

MEN'S HORMONES MADE EASY!

HOW TO TREAT:

- * Low Testosterone
- * Low Growth Hormone
- * Erectile Dysfunction
- * BPH
- * Andropause
- * Insulin Resistance
- * Adrenal Fatigue
- * Thyroid
- * Osteoporosis
- * High Estrogen and DHT



**J.M. SWARTZ M.D.
Y.L. WRIGHT M.A.**

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Testosterone Low Growth Hormone Erectile Dysfunction
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Bioidentical Hormones 8**

Roger Mason



Mens Hormones Made Easy How To Treat Low Testosterone Low Growth Hormone Erectile Dysfunction Bph Andropause Insulin Resistance Adrenal Fatigue Thyroid Osteoporosis High Estrogen And Dht Bioidentical Hormones 8:

MEN'S HORMONES MADE EASY!: How to Treat Low Testosterone, Low Growth Hormone, Erectile Dysfunction, BPH, Andropause, Insulin Resistance, Adrenal Fatigue, Thyroid, Osteoporosis, High Estrogen, and DHT! J.M. Swartz M.D.,Y.L. Wright M.A.,2015-02-04 Learn how to prevent and reverse menopause prostate issues heart disease and cancer See how hormone issues at any age may wreck your relationship make you fat and accelerate aging and death Learn how to safely improve your sexual performance increase your energy motivation and sex drive and strengthen muscles and bones This book will show you how to create the kind of lifelong health that will allow you to pursue your passions in life You will look great feel great lose weight and have better sex Page 4 of cover

Keto Smart!: Heal Your Brain and Body With the Ten-Step Action Plan Scientifically Proven to Prevent or Reverse Obesity, Memory Loss, Alzheimer's, Diabetes, Autoimmunity, Cancer, and Heart Disease Y.L. Wright M.A.,J.M. Swartz M.D.,2018-09-05 Get Smart with KETO SMART Heal your brain and heal your body with this easy KETO SMART program KETO SMART is packed with secrets to improve your memory and thinking with simple instructions that you can easily follow Learn how to radically improve the health of your brain so that you can enjoy life to the max at any age Your heart arteries and everything else will improve as well The KETO SMART 10 step protocol is MUCH more than just following a ketogenic diet The KETO SMART 10 step protocol is a comprehensive program of self healing Follow the KETO SMART ten easy action steps and soon your thinking mind will become as penetrating as the depths of a pristine alpine lake on a quiet sunny morning The goal of this book is to guide you through the maze of interconnected problems Every step helps but you only get the gold ring of health by following the complete treatment plan It isn't hard if you know what to do It is impossible if you don't

Toxic Teeth: How a Biological (Holistic) Dentist Can Help You Cure Cancer, Facial Pain, Autoimmune, Heart, and Other Disease Caused By Infected Gums, Root Canals, Jawbone Cavitations, and Toxic Metals Y.L. Wright M.A.,J.M. Swartz M.D.,2016-09-04 READ TOXIC TEETH TO LEARN SECRETS ABOUT TOXIC TEETH unknown to most people including most dentists Sneaky and often silent many dental issues may go undiagnosed for years if ever Mercury and other toxic heavy metals used in fillings crowns bridges partials dentures and implants continually seep into every cell in our bodies creating heavy metal poisoning that triggers disease Whether or not we know it over half of us harbor gum infections If we have ever had teeth extracted it is quite likely that cesspools of infection cavitations bubble deep within our jawbones Root canal teeth seed nasty infections causing untold suffering Dental infections spread into our brains hearts and other organs leading to many kinds of diseases such as heart disease cancer autoimmune diseases allergies asthma thyroid problems and facial pain Prevent problems with your teeth and gums before they ever happen and reverse problems that you may already be experiencing

