



“Testosterone”

**The Hormone of
Champions And Weekend Warriors**

Special Hormone Report #2

**“Have You Ever Wished You Could -
Stop Feeling Tired And Run Down?”**

or

**How About Wanting To Build Muscle
Mass Like You Had When You Were
A Young Man?**

or

**Wanted To Know How To Regain
That Lost Muscle Mass In Just A Few
Short Months?
or even how to...**

or

‘Regain That 20-Year-Old Sex Drive?’



Dear Friend,

If you answered YES to any of those questions, you definitely have to, read this report!

I've talked to a lot of doctors and friends about Testosterone and if you want to look your best, feel your best and have the best out of life, you need to read this.

Before I tell you about Testosterone, I want to give you something to think about.

The Great Recession, so I'm told, has been great for one segment of the economy — the makers of pills and potions that offer the promise of keeping people healthy. A middle-aged woman remarked as she perused the supplement shelves in my local health food store (I was buying bulgur): *"I can't afford to get sick. I lost my job and I have no health insurance."*

Each year millions of people fall prey to false promises that this, that or the other formula or fortified food can protect their hearts, prevent cancer, improve memory, strengthen their bones, uncreak their joints, build their muscles, even enable them to burn extra calories without moving.

The desire to achieve a healthy old age is laudable indeed, and will be even more so in the future. According to a projection of the century-long rise in life expectancy published in *The Lancet* in October, more than half the children born since 2000 in wealthy countries can expect to celebrate their 100th birthday.

If so many of us are destined to become centenarians, it is all the more important to be able to enjoy those years unencumbered by chronic disease and disability. There is no virtue in simply living long; the goal should be to live long and well.

But while much is known about how to raise the odds of a healthy old age, only a minority of Americans incorporate into their lives what is likely to give them the biggest bang for their buck. Like the woman in the health food store, they'd rather rely on supplements of vitamins and minerals, fish oils and herbs, perhaps washed down with pricey antioxidant juices.

Unfortunately, sound evidence for the benefits of most such products is sorely lacking; in some cases the best scientific evidence has shown no benefit, and in a few cases has even shown harm. Human chemistry is far more complex than visionaries thought just two decades ago, when reputable scientists pushed for fortifying foods with substances they believed would prevent cancer and heart disease.

The Longevity Diet

After decades of government guidelines and advice from friends, family and physicians, Americans have made some improvements in their eating habits. On average, we consume less red meat and saturated fat and somewhat more whole grains, fruits and vegetables. Our processed foods were recently stripped of artery-clogging trans fats, thanks to a campaign that challenged the food industry to better protect American hearts. And our pigs (though, alas, not our people) have gotten much leaner in recent years.

But, and this is a big but, we are a long way from consuming the kind of diet most closely linked to a low risk of heart disease, cancer, diabetes, stroke and dementia. That diet need not be strictly vegetarian, but it should emphasize plant-based foods grass fed meat and other products that come from animals that eat plants. The closer to the earth we eat, the healthier — and leaner — we are likely to be.

Most of the evidence for the assumed health benefits of specific nutrients comes not from stuffing people with supplements but rather from observing the effects of eating foods rich in these nutrients. Supplements of antioxidants failed to protect against disease the way a diet rich in fruits and vegetables seems to.

Rather than isolated nutrients, combinations of them, along with other perhaps unidentified substances in foods, are now thought to confer the observed health benefits.

You have no doubt heard much about the so-called Mediterranean diet, and with good reason.

This eating style, in its classic form, is most closely linked to a healthy body and mind as people age: a lower risk of heart disease, high blood pressure, stroke, diabetes, breast cancer and Alzheimer's disease.

It is loaded with nutrient-rich vegetables and fruits, beans and grains, fish and meat and poultry. Olive oil is the primary fat for cooking and eating, even replacing butter as a smear on bread.

But the Mediterranean diet does not come in a pill or potion. You have to eat the foods to reap the rewards.

Consider also taking supplements of two nutrients in otherwise short supply — calcium and vitamin D. In addition to protecting bones from age-related decline, vitamin D in amounts of 800 to 1,000 international units daily for middle-aged and older adults may improve muscle strength (and thus reduce the risk of falls and fractures), help prevent several common cancers, counter depression and enhance cognitive function, various studies have suggested.

The second crucial ingredient is regular physical exercise. I know, you've heard this song before and you know you should do it, but ... fill in the blank: you hate exercise, you have NO time, the weather is lousy, the children are sick, you're injured, you don't get enough sleep as it is.

It's easy to find reasons **NOT** to exercise.

