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How to boost your testosterone naturally pdf

According to the Centers for Disease Control and Prevention (CDC), men's life expectancy has increased by 65 percent over the past 100 years. In 1900, men lived to 46 years. By 2014, that age had jumped to 76. There's no doubt that men are rethinking what it means to be 50, 60, and 70 years old or older. Regular exercise, healthy eating, and adequate rest all help maintain energy and vitality in men over 50 years of age. But men are also turning to one of the most advanced aging solutions available. Over the past decade, the use of testosterone among middle-aged and older men has become popular. Testosterone is the hormone responsible for the development of male external genitalia and secondary sexual characteristics. It is produced by the testicles. Testosterone is essential for maintenance: muscle bulkhead density of blood cells and reproductive function. Testosterone also promotes vitality and well-being. As men age, their bodies gradually produce less testosterone. This natural decline begins around 30 years and continues throughout a person's life. Some men have a testosterone deficiency called male hypogonadism. It is a condition in which the body does not produce enough testosterone. This can be caused by problems in: testicles, hypothalamus, pituitary gland. Men at risk for this condition include those who have had a testicular injury or HIV/AIDS. If you have gone through chemotherapy or radiotherapy, or have been undescended by the testicles as a baby you are also considered to be at risk of hypogonadism. Symptoms of male hypogonadism in adulthood include: Doctors can determine if you have male hypogonadism through physical examinations and blood tests. If your doctor detects low testosterone they can perform additional tests to determine the cause. Treatment usually involves testosterone replacement therapy (TRT) in the form: TRT reportedly helps: boost muscle mass, increase in sexual function. As it may be, scientists warn that there is not enough information to determine the safety of regular testosterone supplementation. Many men experience changes as they age similar to the symptoms of hypogonadism. But their symptoms may not be related to any illness or injury. Some are considered a normal part of aging, such as: changes in sleep and sexual function of body fat-in-strength, motivation or self-confidence, the Mayo Clinic reports that TRT can help men with hypogonadism. The results are not so clear with men who have normal testosterone levels or older men with lower testosterone levels. More rigorous research is needed, according to the Mayo Clinic. Studies are mixed on whether TRT is beneficial for men as they age. Some studies have led to serious risks with therapy, especially if taken in the long term. This has led doctors to be careful about recommending it. The Big, 2010-2010 of the 51 studies, the issue of TRT safety was considered. The report concludes that the TRT safety analysis is of poor quality and does not inform the public of the potential long-term effects. The Mayo Clinic warns that TRT can also: promote sleep apnea because of other skin reactions produced by sperm, because the egg shrinkage, large of the breast increase the risk of heart disease, there are also risks associated with low testosterone levels, such as: stroke of heart attack, hip fracture, there were fears that TRT raised the risk of prostate cancer. Most current data, including two reports in 2015, no longer supports the link between testosterone replacement and the development of 1) prostate cancer, 2) more aggressive prostate cancer, or 3) prostate cancer, which returns after treatment. If you have male hypogonadism or low testosterone, talk to your doctor about whether TRT can be a good option for you. Discuss the risks and benefits of TRT. If you don't have hypogonadism, but you are interested in feeling more energetic and young. The following alternative methods can help increase testosterone levels without using hormone therapy. Maintain a healthy weight. Overweight men are more likely to have low testosterone levels. Weight loss can bring testosterone back up. Exercise regularly. Sedentary men tend to have lower testosterone levels because the body does not need as much. Weightlifting can stimulate testosterone production. The key is regularly moving your body and using muscles. Sleep 7 to 8 hours every night. Lack of sleep affects hormones in the body. Try vitamin D supplements. A 2011 study of 165 men found that supplementing about 3,300 IU of vitamin D per day increased testosterone levels. Enjoy your morning coffee. There is about 2008 evidence that caffeine can increase testosterone levels. Get more zinc. The deficiency of zinc in men was associated with hypogonadism. Eat more nuts and beans. They are rich in D-aspartic acid, which promotes testosterone production, according to one 2009 study. One way to increase testosterone