



HORMONES AND OPTIMIZING MEN'S HEALTH



TAKE IT UPON YOURSELF
TO INCREASE VITALITY, LIBIDO,
AND ACHIEVE OVERALL GOOD HEALTH.

HORMONES: THE KEY TO LIVE A HEALTHY, VITAL AND HAPPY LIFE

TESTOSTERONE

Hormones are chemical messengers in very low concentrations which affect organs and tissues. A proper hormone balance is the key to good health and any excess or deficiency in hormone concentration should be treated or serious medical conditions may appear. Androgens, also called steroid hormones, influence male characteristics as well as behavior and sexual function. The most important of these androgens in regards to male health is testosterone. Testosterone plays a vital role in proper male development as well as maintaining muscle bulk, red blood cells, and bone growth. The hormone testosterone is especially important in regards to how you feel. Testosterone is a natural energy booster that decreases the likelihood of depression and heart disease. As you age it becomes extremely important to monitor your body's hormone production to ensure you are the most healthy, vital, and optimal version of yourself.

WHAT IS HORMONE IMBALANCE?

The male organ testes produce nearly 95% of all male testosterone. The balance of hormone is supplied by the adrenal glands, which also produce small amounts of estrogen. In men, the symptoms of aging are often the result of a loss of growth hormone and the decline of testosterone. At the age of puberty, growth hormone and testosterone levels peak and remain relatively high till men reach their early to mid-20's. Testosterone levels begin to decline afterwards (on average about 14% for every 10 years) because of the break down of hormone-producing cells. By the time men reach the ages of 40-60, growth hormone and testosterone levels are reduced to approximately 50-60%.

Lower testosterone levels may affect bone density, muscle strength and sex drive and low libido. Major symptoms of testosterone deficiency also include fatigue, depression, hair loss, weight gain, and thinning and wrinkling of the skin.

Testosterone imbalance, if not treated, can lead to the development of more serious conditions such as heart disease, erectile dysfunction, pre-diabetes and prostate problems. It is a misconception that only middleaged and elderly males experience testosterone imbalance. Some of the most common hormonal imbalances in men include:

- ❖ Andropause. Also known as the male menopause, andropause occurs when men grow older and the testosterone levels start to decline.
- ❖ Adrenal fatigue. This is related to your stress levels if it remain high for a prolonged period of time, the adrenal gland can't produce enough of the stress hormone also known as cortisol.
- ❖ Hypothyroidism. When the thyroid gland is under active, not producing enough thyroid hormones.
- ❖ Hyperthyroidism. An overactive thyroid gland results in high levels of thyroid hormones and an in-cresed metabolism.

WHAT CAN YOU DO?

Optimal health and healthy life style is dependent on a hormones balance. Currently, men with low androgen hormones can benefit



from hormone replacement therapy. Measuring of hormones also help in mode of treatment. This reduces the chance of undesirable side effects and maximizes beneficial effects. Salivary Testing is more accurate than blood because it tests for the 'free or available' level of sex hormones plus a few other very important steroid hormones. Men have the opportunity to take an active role in maintaining and achieving a

healthy and vigorous life with hormonal testing from BDL.

WHY SALIVA TESTING?

Free unbound hormones in saliva produce a more accurate picture of a man's level of Testosterone:

- ❖ Provides accurate, fast, and reliable results.
- ❖ Interpretations of lab results provided with clear and detailed information.
- ❖ Non-invasive: no needles or blood work required.
- ❖ No costly medical fees or doctor visits.
- ❖ Testing is completely safe and can be done from the privacy of your own home.