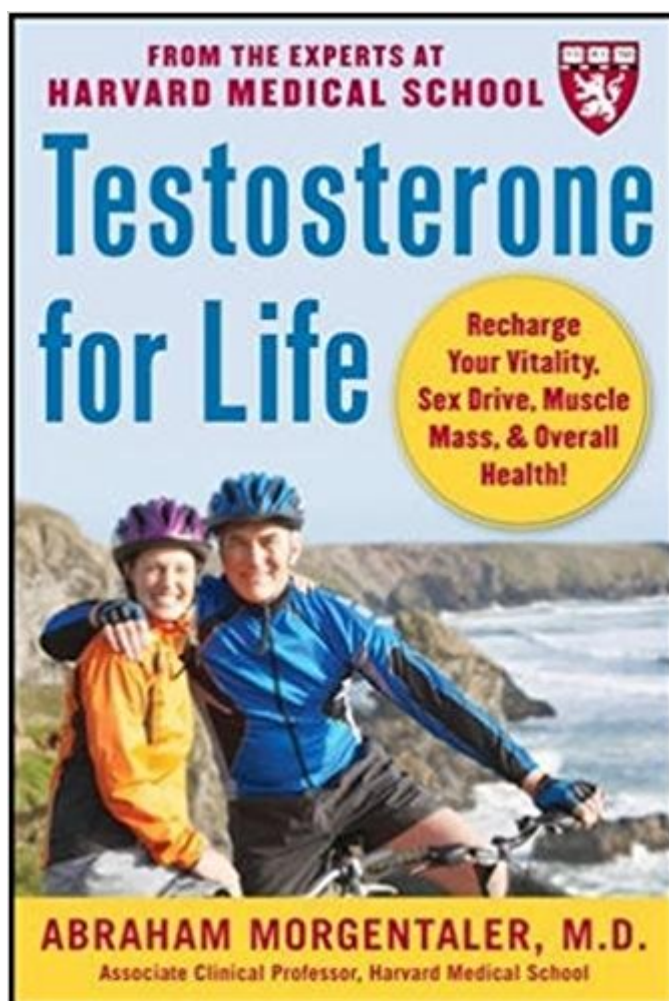


The book was found

Testosterone For Life: Recharge Your Vitality, Sex Drive, Muscle Mass, And Overall Health (All Other Health)



Synopsis

"Dr. Morgentaler, an internationally recognized expert in sexual medicine and male hormones, shares his secrets for a healthy life."--Irwin Goldstein, M.D., Director of Sexual Medicine, Alvarado Hospital, San Diego, and Editor-in-Chief, Journal of Sexual Medicine "A highly valuable resource. Finally debunks many of the myths about testosterone's safety, which has been an impediment to its appropriate usage for far too long."--David E. Greenberg, M.D., President, Canadian Society for the Study of the Aging Male From a Harvard doctor and a leading expert on testosterone--the groundbreaking book that shows you how to raise your testosterone levels--and live your life to the fullest Better sex. Increased vitality. More muscle. Improved health. Greater mental agility. These are just a few of the life-enhancing benefits that men with low levels of testosterone can experience when they increase their testosterone level. If you've noticed a decrease in your sex drive; experienced erectile dysfunction; or felt tired, depressed, and unmotivated, this authoritative, up-to-date guide from an expert at Harvard Medical School will help you determine if you have low testosterone--a surprisingly common but frequently undiagnosed condition among middle-aged men. Learn how to: Recognize the symptoms of low testosterone Diagnose the problem with simple tests Find the treatment that's right for you Explore options your doctor might not know about Reduce your risk of cardiovascular disease and obesity

Book Information

Series: All Other Health

Paperback: 224 pages

Publisher: McGraw-Hill Education; 1 edition (November 17, 2008)

Language: English

ISBN-10: 0071494804

ISBN-13: 978-0071494809

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 120 customer reviews

Best Sellers Rank: #81,935 in Books (See Top 100 in Books) #7 in [Books > Health, Fitness & Dieting > Men's Health > Sexual Health & Impotence](#) #108 in [Books > Health, Fitness & Dieting > Reference](#) #119 in [Books > Health, Fitness & Dieting > Sexual Health > General](#)

Customer Reviews

Abraham Morgentaler, M.D., is an Associate Clinical Professor of Urology at Harvard Medical

School, and is the founder of Men's Health Boston, a center focusing on sexual and reproductive health for men. He is the author of a number of popular books including *The Male Body* and *The Viagra Myth*.