Men's Hormones Made Easy! Y L Wright M a, J M Swartz, M D, 2021-02-06 MEN S HORMONES MADE EASY How To Treat Low Testosterone Low Growth Hormone Erectile Dysfunction BPH Andropause Insulin Resistance Adrenal Fatigue Thyroid Osteoporosis High Estrogen and DHT Prevent and Reverse Menopause Prostate Issues Heart Disease Cancer See how hormone issues at any age may Wreck your relationship Make you fat Accelerate aging and death Learn how to SAFELY Improve your sexual performance Increase your energy motivation and sex drive Strengthen muscles and bones Lower your risk of heart disease and cancer Trust us As we aged our health deteriorated drastically and it was not fun In our search for answers we discovered that Our health problems were primarily caused by our hormones The information that we needed to heal our hormones and overcome our health problems was not in books or on the internet Instead we turned to the experts We studied intensely for many years with the smartest hormone experts on the planet We developed a plan to heal our hormones and completely regain our health We followed our plan It worked And now we want to help you do the same We translated the hormone experts advice into language that ordinary folks can understand and then condensed and organized it so that any man can follow this easy plan to improve his own health READ THIS BOOK and CHANGE YOUR LIFE Learn about ways to raise your testosterone without shrinking your testicles and losing your ability to father children Learn the secrets to safely overcome erectile dysfunction so that you don t have to take expensive drugs like Viagra Identify prostate problems what makes them worse and what makes them better Learn about a fantastic prostate treatment that your doctor will probably not tell you about Pinpoint your own hormonal imbalances with checklists and learn which tests to get Learn about all of the many treatment options that are available to you Then choose the methods that will work best for you to match your own hormone levels to those of a robustly healthy 30 year old man Learn how to find a physician who will effectively treat your underlying problems and not just medicate symptoms and who will properly diagnose and safely treat all of your hormone imbalances no matter how mild moderate or severe they may be Get action tips to balance your hormones for life Extensive references are included to substantiate the text Read this book and learn the answers to these questions What are the pros and cons of replacing testosterone Which hormone delivery method will work best for you Are the hormones bioidentical exactly like those your body makes Does testosterone replacement hurt the prostate How do you follow up after initial treatment After all deciding to optimize your hormones is a decision that you make because you have a vision of a healthier life It s your chance to take control of your health and your life Men s Hormones Made Easy will show you how to create the kind of lifelong health that will allow you to pursue your passions in life You will look great feel great lose weight and have better sex

Pure Natural Remedies for Low Testosterone Grail Rhema, 2021-05-07 Testosterone th principal r ul t ng ndr g n in m n secreted almost entirely b th testes The ff t f t t t r n n bone n men r th r f r b t b rv d when they r deficient n t t t r n and then r l d w th t t t r n Th effects of h l g concentrations f t t t r n n m n as b rv d in these situations r ub t nt l T t t r n l th r n l circulating ndr g n n t n in women It r t d b th v r and the adrenal gl nd and derived also by r h r l nv r n of th

with adrenal androstenedione and dihydroandrostenedione. The normal range of testosterone in women is 0.1 to 0.6 nmol/L, which is 10% of that in men. And therefore much lower than in men. Testosterone is associated with behavior, aggression and sexual drive. Men's testosterone levels contribute to a woman's sex drive. It's a little bit higher in men than in women. In a woman's menstrual cycle, testosterone is also common. For example, the body's testosterone levels can affect a man's bone density but not muscle strength.

MAN-opause Brian R. Clement, Anna Maria Clement, 2020-02-15 Women are not the only ones who suffer the consequences of declining hormone levels and associated symptoms. The Clements help men understand their own aging and changing bodies to help them better navigate the changes and still maintain vitality. This book is a man's education manual about the health effects of hormone imbalance but just as importantly it's a must read for the women in their life since it is often the women who inspire and coax men to break through their denial and seek help when they encounter health challenges. That cluster of mid-life hormonal declines is a significant life challenge which all men will eventually face yet very few of them even realize the condition exists much less that the vexing symptoms they experience can be remedied. Male menopause. MAN opause is a little reported and little understood phenomenon causing irritability, anger, depression, fatigue, weight gain, sexual dysfunction. It is affecting men at younger ages and for far longer in life than ever before. Science has confirmed this emerging phenomenon. Using the latest medical science findings, MAN opause explains in understandable language how any man with or without a woman's participation can take proactive steps at any stage of life to neutralize the impact of andropause and its wide range of debilitating and disturbing symptoms.

His Change of Life Chris D. Meletis, Sara G. Wood N.D., 2009-04-30 From explanations of the roles of hormones to detailed descriptions of testing options and treatment choices, this book is a guide to male hormones. What they do, what goes wrong and what can be done about it. Testosterone levels begin to decline in men at the age of 30. But as this book shows, men can take steps to normalize hormone levels. With the twin goals of education and empowerment, two naturopaths explain the roles of male hormones and why decreasing testosterone levels affect body and mind. *His Change of Life: Male Menopause and Healthy Aging with Testosterone* offers detailed descriptions of testing options and most importantly, specific treatment choices offered by both allopathic and alternative models that will enable men of all ages to live life to the fullest. Symptoms the authors address include night sweats, reduced flexibility, loss of muscle mass, low sex drive and high blood pressure. Solutions they explain include stress management, exercise, nutrition, dietary supplements and androgen replacement therapy. Conventional treatments are also covered as are potential side effects of actions men may take. The authors detail which actions are safe to take on your own and which need the supervision of a medical expert.

