **Could you be suffering from low testosterone and not even know it?**

Stop for a moment and think about how you really feel.

- Do you feel like you're just not the man you used to be?
- Do you find yourself living a successful life without any energy to actually enjoy it?
- Do you often feel depressed, irritable, or unmotivated?
- Do you frequently feel overwhelmed due to excessive stress?
- Do you have difficulty concentrating and/or remembering things?
- Has your sex drive declined?
- Do you have trouble having or maintaining an erection?
- Do you frequently feel fatigued?
- Are you carrying around any extra weight, particularly around the midsection?
- Do you have difficulty gaining or maintaining muscle tone?
- Does it sometimes feel that the harder you work out, the worse you feel?
- Do you have difficulty sleeping or fall asleep after dinner?
- Do you smoke, drink, or take medications regularly?

If you answered "yes" to more than two of the questions above, you most likely have a hormonal imbalance. And don't let anyone convince you that this is normal, or a "natural" part of the aging process.

So to sum it up:

High testosterone levels are anabolic; they are characterized by youth, vitality and a strong recovery capacity. High cortisol and estradiol are catabolic; they are characterized by aging, physical breakdown, and impaired growth and recovery. Let's take a quick look at two pivotal male hormone ratios.

### **Your Masculine Ratio: The Testosterone to Estradiol (T/E ratio)**

Your ratio of testosterone to estradiol (T/E ratio) is a critical factor influencing your male health and vitality. So in addition to determining your baseline testosterone level, it is equally important to know your estradiol levels. Both levels should be jointly and continually assessed. As your testosterone level decreases and estradiol level increases, your T/E ratio will decline. A high estradiol level can be a serious road block on your path toward optimal health—even if your testosterone level is high.

If you want to look, feel, and perform your very best, it is important to take action—restore and re-balance your hormonal system by achieving and maintaining a salivary testosterone to estradiol (T/E) ratio of greater than 40:1.

### **Your Strength and Recovery Ratio: The Testosterone/Cortisol Ratio**

Your ratio of testosterone to cortisol and DHEA (T/C) is another critical aging and performance maker. Whether you consider yourself a physical, mental, or sexual athlete, it will be difficult if not impossible to reach peak performance without a positive testosterone (anabolic) to cortisol (catabolic) ratio.

### **Dig Deeper**

Assessing the four key male saliva markers (testosterone, estradiol, DHEA and cortisol) will allow you to gauge if your testosterone is less than optimal and provide clues to the cause of the imbalance. But it is important to know that 95% of hormonal imbalances are caused by 8 general factors, additional assessments are needed to uncover the underlying factors causing you to experience hormonal imbalance and not functioning and performing at your very best..

These include total testosterone, SHBG, FSH/LH, prolactin, fasting insulin, vitamin D3, c-reactive protein, triglyceride/HDL ratio, thyroid function, comprehensive serum chemistry (with AI evaluation), omega 3 fatty acids, RBC zinc and magnesium.

Don't fret as we are here to help you with doctor pricing on labs and coaching to guide you.

### **Main Causes of Male Hormonal Imbalance**

1. Environmental toxins
2. Metabolic/glucose dysfunction
3. Viral immune dysfunction (post Covid)
4. Adrenal or thyroid issues
5. Nutritional deficiencies (vitamin D3, omega 3 and certain minerals)
6. Inadequate or excessive physical or mental stress
7. Gut bacteria imbalances
8. Sleep and circadian rhythm disturbance