Excellent book about testosterone replacement for men written by an MD who is an expert on this topic. Gives background on testosterone, dispels the myth that testosterone replacement carries the slightest risk for prostate cancer (in fact, men with higher testosterone levels are much LESS likely to get prostate cancer), and tells about dosages and treatment regimens. Explains how low testosterone is not just about losing sexual function, but about losing quality of life. Men who don't feel like themselves or are losing their zest for life or have become super irritable may need testosterone, and when they get it back again, feel newly alive again. There is even a link between low testosterone and diabetes risk. Testosterone replacement (for men who are deficient) can improve (or even resolve) Type 2 diabetes. The book is full of example stories and information of how to get started with testosterone replacement. Note: This book is for men who truly have a medical deficiency, it has nothing to do with overdosing in order to try to get athletic gains.

I have bought this book for more than one of my doctors who are not current on the facts about testosterone for men. Most doctors are still under the impression that testosterone supplements cause prostate cancer to grow dramatically. It's not true according to the author, a Harvard-trained MD who looked back at the basis for this old theory and found it to be without technical merit. Don't let your doctor scare you. Read this book. And then buy one to give to your doctor. I did! And I continue to add testosterone to my body daily.

ITS NICE TO FIND A BOOK FROM A MEDICAL PROFESSIONAL ABOUT TESTERONE REPLACEMENT. MOST OTHER BOOKS ARE SELLING YOU ON THEIR TREATMENT PLAN. THIS ONE COVERS ALL THE VARIOUS TREATMENTS AND POTENTIAL SIDE EFFECTS. THE BOTTOM LINE IS IF YOUR TESTERONE LEVEL IS LOW THEN A MODEST TREATMENT TO BRING IT UP TO ACCEPTABLE LEVELS WILL HELP IN MANY AREAS. HIGH DOSAGES COULD POSE MORE SIDE EFFECTS(ALTHOUGHT DR. LIFE HAS BEEN TAKING HIGH DOSES FOR 15 YEARS AND ISN'T DEAD YET). I LIKE THE TWICE A MONTH SHOTS. I SHOPPED FOR A MONTH SUPPLY IN A VIAL FOR \$45, MUCH CHEAPER THAN \$500 PER MONTH PATCHES. AFTER A WEEK I FELT LESS MOODY AFTER A LONG DAY, LESS NEED FOR A NAP , MORE ENERGY AFTER WORK AND MORE SEX DRIVE. THAT WAS FROM A LOW DOSE SHOT, SELF

ADMINISTERED. I'LL TRY IT FOR A YEAR AND MONITOR MY PSA TO SEE IF I WANT TO CONTINUE THE TREATMENT.

Any many concerned about his testosterone levels must read this book!! Male hormones are no different than females hormone issues with menopause. This is a must read for your male health!

This my second copy. It is written for a general audience, but in a form that a care giver such as a physician will find of value. All the points about testosterone and cancer I have researched and had come to the same conclusions 5 years ago. I have a medical website at healthfully.org with a section on testosterone (most of the articles were posted 10 years ago). Yes, testosterone lowers both prostate cancer and myocardial infarction risk. Pharma is against testosterone because it keeps people healthy, thus so too the NIH. Yes, small dose is good for women, and once was widely used, mainly in Europe in HRT along with estradiol. . My x-wife uses it.

Morgentaler has unquestionable academic and research credentials in this topic, and his writing is superb: concise and to the point. Anyone should be able to comprehend this book. I am not into body building, just a quest to get healthier. For body building, there is another good book, but one should still get Morgentaler's book. I lost 40 pounds and gained motivation to reduce salt and dietary sugar without really trying too. I want to lose more but will probably have to hit the swimming pool regularly to do so. I regained sexual function with injected testosterone alone and found that Cialis became effective. I got my blood pressure and blood sugar into the normal range. I think even young men (I am 76) should always include the appropriate blood testosterone tests included with their annual physical and ask for an actual copy for yourself to establish a history. Be sure to watch hematocrit and red cell counts. Morgentaler details the tests to include.

If your doctor thinks testosterone contributes to prostate cancer, he's believing something he learned in medical school based on bad research from the 1940's. Per this new thinking, low testosterone may actually contribute to the problem. Read this for the latest details and pass along to your physician if he won't write you a script for low T.

This is a very well-written book, easy to read and understand. The author is a Harvard-trained urologist and a specialist in Low-T and testosterone replacement therapy. As a user of this therapy myself, it was very interesting to validate what my experiences have been, and to understand how

completely misunderstood and misrepresented this important therapy still is in today's medical community. The chapter about testosterone therapy and prostate cancer is fascinating and completely blows up the long-held belief that testosterone replacement therapy (or more correctly normal or high-T) can cause accelerated growth of dormant or active cancer cells in the prostate. It also deals extensively with the proper way to diagnose Low-T symptoms and the various treatment types.

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