levels is through TRT. This is especially effective if you have hypogonadism. Studies have not yet shown the effectiveness of TRT in helping men with normal testosterone levels or older men with reduced testosterone levels due to aging. Men who take TRT usually experience increased energy, higher sex drive, and overall well-being. But his long-term safety has not been established. There are various lifestyle treatments involving exercise, diet and sleep that have been shown to increase levels. Talk to your doctor about what might be best for you. Written by Rudy Mawer, MSc, CISSN On May 20, 2016 We include products that we find useful to our readers. If you buy by links on this page, we can earn a small commission. Here's it. Process. Testosterone is a major male sex hormone, but women also have a small amount of it. It is a steroid hormone produced in male testicles and female ovaries (1). The adrenal glands also produce a small amount. During puberty in boys, testosterone is a major factor in physical changes such as muscle enlargement, deep voice and hair growth. However, having the optimal level is also important throughout adulthood and even in old age. In adults, healthy levels are essential for overall health, disease risk, body composition, sexual function and pretty much everything else (1, 2, 3, 4, 5, 6, 7). In addition, increased testosterone levels can lead to a rapid increase in muscle mass and vitality in just a few weeks (8, 9, 10). Interestingly, it also plays an important role in women's health and sexual well-being (11, 12, 13). The study is pretty compelling: both sexes should make sure they have healthy testosterone levels, especially as they age (13, 14). Here are 8 evidence-based ways to increase testosterone levels naturally. Exercise is one of the most effective ways to prevent many lifestyle-related diseases. Interestingly, it can also boost testosterone. A large study found that people who exercised regularly had higher testosterone levels. In older adults, exercise increases testosterone levels, fitness and reaction times (15, 16). New studies in obese men show that increased physical activity was even more beneficial than a weight loss diet to boost testosterone levels (17). Resistance training, such as weight lifting, is the best type of exercise to boost testosterone in the short and long term (18, 19). High-intensity interval training (HIIT) can also be very effective, although all types of exercises should work to some extent (18, 19, 20, 21, 22). Taking caffeine and creatine monohydrate as supplements can further increase levels in conjunction with the curriculum (23, 24). Summary All forms of exercise can increase testosterone levels. The most effective are weight lifting and high-intensity interval training. What you eat has a great effect on testosterone as well as other hormone levels (25). So you should pay attention to long-term calorie intake and diet strategies. A constant diet or overeating can disrupt testosterone levels (26, 27, 28, 29, 30). Eating enough protein can help maintain a healthy level and help in fat loss, which is also associated with testosterone (28, 31, 32). Carbohydrate consumption also plays a role, with studies showing carbohydrates can help optimize testosterone levels during resistance training (22, 33). However, studies show that enough healthy fats are also beneficial for testosterone and health (25, 34, 35, 36, 37). A diet based mainly on whole foods is better, with a healthy balance of fat, protein and carbohydrates. This can optimize both hormone levels and health. Summary Don't overeat and don't limit calories too much for too long. Try to eat a balanced amount of carbohydrates, fat and protein. Studies always highlight the danger of prolonged stress, which can increase levels of the hormone cortisol (38, 39, 40). Unnatural elevations of cortisol can quickly reduce testosterone. These hormones work in a swing way: as one goes up, the other goes down (40, 41, 42). Stress and high cortisol levels can also increase your food intake, weight gain and storage of harmful body fat around your organs. In turn, these changes can negatively affect testosterone (43, 44, 45). For optimal health and hormone levels, you should try to reduce the recurring stressful situations in your life. Focus on a whole-food diet, regular exercise, good sleep, laughter and a balanced lifestyle that can reduce stress and improve your health and testosterone levels (46, 47, 48, 49, 50). Summary High stress levels are bad for your long-term health and can lower your testosterone levels. Vitamin D is fast becoming one of the most popular vitamins in the world. Studies have shown that it has various health benefits and can also work as a natural testosterone booster (51, 52, 53, 54, 55). Despite its importance, nearly half of the U.S. population lacks vitamin D, and an even higher percentage has sub-optimal levels (56, 57). A 12-month study found that supplements with about 3,000 