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Natural Remedies for Low Testosterone: How to Enhance Male Sexual Health and Energy (2nd)

By Stephen Harrod Buhner

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Natural Remedies for Low Testosterone: How to Enhance Male Sexual Health and Energy (2nd), Stephen Harrod Buhner, 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 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. 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...



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