It's time to stop making excuses and make regular physical activity an integral part of your life, like eating, sleeping and brushing your teeth. You don't decide every day to do these things, you just do them.

Likewise with exercise. And here's something most men don't know. **Exercise helps increase you libido because it increases your testosterone levels.**

Move for Good Health

The single most effective activity, studies have found, is an aerobic activity like brisk walking — about 30 minutes a day. **Raise your Testosterone levels.** If you can't get out of the house, walk inside. Go up and down stairs, walk the hall, walk from room to room, walk in place. If walking doesn't suit you, try dancing to music.

Think testosterone levels when you're exercising.

In a 2006 study of people aged 60 to 79, those who were assigned to walk briskly three days a week for 45 minutes a day experienced an **increase** in the brain's volume, especially in regions involved in memory, planning and multitasking.

Even people already afflicted with chronic ailments — heart or lung disease, arthritis, diabetes, depression, early dementia — can reap significant health benefits from exercise, studies have found.

Americans have yet to learn what Hippocrates, the father of medicine, recognized in 400 B.C. *“All parts of the body which have a function if used in moderation and exercised in labors in which each is accustomed, become thereby healthy, well developed and age more slowly; but if unused and left idle they become liable to disease, defective in growth and age quickly.”*

So get off the couch and make this year **the year you discover** the joys and benefits of movement, a higher level of Testosterone and a higher level of libido. You can't go wrong.

But like I said earlier, if you have any of the above named symptoms, the ones at the start of this report, you need to understand,...**Testosterone** Will Most Likely Help You?

This is not going to be that hard to understand, once you get on a roll so, in answer to your question...

“Will this apply to me in my state of health?”, the only correct answer has to be... YOU BET IT CAN!

If you're tired, have lost muscle mass over the past few years and just don't have the same kind of sex drive you had when you were 21 years old, most likely you are low on a hormone called Testosterone.

When you're done reading this report, you should know one heck of a lot more about Testosterone and staying fit.

Sometimes, if you have any, your symptoms can be **caused by simply a lack of enough Testosterone** in your body and the one **surefire cure**, if that is your problem, is to **get your Testosterone levels back up... to where they should were when you were younger.**

Simple huh?

Getting them there the right way is the ticket.

I'm going to give you a little background on this and discuss the hormone **Testosterone**: how it is made, how it is used by your body, and specific recommendations to make it the best health investment you've ever made.

Make sure you pay close attention to what I'm about to share with you. This is written for the causal reader, as well as men that are interested in Testosterone replacement, DHEA, HGH, muscular improvement and balance, and a higher libido.

With that said, let's get started.

Testosterone is a hormone that ... signifies and starts the body growing during puberty. All boys go through this, but most of the time, they don't know why and what causes it, they just know it happens.

These hormone levels are also found in girls just as they start to reach puberty, although not in the same quantity as boys.

Testosterone helps develop your body, enlarge many organs (Not only your penis, but your heart and lungs), as well as bring on the occurrence of pubic hair, bodily odor and some facial hair. So if you smell bad, you can blame it on your Testosterone level. Testosterone is the **male sex hormone**, secreted by the males testes.

Like I just said, the production of Testosterone is responsible for the development of the male sex organs, muscle growth, **sex drive** and energy levels in the male.

Yes, energy levels, so I'll try and address that later.

Now during puberty, male adolescents have '**increased production of testosterone**' resulting in the development of facial hair and a deepening of the voice. When a boy starts these changes you can be sure he's producing a ton of Testosterone.

Testosterone induces changes in shape, size and... can even change the appearance and the number of muscle fibers in a male. Androgens like testosterone can protect your hard earned muscle from the catabolic (muscle wasting) *glucocorticoid* hormones, thus inhibiting their ability to send a message to muscle cells to release stored protein.

If you like a firm physique, this is something you might want to pay attention to.

Remember, Testosterone sends a message TO your muscle cells TO STORE more contractile protein (called actin and myosin); *glucocorticoid* hormones send the opposite message. You don't want this to happen.



If you don't have the proper levels of Testosterone (and most MEN don't) you are going to have 'weaker muscles' and 'less sex drive' because the *glucocorticoid hormones* are overwhelming your body.

If your wife or girlfriend has mentioned this to you, that you're not performing like you used to, this may be the answer you've been looking for.

In addition, Testosterone has the ability to

increase your red blood cell production in the kidneys, and a higher Red Blood Cell (RBC) count means you may improve **endurance** via **better oxygenated blood**. And isn't life all about endurance?

This is a huge plus when you're talking about being healthy and competing in sports. But if you're past the sports, you might want to think about the endurance in the bedroom. Almost all the men I know want to look better than they do and perform better.