IU of vitamin D3 per day increased testosterone levels by about 25% (54). In older adults, vitamin D and calcium also optimized testosterone levels, leading to a reduced risk of falling (58). To boost testosterone and reap other vitamin D benefits, try getting regular exposure to sunlight or take about 3,000 IU vitamin D3 supplements daily. If you want to try supplements, Amazon has a good selection available. More information about vitamin D here: Vitamin D 101 - A Detailed Beginner's Guide. Summary Vitamin D3 supplements can boost testosterone levels, especially in the elderly and people who have low levels of vitamin D in the blood. While the benefits of multivitamins are hotly debated, specific vitamins and minerals may be beneficial (59). In one study, zinc and vitamin B supplements increased sperm quality by 74%. zinc also increases testosterone in athletes and those with zinc deficiency (60, 61, 62). Other studies also show vitamins A, C and E may play a role in your sex hormone and testosterone, although more research is needed (25, 63, 64, 65). Of all the vitamins and minerals available, testosterone research shows vitamin D and zinc supplements may be the best (66, 67). Summary Vitamin D and zinc have the most compelling evidence as testosterone boosters. Other micronutrients may also have benefits, but require further research. Getting a good sleep is just as important to your health as and exercise (68, 69, 70, 71, 72, 73). It can also have serious consequences for your testosterone levels. The ideal amount of sleep varies from person to person, but one study found that sleeping only 5 hours a day was associated with a 15% decrease in testosterone levels (73). One long-term study noted that those who sleep only four hours a night have a border deficit (46). Other long-term studies confirm this. One study calculated that for every extra hour of sleep you get, testosterone levels rise 15% higher on average (74, 75). While some people seem to do well with less sleep, studies show about 7-10 hours of sleep per night are best suited for long-term health and testosterone. Summary Make is sure that you will get a lot of high quality sleep to maintain healthy testosterone levels and optimize your long-term health. Only a few natural testosterone boosters are supported by scientific research. The grass with most of the research behind it is called ashwagandha. One study tested the effect of this herb on infertile men and found a 17% increase in testosterone levels and a 167% increase in sperm count (76). In healthy men, ashwagandha increased by 15%. Another study found that it reduced cortisol by about 25%, which could also help testosterone (77, 78). Ginger extract can also boost your level. It is a delicious herb that also provides various other health benefits (79, 80, 81, 82, 83). Most research on ginger has been done in animals. However, one study in infertile people showed that ginger can increase testosterone levels by 17% and increase levels of other key sex hormones (80, 84). Other popular herbs that are supported by some research in animals and humans include goat herbs, Mucuna pruriens, shilajit and tongkat Ali. However, it is important to note that most positive studies have been conducted in mice or infertile people with low testosterone levels. If you have a healthy testosterone function and a normal level, it is unclear whether you will benefit greatly from these supplements. Summary Several herbal supplements are a natural way to boost testosterone for those with infertility or low levels. There are several other factors that can affect hormone levels. Healthy sex life plays an important role in regulating your sex hormone and testosterone levels (85, 86). High exposure to estrogen-like chemicals can also affect your level, so try to minimize the daily exposure to BPA, parabens and other chemicals found in some types of plastic (86, 87, 88, 89). It's probably not that excess alcohol or drugs, whether medical or recreational, can also lower testosterone levels (90, 91, 92, 93, 94, 95). By contrast, laughter, happiness and success can help boost your health and testosterone levels - so make sure they are part of your daily routine (96, 97, 98, 99). Summary Recemement of estrogen exposure, as chemicals, substances, and drugs can have a positive impact on testosterone levels and health. From the age of 25-30, the level of testosterone in a man naturally begins to decrease. This is a problem because strong studies show a link between low testosterone levels and obesity, an increased risk of disease and premature death. Healthy testosterone levels are also important for women, along with other key hormones such as estrogen and progesterone. Thus, everyone should take the necessary lifestyle measures to optimize testosterone levels. You will improve your health and body at the same time. Read the article in Spanish how to boost your testosterone naturally pdf

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