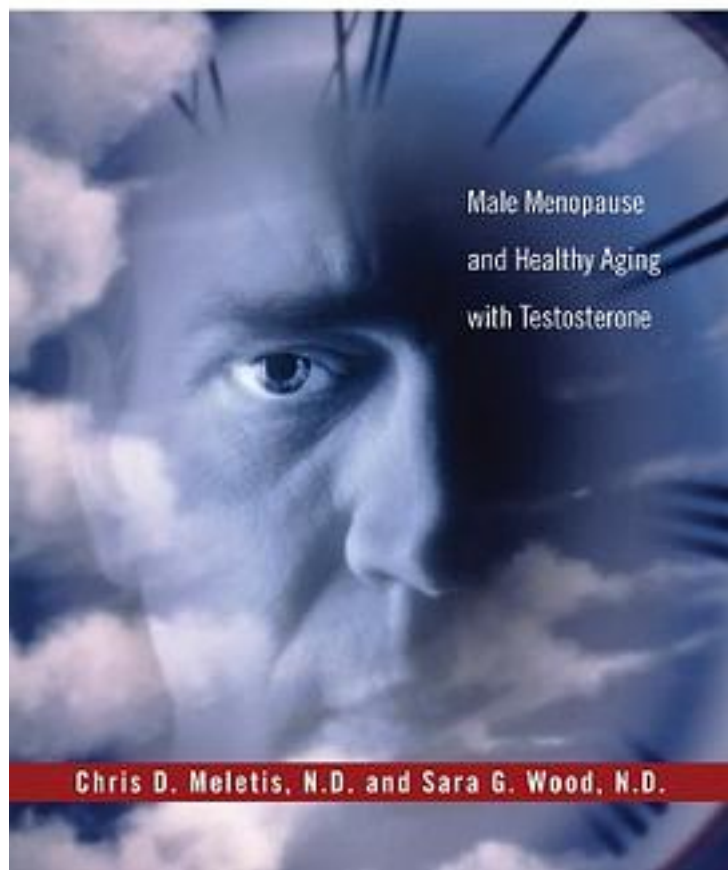


His Change of Life

HIS CHANGE OF LIFE



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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.

作者介绍:

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