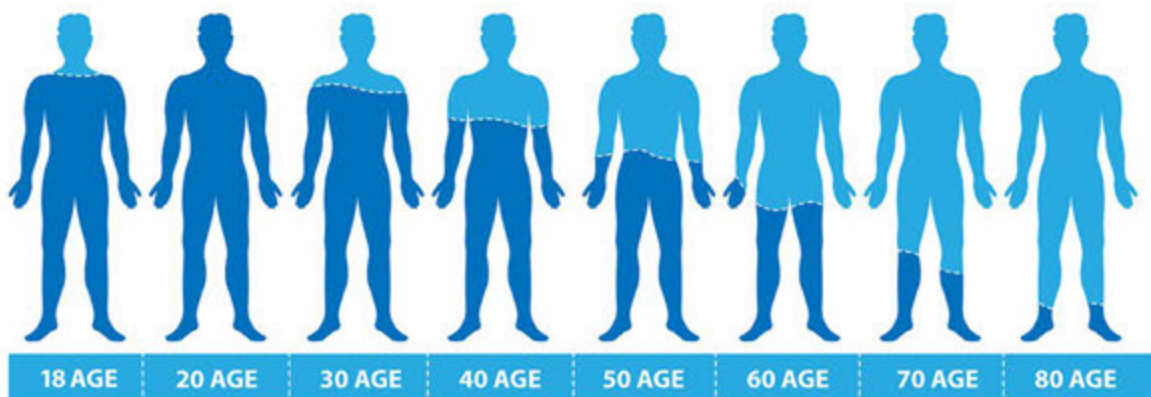




TESTOSTERONE LEVEL



TRT

(TESTOSTERONE REPLACEMENT THERAPY)

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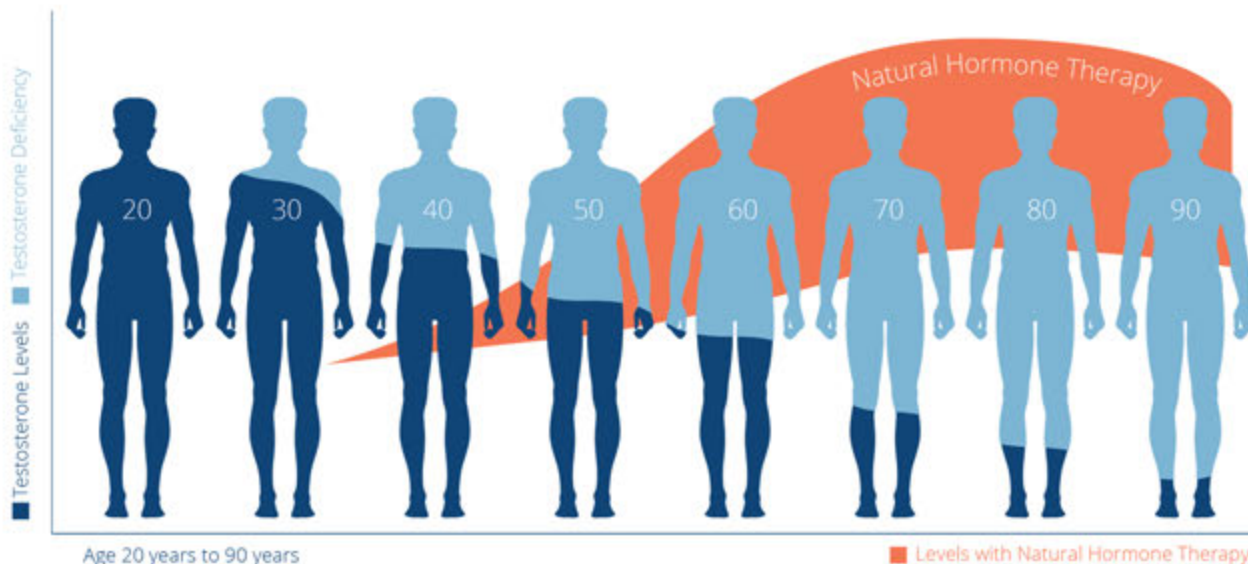
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Testosterone Production with Age



To maintain a good sexually active lifestyle, you need to ensure your Hormones and testosterone level are within a reasonable range.

Just taking Testosterone can be more damaging than having the actual deficiency.