Natural Remedies for Low Testosterone Stephen Harrod Buhner, 2016-01-22 How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements and diet. Explains the phenomenon of male menopause and how to deal with it. Reveals scientific evidence of testosterone blocking agents in the environment that alter

men's essential chemistry as they age Presents safe organic plant medicines that can restore optimum testosterone levels Contains the most up to date natural treatments for impotence infertility and prostate disease The recognition of andropause the middle age stage in male development comparable to women's menopause is hampered by the lack of a clear outward manifestation of the chemistry and physiology specific to aging men Men are still capable of reproduction well into and beyond middle age Yet a man's sexual desire and potency varies often according to his testosterone level Recent studies show that the lowered testosterone levels endemic in aging men a gradual drop that is quite normal are being exacerbated by environmental agents Testosterone blocking estrogen agents are present in insecticides industrial materials pharmaceuticals and foods Men are daily inundated with a cocktail of estrogen agents that alter the fine balance of testosterone that makes them male But as recent medical research has revealed testosterone replacement therapy with Low T drugs is not a good option because of the increased risk of cardiovascular problems such as heart attack and stroke and because the body can become dependent on pharmaceutical testosterone and stop producing any on its own In this updated edition of *The Natural Testosterone Plan* Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how naturally occurring phytoandrogens plant medicines that contain male hormones can safely remedy the depletion exerted by the environment Buhner details how each phytoandrogen works when its use is indicated and the most appropriate method of application providing all men with safe natural and effective means of maintaining optimum testosterone levels well into old age

The Testosterone Syndrome Eugene Shippen, William Fryer, 2001-03-19 Testosterone therapy can improve the overall health and feeling of well being of aging men improving sex drive mental functions and energy levels and reducing the risk of cardiovascular disease Library Journal

Maximize Your Testosterone At Any Age!: Improve Erections, Muscular Size and Strength, Energy Level, Mood, Heart Health, Longevity, Prostate Health, Bone Health, and Much More! J.M. Swartz M.D., Y.L Wright M.A., 2019-05 DID YOU KNOW THAT Low testosterone can kill you Yes it's true Circulation Dec 2007 Low testosterone doesn't just happen to older men Testosterone is dropping in ALL men on average all over the world even YOUNG men Most doctors will NOT treat men with moderately low testosterone IMAGINE IF YOU COULD Live longer with decreased risk for heart disease cancer and even accidents Maximize your testosterone no matter what your age Find a doctor who can recognize and treat ALL testosterone disorders YOU DON'T HAVE TO IMAGINE IT This fascinating book shares the real life success stories of men of all ages who suffered from low testosterone for years before they finally consulted Dr Joe Swartz Dr Joe asked the right questions listened and got the right tests before arriving at a treatment plan that worked to address the different causes of each man's low testosterone After maximizing their testosterone each of these men had improved health energy and sexuality

Maximize Your Male Hormones Pamela Wartian Smith, 2023-06-26 To a great degree we are who we are because of the hormones produced in our body From our sexuality to our physical and mental development to the state of our health we are all dependent on our hormones working

properly When there is an overproduction or under production of any of our hormones we can experience a host of serious health disorders The problem is few of us ever connect these issues with our hormones And while men may be familiar with testosterone there are others that are just as important To address this lack of information bestselling author Dr Pamela Wartian Smith has written *Maximize Your Male Hormones* a clear guide for men to understand identify and treat the many common sources of these ailments including Fatigue Depression Sexual Dysfunction Headaches Anger Cancer Nervousness Weight loss gain Heart disease Male menopause Stress Mood swings Diabetes Sleep apnea And so much more These are all serious disorders that if left untreated can be life threatening By first recognizing this problem and identifying the hormone most normally associated with it you will learn there is a great deal that you can do to fix the problem In her book Dr Smith not only provides the medical treatments available she also includes the natural supplements that have proven to be helpful as well as the lifestyle changes that can help bring a hormone back in balance If any of these problems sound familiar maybe it's time to do something about them Don't let your hormones ruin your life With *Maximize Your Male Hormones* in hand you will learn that there is a good deal that you can do to help control or even eliminate many of these disorders

