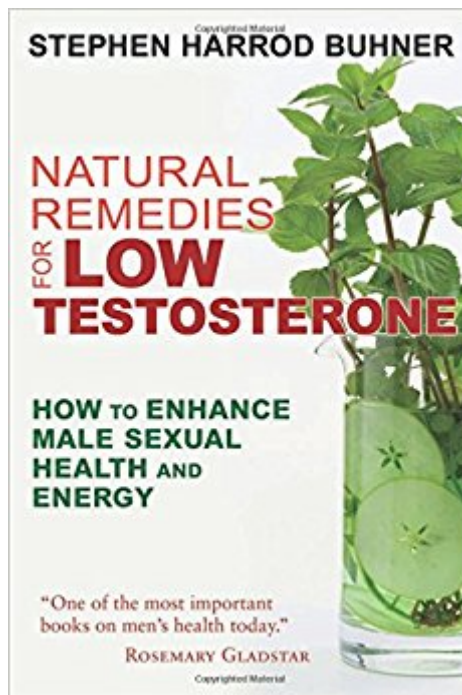




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# Natural Remedies For Low Testosterone: How To Enhance Male Sexual Health And Energy



## 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

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## Customer Reviews

“Stephen Buhner combines scientific research, traditional knowledge, and personal experience into what may be one of the most important books available on men's health today. He primarily explores the little-known territory of men's hormonal changes during midlife--a transition in men's life that has unfortunately been largely ignored, often denied by modern medicine--and offers simple sensible solutions to help men navigate this important cycle of their lives.” (Rosemary Gladstar, herbalist, founder of United Plant Savers, and author of *Planting the Future: Sav*)

Stephen Harrod Buhner is the senior researcher for the Foundation for Gaian Studies. He is the award-winning author of 20 books, including *Healing Lyme*, *Healing Lyme Disease Coinfections*, *Herbal Antibiotics*, *The Secret Teachings of Plants*, and *Plant Intelligence and the Imaginal Realm*. He has taught for more than 30 years throughout North America and Europe on herbal medicine, the sacredness of plants, and the intelligence of nature. He lives in Silver City, New Mexico.

Good read and a testament to the power of herbs, however, I tried the whole low T protocol for 1 month, then had my levels tested. My Free Testosterone had plummeted! Much worse than what I started with. Disappointed, although that's just my personal experience.

Great book and the formulas really work.

Like the rest of his books, every time you pick one up you learn something new - fantastic - thanks Steven!

I have read much on this subject since I am effected with a condition that my body makes little to no testosterone itself. With the use of knowledge, herbs, diet and application I have overcome this

issue without the use of any prescription drugs. This book was the finale to my research and I highly recommend it to all that seek the knowledge. I since have purchased all his books. Stephen Buhner is truly the Master of his craft!

Disappointed to find fewer recipes than I'd hoped for.

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.

fast delivery. Excellent book. Lots of good info

Great reading!

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