Before undergoing any TRT therapy, the Zen Clinic will first run a series of Blood tests to determine first and foremost why your levels are outside the usual amounts.

In general, the normal range in males is about 270 to 1070 ng/dL with an average level of 679 ng/dL.

A typical male testosterone level peaks at about age 20, and then it slowly declines.

Testosterone levels above or below the normal range are considered by many to be out of balance.

By boosting testosterone, you can improve sexual arousal, even if you have normal testosterone levels. Higher levels of testosterone can make it easier for you to get aroused and can boost your sex drive generally.

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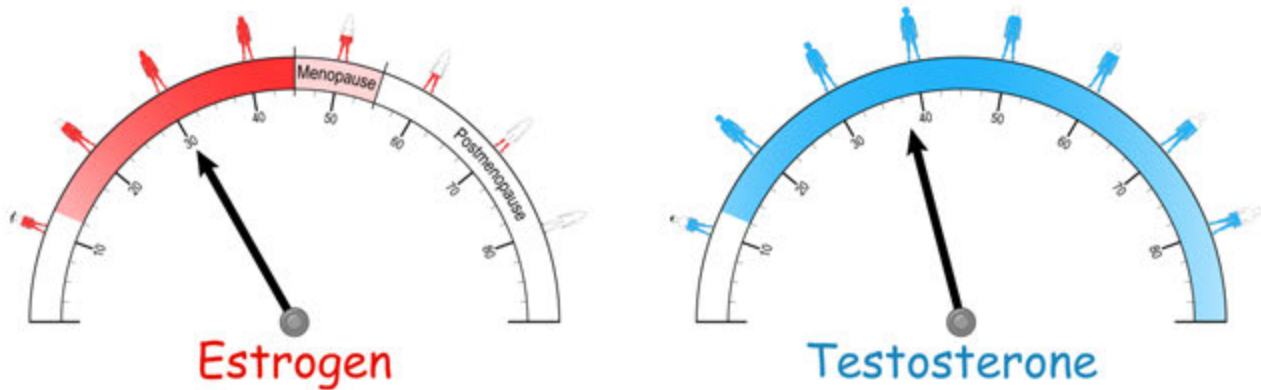
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Changes in estrogen and testosterone levels



As men mature, the ability to produce testosterone can decrease and leads to a condition known as hypogonadism.

Testosterone is a type of androgen hormone that regulates reproductive, digestive, and cardiovascular functions in both men and women. Optimal levels of testosterone maintain healthy hearts.

In men, testosterone influences vocal pitch, muscle mass, body hair growth and sperm production. As men get older, testosterone levels gradually decrease which can cause physical and psychological symptoms.

This hormone decline is a natural part of the aging process. According to research, most men's testosterone levels peak in adolescence and early adulthood. Between ages 30 to 40, levels decline by about 1% per year. By age 70, testosterone levels may be 50% lower than their peak in adolescence.

Symptoms of Low Testosterone

- Low libido
- Low energy
- Low endurance
- Insomnia
- Erectile dysfunction
- Loss of height
- Weight gain
- Irritability
- Mood swings
- Depression
- Lethargy
- Poor mental focus
- Hot flashes

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Causes of Andropause

Clinically low testosterone levels can lead to the chronic condition known as andropause, androgen deficiency or late-onset hypogonadism.

Men who experience andropause have abnormally low amounts of bioavailable testosterone in their blood. Stress, environmental changes, genetically modified foods, sugar, meat with estrogen added, and natural aging all have deteriorative effects on testosterone.

Unlike women who experience rapid hormone loss during menopause, men experience andropause symptoms gradually over time.

According to Studies, approximately 20% of men in their 60s, and 50% of men in their 80s are hypogonadal.

Without treatment, andropause can increase the risk of serious health conditions.

Low testosterone can decrease strength and muscle mass. It can also increase abdominal fat and lead to obesity.

These factors can cause diabetes, cardiovascular disease, hypertension and osteoporosis.

Health Benefits of Testosterone Therapy

Lifestyle changes such as increased exercise, stress reduction, and good nutrition can naturally increase androgen hormones.

For men experiencing clinically low levels of testosterone, hormone therapy can reduce andropause symptoms.

The goals of testosterone therapy are to:

- Restore sexual function, libido, well-being, and behavior
- Optimize bone density and prevent osteoporosis
- Normalize growth hormone levels
- Decrease risk of cardiovascular disease
- Restore fertility

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