Testosterone Is Your Friend Roger Mason, 2018-08-29 Although testosterone is considered a male sex hormone what many people don't realize is that this vital hormone is also present in females For men it is mainly responsible for stimulating and controlling characteristics that are considered masculine like muscles and hair growth However for both sexes low testosterone levels can cause countless health problems including memory loss anxiety and depression osteoporosis increased cholesterol levels weight gain sexual dysfunction and infertility While testosterone supplements are available most are ineffective and some are even dangerous In the updated third edition of *Testosterone Is Your Friend* author Roger Mason presents the latest and most effective natural treatments and supplements to help raise testosterone levels The book begins by looking at how the body uses testosterone and how this hormone functions differently in men and women Later chapters examine how testosterone deficiency affects various health conditions In addition to presenting safe treatments for elevating testosterone levels naturally the author also explains how simple it is to test the levels yourself It's time to re-energize With *Testosterone Is Your Friend* you will have the latest information on how to increase your testosterone levels safely and naturally By following the advice within you can improve not only your sex life but also the overall quality of your life

Listen To Your Hormones Abraham Harvey Kryger, 2004-08 Much of the book is dedicated to the benefits of appropriate treatment of women as well as men using testosterone replacement therapy Citing current research Dr Kryger declares that testosterone not only aids in a person's sex life but also promotes healthy hearts by helping to prevent hardening of the arteries and weakening of the heart muscle Elderly people with higher levels of free testosterone have improved memories and less age-related senility *Testosterone Resistance* Malcolm Carruthers, MD, 2016-03-15 This is a controversial account of why because of the barriers to testosterone action in the body men can have normal levels of

testosterone but still have life love and health wrecking symptoms of testosterone deficiency which need treatment The deficiency is increasingly being linked to common and serious medical conditions such as obesity diabetes heart and circulatory disorders and even Alzheimers disease This has clearly been shown by the authors pioneering research publications as well as those of other colleagues and researchers worldwide However in the majority of cases they are often denied this because of the lack of understanding of the medical profession and other authorities regulating the treatment This is a wake up call to both doctors and patients alike to treat the symptoms of testosterone deficiency and related conditions with what the author argues is the most effective safest and economic form of preventive medicine of the twenty first century

Advances in the Management of Testosterone Deficiency T. H. Jones, Federica Guaraldi, 2008-11-17 Testosterone has an important influence on major organ systems and tissues including brain metabolism cardiovascular as well as musculoskeletal and immune systems Covering many clinical areas this book pays particular attention to the diagnosis and management of hypogonadism discussing current guidelines biochemical assessment new options in testosterone replacement therapy and long term monitoring of treated men Furthermore the role of testosterone deficiency in aging obesity muscle function and frailty and erectile dysfunction is covered Recent evidence for the role of testosterone in the pathogenesis of chronic diseases such as diabetes cardiovascular disease and osteoporosis is reported New developments in the potential treatment of these clinical conditions are also presented Primarily of interest to endocrinologists urologists andrologists and sexologists the range of topics covered is also relevant to primary care physicians gerontologists diabetologists and cardiologists

Testosterone: A Man's Guide Nelson Vergel, 2010 There are several testosterone books available However what makes this one so different is that it is written by Nelson Vergel Founder of ExcelMale com and DiscountedLabs com a chemical engineer and 37 year HIV and cancer survivor that discovered in 1993 that testosterone could save him from wasting syndrome and death Since then he has been his own lab rat as he worked with research groups doctors compounding pharmacies and pharmaceutical companies to evaluate all available testosterone replacement therapy TRT options gels injections pellets orals etc as well as products to reverse and minimize side effects of testosterone HCG anastrozole and others Nelson fully explains myths and misconceptions surrounding testosterone After reading this book you will know If you have low testosterone blood levels What your best TRT option is more suitable for you if you need one How to avoid the main mistakes that men make when using TRT How to identify and treat potential side effects before they become a problem How to talk to your doctor about getting TRT or how to find a doctor who prescribes testosterone What foods and medicines can lower your testosterone The truth about non prescription testosterone boosters How to apply for financial assistance from testosterone manufacturers What compounding pharmacies are and how they can customize TRT options for you To stay updated on the subject register on the author s site ExcelMale com and check his affordable lab test company DiscountedLabs com and his many videos on the ExcelMale youtube channel

Are You Hormone Curious?