Here's a little tidbit. Research has proven that the more RBCs you have will help you improve recovery from any type of strenuous physical activity you might participate in. With that said, let me decipher that for you.

The **HIGHER** your Testosterone levels, the better your recovery rates, the more your endurance, the higher the libido,... no matter what your age.

Now let's look at implants and Testosterone.

Implants

I'm going to touch on a subject you may or may not want to hear about. Testosterone implants. These Testosterone implants allow a 'slow release' of the natural Testosterone hormone into your system. The thing is, they have a few **side effects**.

Testosterone implants are formed by fusing 'crystalline Testosterone' at high temperatures under sterile conditions. The implants are about the size of a wheat grain (4.5 x 12 mm). The action of the implants **peaks** approximately one month after implantation and lasts for 4-5 months depending on the individual.

These are very expensive and can only be administered by a medical clinic that specializes in hormone implants. From what I've heard, it doesn't feel that good and the initial cut makes it hard to sit down for a few days.

By now you know, Testosterone also drives tissue-building changes. These include thickening of the vocal chords, growth spurts, development of sexual libido, and an increase in strength and muscle bulk. So it does a lot when it comes to male development.

Both genitalia and brain development are also influenced by this powerful hormone. Most people are aware that Testosterone is responsible for normal growth and development of male sex organs and maintenance of secondary sex characteristics.

In mammals, Testosterone is primarily secreted in the testes of males and the ovaries of females, although small amounts are ... secreted by the adrenal glands. It is the principal male sex hormone and an anabolic steroid. A steroid hormone is one that is made from cholesterol. Let's talk about injections of Testosterone.

Injections

Testosterone is an injectable steroid, which comes in an oil presentation. This medication releases testosterone gradually from the injection site. Once administered, serum concentrations of this hormone will increase for several days, and remain markedly elevated **for approximately ‘two’ weeks**.

Your Testosterone levels can vary **wildly** between different men and even within individuals as a result of illness or stress.

But Here’s the Kicker Most Men Forget

Studies have consistently shown that levels of the hormone decrease as men age. We all know we’re not as strong as we used to be. We look different and our bodies look different.

Here’s a little background on Testosterone.

The Organon group in the Netherlands were the first to isolate the hormone, identified in a May 1935 paper "On Crystalline Male Hormone from Testicles (Testosterone)" by Karoly Gyula David, E. Dingemans, J. Freud and Ernst Laqueur.

They named the hormone Testosterone, from the stems of testicle and sterol, and the suffix of ketone. The structure was worked out by Schering’s Adolf Butenandt (1903–1995).

Testosterone replacement should in theory approximate natural, endogenous production of the hormone.

The clinical rationale for treatment of Testosterone deficiency may include:

- stabilizing or increasing your bone density (less chance for osteoporosis)
- **enhancing body composition by increasing muscle strength (better physique)**
- reducing your (fat) adipose tissue (less belly fat)
- **improving energy (everyone needs more of that)**
- improving your moods (less fighting with the other sex)
- **maintaining or restoring secondary sexual characteristics**
- driving your libido levels back to where they were when you were young
- **helping with erectile function (a major problem with men today)**

So How Do You Know If You Need Testosterone?

Look in the mirror.



If you're aging, if you don't have the sexual drive you did years ago, this means you're missing a hormone, and most likely it's Testosterone.

The best way to find out if you need Testosterone is to do a simple, non-invasive hormone count.

How Do You Do That?

As if you don't have enough decisions to make, deciding which test to take to measure your hormones can be tough, ... up until now.

Here's the simple way to find out if... you are **LOW** on Testosterone.

I've tried alleviating all the extra stressors by offering you the simplest and best way to check your hormones.

Saliva.

You know, spit.

As a doctor I've come to realize that 'saliva hormone testing' is by far the simplest and most accurate way to determine metabolic factors and biological age.

With the help of a trained physician or expert health professional, like this office, you'll learn how to achieve and maintain a 'bio-hormone balance' and this means a **HIGHER** Testosterone level.

Needless to say, no one should be careless and use Testosterone without understanding how to balance it.

You don't or shouldn't do your own electrical work, if you're building or remodeling a house, so you don't want to just do this without have an understanding of how to balance these special hormones, especially Testosterone. That's what this saliva testing is all about.

After your Saliva Test, we can customize a life-long natural plan tailored to you and ONLY YOU...

A saliva panel administered at this office is my favorite screening tool for determining an accurate hormone count.

Hormones found in your saliva are **FREE** and unbound by protein. This means saliva analyses would reflect the **EXACT** markers of your own working hormonal activity.

