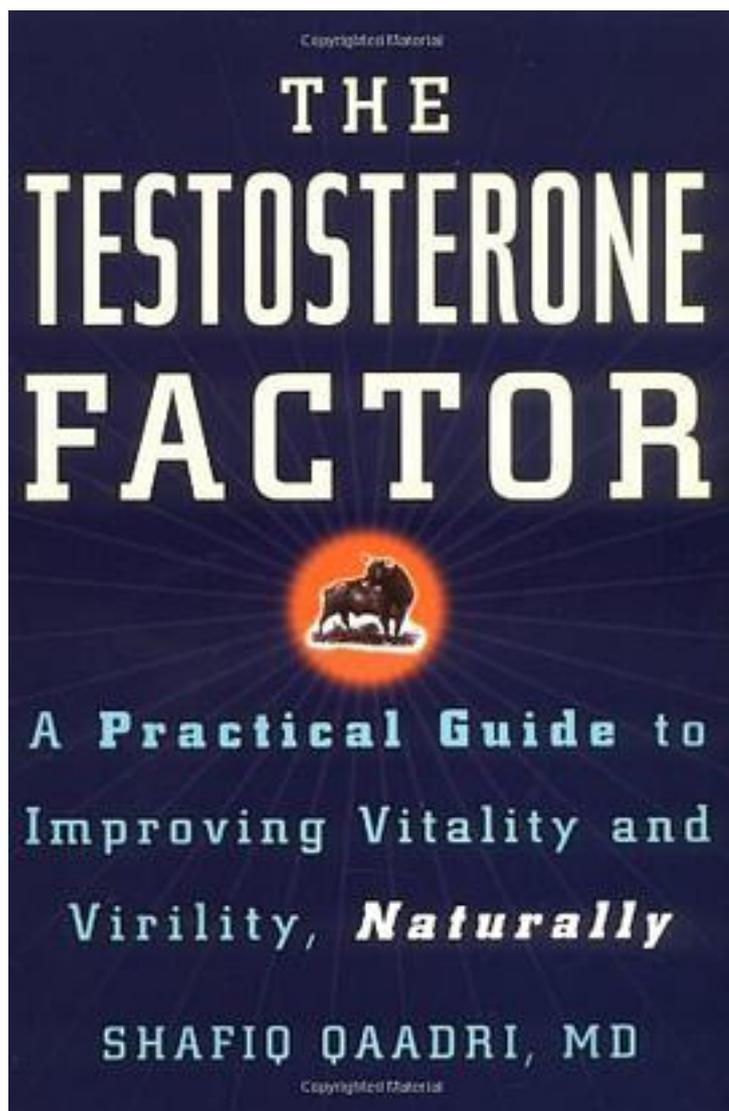


# The Testosterone Factor



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In *The Testosterone Factor*, the first practical all-natural guide for midlife men, Dr. Shafiq Qaadri offers a groundbreaking strategy for assessing and overcoming without hormonal supplements the symptoms of male menopause, including depression, fatigue, explosive anger, loss of ambition, and, perhaps most widely recognized, loss of virility. He offers comprehensive worksheets to help readers quantify their symptoms and gauge their level of andropause, then arms them with specific, personalized strategies for improving their overall wellness. He also tackles that most sensitive of issues "plumbing problems" and discusses the pros and cons of Viagra and its cousins. By offering clear information in an upbeat tone, as well as a variety of lifestyle approaches, natural exercises, and step-by-step techniques, *The Testosterone Factor* helps the midlife andropausal man identify his priorities and follow a strategy that's best for him.

作者介绍:

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