CAROLYN. ZAUMEYER APRN,2025-04-02 Are You Hormone Curious The Ultimate Guide to Hormone Balance Health and Vitality for Men Women Are you feeling tired moody or struggling with weight gain despite your best efforts Do you experience low energy brain fog poor sleep or loss of libido You might be dealing with hormonal imbalances and you re not alone In Are You Hormone Curious hormone health expert Carolyn Zaumeyer MSN APRN reveals the crucial role of hormones for both men and women and how bioidentical hormone therapy nutrition and lifestyle choices can help restore your vitality metabolism and overall health This book is your ultimate roadmap to feeling younger stronger and healthier at any age Inside This Essential Hormone Health Book You ll Discover Hormone balance for women men over 40 how aging affects estrogen testosterone and more The truth about menopause andropause and bioidentical hormone replacement therapy HRT How hormones impact weight loss metabolism and inflammation The best vitamins foods and supplements for optimal hormone health The connection between hormones chronic disease and anti aging medicine How pellet therapy works and why it s the best method for hormone optimization Natural ways to balance hormones increase energy and improve sleep Men s hormone health How testosterone thyroid and adrenal hormones affect performance and longevity Who Should Read This Book Women navigating menopause weight changes and hormonal shifts Men experiencing low testosterone fatigue and loss of muscle mass Anyone looking for natural ways to balance hormones through diet and supplements Individuals interested in bioidentical hormones and anti aging strategies Those struggling with inflammation chronic fatigue or low libido Why This Book Backed by real patient stories cutting edge science and practical solutions Are You Hormone Curious empowers you to take control of your health understand your body and feel your best naturally and safely It s time to reclaim your energy confidence and vitality Get your copy today and start your journey to hormone balance better health and a vibrant life

Testosterone Deficiency in Men Hugh Jones,2008-09-25 This book provides a background of essential knowledge on testosterone deficiency in men including diagnosis and treatment It also explores the associations of testosterone deficiency with organ systems and their diseases e g diabetes osteoporosis

Hormonal Therapy for Male Sexual Dysfunction Mario Maggi,2012-01-30 Hormonal therapy offers a potentially powerful approach to the treatment of sexual disorders in men However the interplay of different hormones within different bodily systems is carefully balanced judicious judgement is required in the therapeutic use of hormones to minimize unwelcome side effects A better understanding of how hormones work will help the physician to better tailor therapies for improved sexual responses in men Hormonal Therapy for Male Sexual Dysfunction will provide the rationale for hormonal therapy in male sexual disorders explaining the language of sexual endocrinology and its application in clinical practice The aim of this book is to provide a clinical in the office or at the bedside guide to effective patient care for sexual medicine physicians urologists gynecologists and other health care providers in practice and in training The tone will be practical not academic The working assumption is that readers want to know what and what not might or should be done without over emphasis on the why That

said it is important to review the crucial basic science necessary for effective diagnosis and management and to provide reminders in the context of the practical chapters It will not be heavily referenced in line with a more practical approach This allows for smoother reading and also relieves the burden of comprehensive citing from authors Key evidence clinical trials Cochrane or other meta analyses should be summarized in Evidence at a Glance boxes and key references such as reviews major papers can be provided in the selected bibliography at the end of each chapter Practical guidance will be provided through the use of algorithms and guidelines where they are appropriate Tips and Tricks boxes hints on improving outcomes perhaps via practical technique patient questioning etc Caution warning boxes hints on avoiding problems perhaps via contraindications Science Revisited quick reminder of the basic science principles necessary for understanding

Testosterone Alexandre Hohl, 2023-07-28 Even though research on testosterone is increasing there is still much controversy regarding its physiology and clinical use This book provides a broad overview on testosterone from its basic features to the most recent evidence of clinical applicability In addition specific conditions in which testosterone play a pivotal role are discussed in detail such as hypogonadism misuse and abuse puberty cardiovascular effects and testosterone therapy The testes are vital organs for reproduction of the human species besides being the main source of testosterone production in men Although not essential for survival these singular structures represent the essence of male biological function Testosterone is the most important testicular androgen in men Low serum testosterone levels are associated with cardiovascular morbidity metabolic syndrome type 2 diabetes mellitus atherosclerosis osteoporosis sarcopenia and mortality Also there is increasing evidencethat serum testosterone is a major biomarker status of men s health in general Hypogonadism in a male refers to a decrease in one or both of the two major functions of the testes sperm production or testosterone production These abnormalities can result from disease of the testes primary hypogonadism or disease of the pituitary or hypothalamus secondary hypogonadism Currently the clinical features of male hypogonadism are sufficiently well recognized the causes are well known and the tests of the hypothalamic pituitary testicular axis are accurate enough for the diagnosis in most patients Testosterone the focus hormone of this book is used in different forms and routes of administration Several authors unravel its peculiarities and assist in choosing the most suitable form in each case as well as the possible risks of its misuse or even abuse in men and women seeking alternatives to help patients in this situation

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