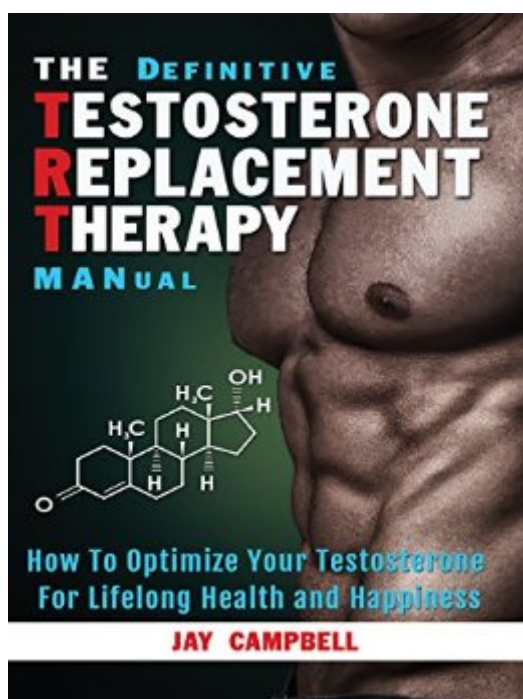


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# The Definitive Testosterone Replacement Therapy MANUAL: How To Optimize Your Testosterone For Lifelong Health And Happiness



## Synopsis

Praise for The Definitive Testosterone Replacement MANual "Inspiring is Jay's knowledge of hormone replacement and human physiology, which surpasses that of many of my medical colleagues. This he brings to you the reader in the pages of his much-needed and timely opus. Open your eyes, read and digest Jay's words. This book is the chapter that I was scared to write." Brett Osborn, MD Diplomate, American Board of Neurological Surgery Diplomate, American Academy of Anti-Aging Medicine CSCS, National Strength and Conditioning Association, Author of Get Serious, A Neurosurgeon's Guide To Optimal Health and Fitness "The Definitive Testosterone Replacement MANual presents practical information about the best ways to maximize benefits and minimize side effects of testosterone replacement therapy. It accomplishes this goal in the most visually appealing way I have ever seen in this field. This book makes for an enjoyable and highly empowering read for any man who wants to take charge of his health and quality of life." Nelson Vergel CEO, ExcelMale.com and DiscountedLabs.com, Author of Testosterone A Man's Guide: Practical Tips For Boosting Physical, Mental and Sexual Vitality Are You Living Life At Your Maximum Potential? Is your sex drive at its peak, or has it diminished? Is your enthusiasm for life lessening? Healthy testosterone levels are not only a physical state of prime health, but a mental state of positive wellness and aggression. A man with low testosterone will experience not only a physical decline, but also a diminished quality of life. Testosterone is often misrepresented by the media at large as inciting "hostility", or its effects are reduced down to building muscle only, and its portrayed as being detrimental to health. Nothing could be further from the truth. Comprehensive clinical evidence has unequivocally demonstrated that healthy testosterone levels not only slow the aging process and improve physical markers of health, but that they also reduce the possibility of degenerative disease, and by extension vastly improve quality of life. Men NEED Optimal Testosterone Levels to age powerfully and live to their maximum potential. The Definitive Testosterone Replacement Therapy MANual is the first book of its kind covering not only the therapeutic practice and application of TRT, but the historical, sociological, and biological issues that inform its usage. With this manual, you will learn: The history of testosterone, and the modern narrative that influences its use and prescription How to assess your own testosterone levels, and make medically supported decisions at improving your hormonal health The science of TRT gathered from ample research data made understandable, and how it influences broad spectrum Diet, training, and lifestyle guidance that will support your revitalized way of living

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## **Customer Reviews**

This book is well written and fact filled. It gives suggestion and recommendations for testosterone replacement therapy that are excellent. It does not go into the scientific portion with relatively useless information, such as drawings of the hormones, the number of methyl groups, etc. If the advice in this book is used, I can almost promise that you will feel better and make many more advances in your appearance, your mood and, in general, how you face the world and live life. That being said and hopefully you will considering buying this book, I am going into my background. I am a doctor and a board-certified Ob-Gyn. I am studying to become certified in anti-aging medicine at this time. When I finished residency in 1984, a large part of our knowledge base was endocrinology, especially in relationship to the sexual hormones including testosterone as well as estrogen and progesterone, which people usually consider the female hormones. For example, did you know that the usual post menopausal woman, say of sixty three will have a higher testosterone than her husband of the same age? Your testosterone starts falling about 1% a year on the average starting

at age 30 (ages of peak testosterone vary from source to source from 20-30). If you have had a high testosterone level and it drops to a much lower level, you can become symptomatic, even though your tests will show a low normal testosterone level. This is not an all or none situation. Do you really think that if your level is say 275 and the cut off for a low level is 270 that you do not would not benefit from therapy until your level gets to 269? Each lab is different and the one I just checked for a normal range is 270-1070.

After serving in the 75th Ranger Regiment for a number of years and going through a few of the toughest schools the military has to offer; I felt like a completely different person. The rigor to succeed that I had before was gone. My competitive edge started to go away. I was known as one of the more physically fit members in my unit and it was all just going away. Even weirder was the fact that I didn't really care. I was now becoming ok with not being the best. I knew after Ranger School it would take awhile for my body to heal up. After all, I recycled mountain phase twice and was there for almost half a year (got caught in best ranger comp). I graduated and returned to things as normal assuming after a few months everything would start to become normal. But it was the last straw for my body. After deploying and being around so many blasts, Ranger School seemed to be the last straw that broke my body. After reading the information in this book and arguing with every doctor ever since they all told me "I was too young to have that problem", and 6 months after graduating I finally get my testosterone checked. It came back at 26ng/dl. I was 23 years old at the time. It explained the complete change in who I was and the fact that I couldn't even get a hard on. AT 23 YEARS OLD. I followed recommendations as outlined in the book and talked to my doctor about TRT. He was hesitant at first. Saying that it must have been a fluke cause of my age and had more tests done including brain scans. But I stuck with the amazing information this book informs you with and worked with my doctor to bring my levels up to where they should be.

As I write this, this book has only been out for a few hours. I'm able to review it now because I was going to see my endocrinologist before the release date, had a bunch of questions for Jay, and rather than answer them all individually, Jay sent me a draft (and after I read it he still spent a half hour on the phone with me for free- what a guy!). Being a draft, there might be a few differences between this and the final copy available here on ; I'll edit my review if necessary once I get my hands on the final draft. TRT is a complicated subject, but Jay makes it about as understandable as possible. The point he drives home the hardest is that we live in a testosterone-deprived age. So many people are drugging themselves on SSRI's in an effort to keep from being depressed,

Nootropics to stay alert and focused and, most commonly, boner-pills to keep their sex-life going...and after all that they still often feel like s\*\*\*. Many of these men just suffer from low testosterone. "Low" doesn't always just mean out of range, but sub-optimal, and optimal can vary by the individual. Just because you're "in range" doesn't mean you're at optimum health. Optimizing this declining hormone can be an effective way to treat all of these symptoms by simply controlling the levels of a hormone your body should be making naturally anyway!"The Definitive TRT Manual" takes much of the mystery and confusion out of this subject, and there are lots of advanced tips and cautions in bang-boxes for those who want extra detail or tips. He goes into detail about how the risks are over-villified and how the benefits are under-appreciated, which options he prefers and why, as well as how to monitor and control any side-effects, such as high red-cell count, in order to optimize health.

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