

# **The Testosterone Report**

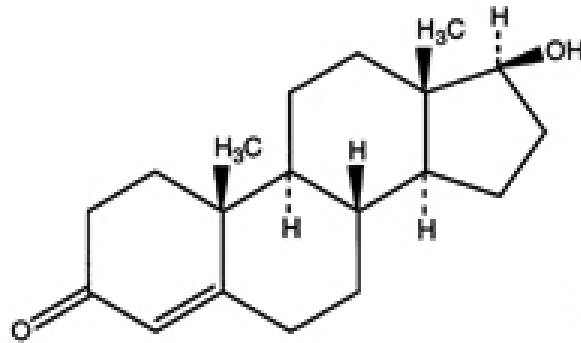
## **Contents**

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## What Is Testosterone?

Testosterone is a male hormone. Not only does it promote the libido, it also maintains the body's muscle mass and helps in the forming of bone.

Testosterone also improves oxygen levels throughout the body; controls blood glucose and keeps your immune system strong.



**Figure 1: Testosterone**

## **Why Does Your Testosterone Go Down?**

### **Aging:**

Studies show male testosterone levels decrease by 1.5% every year after the age of 30.

Now this varies from person to person depending on your health, fitness, quality of nutrition and genetics.

As we age the body's production of enzyme - 5-Alpha Reductase increases. This causes the increased conversion of testosterone to dihydro-testosterone DHT. This results in lower levels of testosterone.

### **Adrenal Fatigue**

Poor support to the adrenal glands from poor nutrition. Lack of sleep and increased stress hampers the adrenal functions including the production of DHEA.

DHEA is a precursor to the sex steroids Estrogen and Testosterone.

This will further contribute to fatigue, poor concentration and diminished overall body function.

### **Zinc**

The lack of zinc or zinc that is poorly absorbed in our diets causes some serious setbacks.

Zinc is a natural aromatase enzyme inhibitor. Aromatase enzymes cause the body to block the pituitary gland from releasing lutein and follicle stimulation of hormones, which stimulate the production of Testosterone.

### **Aromatase**

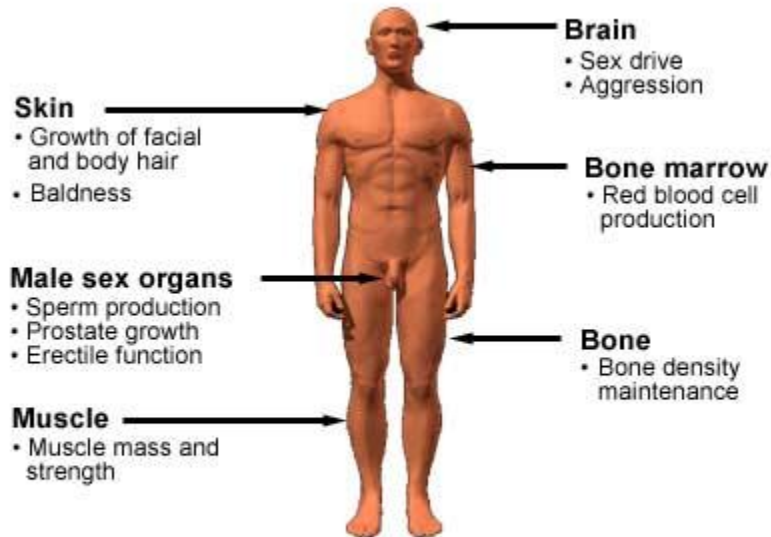
As men age we produce more Aromatase, whose function is to convert testosterone into Estrogen and results in lower amounts of available testosterone.

### **Liver Disease**

Damage to the liver causes extra estrogen and sex hormone binding globulin resulting in lower levels of available testosterone.

## What Happens with Lower Testosterone.

As our testosterone levels begin to fall we start to experience the all too unpleasant symptoms of testosterone deficiency.



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### Decreased Sexual Function

Our libido or sex drive and functions are directly regulated by our testosterone levels. If our Testosterone levels drop we can begin to experience the unpleasantness of sexual dysfunction.

Lower testosterone means lower libido and sex drive. It also means the inability to acquire and maintain erections.

### Lower Bone Density

We need high enough levels of testosterone to facilitate the Aromatization of 17 Estrodiol.

17 Estrodiol causes the maturation of cartilage into bone.

### Loss of lean Muscle mass

The anabolic affects of Testosterone are responsible for the growth and maintenance of both muscle and strength. The less Testosterone available the less muscle and strength we can maintain and or develop

### **Loss of Memory**

Lower levels of Testosterone allow beta-amyloid, a toxic peptide, to accumulate in regions of the brain causing memory loss.

### **Gut Fat – Fat around the abdominals**

Lower levels of Testosterone allows the forming of more fat cells around the abdominals. The more fat cells we have around the abdomen, the more aromatase enzymes are created. This results in a further increase in Estrogen conversion resulting in even lower Testosterone.

### **Physiological and behavioral Effects**

Lower testosterone also causes the feeling of weakness, passive attitudes, and even timid behavior.

Lower testosterone is even thought to be responsible for male depression also known as a part of the “Mid-Life” crisis syndrome.

## **How do I Increase my Testosterone levels?**

There are some very effective ways we can increase our body's ability to increase or optimize capability of restoring higher levels of Testosterone.

