

How Testosterone Keeps You Healthy

The influence of Testosterone in mens' health may surprise you. Not only does it help with libido, but it also plays a major role in keeping the heart working efficiently and repairing or maintaining joints and bones. (Are your sprains not healing for weeks?) More importantly, the man with higher testosterone levels is more likely to avoid depression and stay engaged in his business and consider retirement less. Unfortunately, as men age and spend less time exercising and eat the wrong things, the body chemistry decreases Testosterone production and begins to increase production of 2 enzymes, aromatase and 5-alpha reductase. These convert Testosterone to estrogen and dehydrotestosterone respectively. As this plays out, the man becomes more prone to developing prostate cancer, heart disease, insulin resistance and other related diseases. When the doctor gives testosterone, this will eventually increase estrogen (not good) unless the aromatase is addressed. For more information see my website (www.larryspharmacies.com) or come in and visit with Larry or Jack.