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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Male "Menopause" – The Alternative Anti–Aging Approach

By Rod Rojas MD

If you are a male over the age of 40 and are suffering from weakness, impotence, pain, stiffness, drooping muscles, depression, anxiety, or heat intolerance, you may be experiencing "andropause".

Andropause is a syndrome resulting from the deficiency of hormones, especially testosterone. Its onset and symptoms may not be as dramatic as female "menopause", but its effects can be just as serious. It is interesting that hormone replacement is quite routine in women but barely even addressed in men. The decline in hormone levels in both sexes has an adverse impact on one's state of health. Starting around age 25, DHEA and testosterone levels begin a progressive downward trend. With falling hormones, it is much harder to maintain muscle mass. Things begin to sag and fat begins to form increasingly thick layers around the lower back and abdomen. Stamina is affected and exercise intolerance occurs. Osteoporosis is well–documented in women and occurs in men as well. This can result in hip and vertebral compression fractures. Wrinkles that carve deep crevices in the face are partially due to testosterone deficiency. Libido is reduced and even impotence may develop. These changes are all a result of male "menopause".

Hormone replacement has been available for women for decades and the positive results continue to multiply. In Anti–Aging medicine, it is expected that maintenance of hormone levels in the youthful range (that of a 25–30 year old) will provide substantial health benefit. Proper monitoring of hormone replacement is a relatively recent innovation that makes this therapy much safer. We can now insure proper dosages in the accepted normal physiologic range. Cancer risk is greatly reduced by this refined approach to replacement therapy.

The decline in testosterone occurs as a result of multiple causes and treatment should be directed accordingly. Aromatase (an enzyme that converts Testosterone into Estradiol) increases as we gain years. This increases raises the free estrogens and lowers the free Testosterone. Prostate cancer is correlated with high circulating estrogens. Aromatase inhibitors, such as chrysin, nettle extract, and Arimidex can inhibit aromatase. Testicular atrophy leads to decreased testosterone production. A course of treatment with HCG stimulates testicular development and can boost Testosterone production. A complete vitamin, mineral, and antioxidant supplement plus a proper diet help to correct nutritional deficiencies. DHEA and possible melatonin replacement also serve as alternatives and as adjuncts to

testosterone therapy. A diet that includes a large amount of legumes, especially soy, is helpful in providing the necessary building blocks for our bodies to manufacture hormones. Maintaining cholesterol in the normal range (not too high or too low) is also critical for hormone synthesis. Testosterone replacement can be accomplished by the use of creams, pills or even injection. It is best if the physiologic patterns natural to the body are mimicked, which makes injection less favorable. Creams containing natural testosterone are well absorbed through the skin, bypass metabolism by the liver, and are easy to apply, thus making them superior to pills. The potential risks of testosterone administration include increases in red cell mass, worsening of sleep apnea, changes in plasma lipid levels, and fluid retention. There is some concern that testosterone replacement might exacerbate benign prostatic hypertrophy (BPH). There is no change in PSA with testosterone therapy. You are not a candidate for this replacement therapy if you have an active testicular or prostate cancer. Finally, testosterone supplementation may produce adverse side effects if administered to men with normal levels, hence the importance of monitoring.

With proper replacement, you can expect to regain muscle mass, increase bone density, increase stamina, increase libido, reduce your risk for a variety of cancers and Alzheimer's disease, and live an improved quality of life.

Dr. Rod Rojas is a board certified physician and Medical Director of IHC SKIN LASER AND ANTI–AGING CLINIC, member of the prestigious American Academy Of Anti–Aging Medicine. If you are suffering any of these symptoms, give us a call at The Skin Laser and Anti–Aging Clinic 843–757–8717. Please visit us at:

<http://www.skinlasertreatments.com>

Anti Aging Skin Care Popular Methods

By Oliver Turner

While exploring the scope of anti–aging skin care treatment, the most commonly asked question is 'What skin renovation medicines have so far proved to be effective'? Collecting right information regarding the anti aging treatments flooding the marketplace is the best strategy to adopt anti aging skin care techniques that suit your aging skin.

To regain your eternal beauty and to get back your youth, go with the anti aging skin care supplements. Anti aging cosmetic products can dramatically improve your look by nourishing you from inside. And that is a natural procedure. No need to go for a painful surgery. Anti aging skin care products can drastically change the way you look and can make you feel young. You can challenge the aging process with anti aging skin care medicines that provide life to your dry or oily skin. You can really stall the ageing process for a few more years with anti aging skin care treatments and enjoy the excitements of youthful life. Try to select anti aging products that will alleviate your rough and dry skin and provide sufficient hydration. Make sure that your anti aging skin products get promptly absorbed into your skin and produce immediate results. Check out whether your anti aging product is hypoallergenic and non–photo toxic. Be careful about damaging your skin instead of repairing it.

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Anti aging supplements will rectify the health of your internal system as well as take proper care of your sensitive and wrinkle prone skin. Anti-aging skin care cosmetics usually contain active anti aging components that support the skin's natural ability to remove free radicals, age spots, and chemical toxins that obstruct healthy skin, and improve your skin agility and elasticity. A good quality anti aging product can reduce skin drooping and wrinkling. Anti aging skin care supplements works in complete harmony with the body, supplying and balancing the necessary anti aging dietary requirements thus making your skin glow and look young for a long period of time.

We have made the most comprehensive research on the subject of anti aging skin care products. Find the results only on

http://www.leandernet.com/Anti_aging/Anti_aging.php

. Find more anti aging info on

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