

## Low Testosterone?

### Low Testosterone and Metabolic Syndrome

While accustomed to hearing about menopause and all of the symptoms women experience, most men don't realize that they too undergo a similar transition called Andropause. Andropause, often referred to as "male menopause," is a decline in testosterone production that can begin as early as thirty, depending on exacerbating factors. The gradual change in hormonal status can cause a variety of symptoms such as:

- Depression/anxiety
- Decreased urinary flow
- Abdominal weight gain
- Hot flashes and night sweats
- Low libido
- Concentration problems
- Erectile dysfunction
- Loss of muscle tone
- Fatigue

The decrease in testosterone left unbalanced can also be responsible for a condition called metabolic syndrome.

### This syndrome can include:

- Insulin resistance/high blood glucose
- Elevated triglycerides
- High blood pressure
- Low HDL cholesterol
- High LDL cholesterol
- Clotting disorders
- Elevated C-reactive protein

### The solution is here:

- Saliva hormone testing
- Bio-identical hormone and nutritional supplements tailored to fit your personal needs
- Lifestyle: whole foods, diet, exercise, relaxation and laughter

## Safe And Effective Hormone Balancing

### Do you have these symptoms?

- Erectile dysfunction
- Decreased strength
- Difficulty concentrating
- Low sex drive
- Night sweats
- Irritability
- Thinning hair
- Weight gain
- Fatigue

Salivary hormone testing has been established as the best method for accurate analysis of your active hormone levels. Testosterone, estrogen, progesterone, DHEA and cortisol can be measured in saliva.

### What are the advantages of saliva testing?

- No needles
- Measures active hormone levels
- Easy and convenient collection
- Exceptional specimen stability
- Less expensive than blood testing
- Four samples collected throughout the day give a more accurate picture of hormone levels

### Which hormones should I test?

- Testosterone
- Estradiol
- Progesterone
- DHEA
- Cortisol

Your hormones all work together to create an environment of balance and harmony. An imbalance of one can affect them all.

If you are struggling with the above issues ask your health-care practitioner to do a simple saliva test to measure your hormone levels.