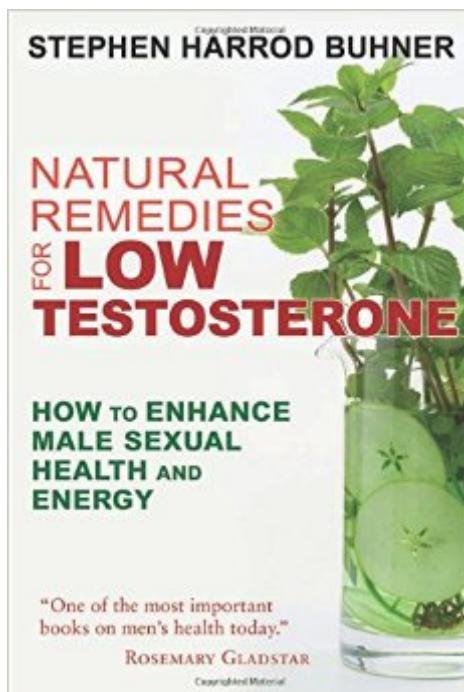


The book was found

Natural Remedies For Low Testosterone: How To Enhance Male Sexual Health And Energy



Synopsis

How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet • Explains the phenomenon of male menopause and how to deal with it • Reveals scientific evidence of testosterone-blocking agents in the environment that alter men's essential chemistry as they age • Presents safe, organic plant medicines that can restore optimum testosterone levels • Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease

The recognition of andropause, the middle-age stage in male development comparable to women's menopause, is hampered by the lack of a clear outward manifestation of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man's sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--a gradual drop that is quite normal--are being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a cocktail of estrogen agents that alter the fine balance of testosterone that makes them male. But as recent medical research has revealed, testosterone replacement therapy with Low T drugs is not a good option because of the increased risk of cardiovascular problems, such as heart attack and stroke, and because the body can become dependent on pharmaceutical testosterone and stop producing any on its own. In this updated edition of *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how naturally occurring phytoandrogens--plant medicines that contain male hormones--can safely remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application, providing all men with safe, natural, and effective means of maintaining optimum testosterone levels well into old age.

Book Information

Paperback: 192 pages

Publisher: Healing Arts Press; 2 edition (February 1, 2016)

Language: English

ISBN-10: 1620555042

ISBN-13: 978-1620555040

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #128,345 in Books (See Top 100 in Books) #16 in Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence #151 in Books > Health, Fitness & Dieting > Men's Health > General #257 in Books > Health, Fitness & Dieting > Sexual Health > General

Customer Reviews

Buhner is excellent, as always. Thorough, understandable, practical. Would you believe celery juice? Definitely good for those who don't want to use hormones, or whose doctors won't cooperate. Definitely recommend.

The major difference between old men and young men is their testosterone. So how much testosterone do you want ? You want an ample amount , so that you function as youthfully as possible. It's that simple. This book is the real deal. And it will help men to be more vigorous and healthy and productive. If that sounds like a good plan , then this book will help you do that. That's what I'm going to try for, anyway. I'm thankful for this book. I know it's truthful and well-researched.

Quick delivery. Interesting book.

Lots of good information.

It was a good book

[Download to continue reading...](#)

Natural Remedies for Low Testosterone: How to Enhance Male Sexual Health and Energy Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Low carb cookbook: 35 delicious snack recipes for weight loss. Low carb cooking, low carb diet, low carbohydrate, low carb recipes, low carb, low carb ... low carb cooking, weight loss Book 1) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) How to Cure Erectile Dysfunction: Overcoming Erection Problems through Diet, Exercises, and Natural Remedies (Men's Health, Impotence, Sexual Health, Natural

Cures, Sexual Problems, ED) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) The Definitive Testosterone Replacement Therapy MANual: How to Optimize Your Testosterone for Lifelong Health and Happiness Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Aphrodisiacs That Increase Male Libido: Don't Let Low Libido & Testosterone Affect Your Romantic Encounters and Sex Drive ERECTILE DYSFUNCTION: How To Get Rock-Solid Erections - Libido, Erection, Sexual Health & Sexuality (Prostate, ED, Testosterone, Kegel, Performance Anxiety, Premature Ejaculation, Orgasm) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss)

[Dmca](#)