



# Testosterone: The Key to a Man's Wellness

After the age of 35, men's testosterone levels begin to decline. The process is called andropause, indicating the cessation of androgens (the masculine hormones). Testosterone levels may also be reduced by increased stress, unhealthy lifestyles and diet. Testosterone affects mood, energy, memory, libido, muscle strength, sleep, a general sense of wellness and much more.

## What are the symptoms of testosterone deficiency?

Testosterone deficiency in men causes low muscle mass, hair loss, mood swings, depression, low energy, weight gain, increase in blood pressure and cholesterol, low libido, hot flashes, and indecisiveness.

## Is there a laboratory test for testosterone?

Testosterone is tested in the blood or saliva. Both free and total testosterone levels must be tested. Other tests that are important check to make sure the body is utilizing testosterone and other hormones properly are: DHEA SO<sub>4</sub> in blood, sex binding globulin hormone, general red cell count, progesterone and estrogens, DHT (dihydrotestosterone), and androsterone. It is most accurate to get both saliva and blood tests for most of these hormones.

## How is Testosterone deficiency treated?

Testosterone hormone is used to treat testosterone deficiency. Testosterone is synthetically made or compounded naturally to be identical to body's own testosterone (called bio-identical hormone therapy).

At Holistique, we use bio-identical testosterone hormone which is safer and has fewer side effects than synthetic pharmaceutical hormone. Although, bio-identical testosterone comes in different sublingual and lozenges, the cream or pellets are most effective. The cream is applied on the scrotum daily. The pellets are implanted using a simple minor surgery under the skin just below the waist line.

## What are Testosterone pellets?

Testosterone is made into pellets the size of a grain of rice. The benefit of testosterone pellets is that it mimics the body's own release of natural testosterone. It has the least side effects and is more efficient than other forms of testosterone therapy. Most men require several pellets to be placed just under the skin using a small amount of local anesthesia. The procedure is painless and takes only a few minutes.

At Holistique, we provide both testosterone pellets and cream. We also provide testosterone homeopathic drops which stimulate the body to make testosterone.

To learn whether you can benefit from testosterone therapy, please call Holistique for a consult.