### **Alcohol Consumption**

Limiting alcohol consumption to 1 drink a day or better yet once a week will make a huge difference. Excessive alcohol is hard on the liver. If the liver becomes compromised or unhealthy our availability of Testosterone is severely hampered.

### **Get Physically Active**

Start working out. Stimulating the muscle will help stimulate the bodies production of testosterone. Your body will create the will to produce more testosterone. Providing of course the Key nutrients needed to

- a) Create the proper hormonal environment
- b) Use as the actual building block need to manufacture testosterone.

### **Better Nutrition**

It is through proper nutrition and supplementation that our body indeed acquires the key nutrients it requires to build and sustain higher testosterone levels.

Our body can have all the stimulation possible to produce testosterone but without the nutritional support it can't finish the job.

It's like owning a Porches but not having any gas to make it run!

## **What are some of the key Ingredients needed to maintain and increase Testosterone?**

There are key herbal supplements available that are safer and cheaper than pharmaceutical replacement therapy!!

Here are some of the vital ingredients to look for;

### **Tribulus Terrestris**

This herb is known to increase testosterone levels on the body. Tribulus also helps build muscle and strength as well as reducing muscle recovery time.

The Higher the Saponin level in the Tribulus the better. Look for a Tribulus with 45% saponins or higher.

### **Mucana Puriens**

This herb increases testosterone due to the high levels of L dopa contained in the seed

L Dopa and Dopamine also perform another key function. L Dopa inhibits Prolactin. High levels Prolactin are responsible for 70% of all Erection failures in Men

### **Zinc**

Be sure to use a good source of Zinc. Certain types of zinc absorb in the body better than others. Zinc Monomethionine is one of the best sources available.

The Zinc content of the prostate gland and sperm is higher than anywhere else in the body.

Zinc is not only vital in the production of testosterone it also works to maintain healthy semen volume.

### **NAC – N- Acetyl-Cysteine**

NAC is a powerful antioxidant. It is a vital component in helping the body maintain a healthier Liver. Remember an unhealthy liver causes lower testosterone.

NAC also helps prevent muscle tissue breakdown by neutralizing free radicals that attack muscle tissue.

### **B6 – Pyridoxine**

Vitamin B6 is responsible for the formulation of neurotransmitters that affect mood and enhance sexual stimulation. Vitamin B6 helps impotency by enhancing the levels of testosterone in the body and also improving the stimulus required to start the erection process.

### **Magnesium Aspartate**

Do you have trouble falling asleep? Is your sleep quality poor? Do you wake up still feeling tired?

These are just some of the symptoms of low Magnesium.

In fact Magnesium Aspartate (the type that absorbs the best) is vital for deep sleep. Deep sleep is when your body does the most hormonal activity, including manufacturing TESTOSTERONE!

### **Bioperine**

Bioperine sets off the metabolic changes that require vitamins and other nutrients and enzymes, but also improves the conditions in your intestines so that these nutrients can more easily get to where they are needed.

Bioperine causes the intestinal wall to become more permeable to nutrients, so that any vitamins or nutrients do not become degraded (destroyed) when passing through the intestinal wall into the blood stream.

I hope this testosterone report has answered some of your questions about the importance of maintaining higher levels of Testosterone.

Knowing the importance of Testosterone and learning what happens to us when they fall below optimal level is vital in avoiding all the pitfalls that can happen.

I began to look at Testosterone issues as I entered my 30's and now that I am in my early 40's I truly appreciate what I have learned.

I am stronger at 41 (I just won the 2008 Provincial Bench Press with a 595lb bench – all Drug Free) than when I was in my 30's.

One of the keys has been maintaining my Testosterone health. To do this I developed a product called “**Z Test**” in 2001.

## **Z Test**



I truly believe that every man over the age of 35 should be using Z Test to raise their Testosterone levels safely, effectively and above all else Naturally.

## Ingredients in Z Test

1 serving (6 capsules)

Magnesium.....450mg  
(as Magnesium Aspartate)

Zinc.....30 mg  
(as Zinc Monomethionine)

Vitamin B6.....10.5 mg  
(as Pyridoxine Hydrochloride)

Tribulus Terrestris.....1000 mg  
(50% Saponins)

NAC.....400 mg  
(as N-Acetyl Cysteine Hydrochloride)

Mucana Puriens.....400mg  
(10% L-Dopa)

Bioperine.....5mg

Since 2001 we have sold thousands of bottles of Z Test from our one location in Ottawa , Canada.

I have many long time customers who have and continue to use Z Test on a regular basis.

If you have any questions you can [email me](#)

You can also order Z Test [Here](#)

## About the Author

[Curd Hos](#) is a 20+ year veteran in Powerlifting and Strength Training. He Specializes in the Bench Press and has won The Canadian Drug Free Bench Press Championship in 1999. Most recently he won the 2008 Ontario Bench Press Championship.

At 40 years old Curd is actually stronger now than when he was in his 20's and 30's.

He is also the individual behind [NeoGenixx](#) Sports Nutrition.

Here are some of Curd's Websites

[www.fitnesswarehouse.ca](http://www.fitnesswarehouse.ca)

[www.neogenixx.com](http://www.neogenixx.com)

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you can see his blog at [www.benchfreak.blogspot.com](http://www.benchfreak.blogspot.com)

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