Saliva hormone testing is the only easy test through which you can directly and accurately measure **FREE** Unbound Active Hormones. This is the most accurate way for you to find out what your hormone levels are.

If you want to do the testing, here's the criteria:

- **Inaccuracy can be controlled by NOT drinking or eating two hours BEFORE the testing sample.**
- **You should not have any bleeding gums prior to testing as this will contaminate the sample**
- **Brush or floss your teeth prior to the sample being collected.**
- **Saliva specimens contaminated with food or blood will cause abnormal and inaccurate test results.**
- **All specimens are to be clean and non-contaminated.**
- **Discontinue hormone supplementation for 24 hours prior to collecting saliva samples**
- **Don't eat or drink, or smoke an hour before each saliva sample collection. Water is fine, however, anything else poses a problem with regard to testing accuracy.**

One last point before I end this.

Synthetic vs Bioidentical Hormones

I've been 'fooled' many times by the similarity of cubic zirconia and diamonds.



How about you? I can't tell the difference, but unfortunately, jewelers can. Wives can tell the difference too. They have a keen eye.

The same goes for hormones.

If you don't know a good hormone from a bad one, you'll never know.

Fake vs. Real (Which would you prefer?)

- Monopoly money or real cold hard cash?
- Plastic flowers or real roses.
- Silicon breasts or real firm breasts.
- Acrylic sweaters or cashmere sweaters.
- Synthetic hormones or bioidentical hormones.

What's My Point:

Just as geological deposits like caves make diamonds, your body **makes** hormones.

Bioidentical hormones are made from the exact same compounds that produce hormones in your body--- bio identical literally means identical to your biology)



And the easiest way to do that is via something we call:

Testosterone Replacement Therapy (TRT).

This can be achieved in a number of ways and this includes:

- **topical testosterone gels (some do not even work)**
- **testosterone cremes**
- **short and long acting injections of testosterone esters (not a safe way)**
- **testosterone transdermal skin patches (these can work but are a pain)**
- **subcutaneous testosterone implants (these definitely hurt)**
- **oral testosterone capsules**

After researching this over the last few months, we've found that the best and safest way to get those levels back to normal is by using a special crème by West Coast Bio-Topical.

Do not confuse bio-identical hormones with phytohormones either. Those are supplements that are combined formulations of herbal extractions and natural chemical substances.

Bioidentical hormones work differently-they give you what you need, when you need it, with no side effects.

Synthetic Hormones And Why You Have To Pay Attention

Synthetic hormones can bring about rapid results. But here's something to think about.

With those rapid results, you also get **dangerous long-term side effects**.

With synthetic hormones, you may be **damaging some parts of your body** in order to remedy another part.

Is this really what you want?

Powerful Reasons To Consider Natural Hormone Replacement

- **Relief of symptoms**
- Prevention of memory loss
- **Improvement to heart health**
- Prevention of osteoporosis
- **Increase cell repair and growth**

Here's something else to consider.

Synthetic hormones are made from:

Answer what you think the correct answer is.

- A) Coal tar
- B) Horse urine
- C) **Chemicals that will potentially cause cancer**
- D) All of the above

You tell me what you think the correct answer is.

You'll most likely be surprised.

Dr. Erica T. Schwartz, author of *Hormone Solution* says, "Synthetic hormones are simply no replacement for natural hormones. After many years of getting poor or no results with conventional capital HRT in my practice, natural hormones proved to be more effective and safer than any other treatment I have seen or use."

Correct answer to the question: **D**, all of the above on the preceding page.

One last thing.

Weight loss can be made easy.

Dr. F. Fuller Royal, Clinical ecologist, Food Sensitivity and Environmental Medicine stated, *“A very high percentage (80%) of obese patients have serious food allergy/addiction. They will NEVER be able to adequately conquer the problems of obesity... until their allergic-addictive foods have been identified and eliminated from their diets.”*

If you have belly fat and you don't have balanced hormones, you're not going to be able to 'lose weight and 'keep it off'. It's not in the cards.

If you ready to be tested, schedule an appointment with the front desk today.

We'll give you the necessary vials, and then have you take the samples and return them to us ASAP so we can help you determine this by sending your saliva to the lab. We'll call you for a follow up office visit as soon as your results are analyzed.

(If you need additional copies of this '**Special Hormone Report**' for your co-workers or relatives, please do not hesitate to ask.) We want to help as many people get their hormones balanced as possible. We also do **hormone testing** for females and their progesterone and estrogen levels.

Thank you for taking the time to read this report.

Dr. Daniel Knowles, D.C.

P.S. Also ask about our HGH and female hormone reports that are available.