



## The Testosterone Edge: The Healthy, Safe, and Effective Way to Boost Energy, Fight Disease, and Increase Sexual Vitality (Paperback)

By Brian O'Neill

Hatherleigh Press, U.S., United States, 2007. Paperback. Condition: New. [ Pbk.. Language: English . Brand New Book. The ultimate guide to boosting your sex drive, fighting fatigue, and getting your best body-now in paperback. It's testosterone, not tattoos, that make a man a man. Everyone knows that the hormone is responsible for the male sex drive and for years, bodybuilders have tried to boost testosterone to build muscle. Now scientists are uncovering the role testosterone plays in erectile dysfunction, depression, osteoporosis, and even heart disease. As we age, testosterone levels begin to drop dramatically. But it's not just age that can cause the decline in this important hormone. Hypertension, diabetes, treatment for prostate cancer, even stress and anxiety can cause severe testosterone loss to men (and women). The Testosterone Edge gives readers everything they need to know about boosting testosterone levels both naturally--through herbs, diet, and exercise--and medically--through testosterone replacement therapy. In addition, the book includes: -the latest scientific studies on testosterone pills, injections, and gel patches -a simple diet and exercise program to combat heart disease, osteoporosis, Alzheimer's, and other diseases linked to low testosterone -a primer on the best ways to manage symptoms of low testosterone,...



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