



## Can Low Testosterone Be Boosted Naturally?

by Denise Barbato

**M**en, just like women, deal with issues that go along with aging. Their biggest difference is due to the male sex hormones known as androgens. The main sex hormone of this group is testosterone, produced by the testicles and often associated with “manhood.” It plays a very important role in male sexual and reproductive function. It also contributes to hair growth, muscle mass, red blood cell production, bone density and overall well-being.

The prostate gland requires testosterone to remain at optimal levels. Testosterone levels in men begin to decline naturally at age 30 and continue to do so as they age, which also accounts for changes in men’s skin and hair.

Low T can affect a man’s physical appearance, mood and sex drive, according to National Institute of Health (NIH), which estimates that about 5 million men in the United States have low T. Symptoms include fatigue, irritability, sleep apnea, loss of sexual desire, erectile dysfunction, obesity and type 2 diabetes.

Testosterone replacement therapy comes in many forms

and at varying costs. Monthly supplies of underarm spray, patches and tablets cost about \$400, pellets range from \$230-\$750. FDA, drug makers and some independent websites say the testosterone tablet can cause allergic reactions and irritation in the gum; gels can cause skin irritation; and patches can cause skin irritation and blistering. Manufacturers warn women and children not to be exposed to the application site or they can experience changes to their endocrine system. TV ads say there is an increased risk of prostate cancer, heart attack and stroke.

More and more often, men are making efforts to care for their health naturally without the risks associated with drugs and chemicals. Many are turning to the wisdom of ancient medicines. Dr. Anna Baker, a Doctor of Oriental Medicine, as well as a Research and Development Engineer holding 21 U.S. Patents, explains that in Traditional Chinese Medicine low T symptoms are viewed as coming from a variety of imbalances in the body. “Chinese medicine teaches that deficiencies or excesses in various organ systems can cause symptoms in other organs. Very often, treatment for a condition is given to a different organ than the one showing the problem. This is very different from the Western medical approach.”

Dr. Anna points out that the use of Chinese herbs to treat a condition can take longer than Western treatments. However, Chinese methods will slowly rebalance the body to a state of health and wellness while Western treatments can “force” a change chemically in the body, which can lead to a host of side-effects and imbalances to the rest of the organs. The side-effects may not be apparent at first, she says, but continued use over long periods of time can cause a domino effect through the other organs.

“The body decreases its hormone production as a person ages,” she states, “But hormones are still produced! Hormones have to travel through the body to receptor sites. The problem can lie in other body functions, limiting the ability of the hormones to be circulated through the body.”

“All the biochemical molecules that run and regulate the body have to travel in the same water passageway of the lymphatic and fluid circulatory systems,” she explains. “Minute quantities are delivered to each cell in the fluid that surrounds them. If there are problems in this delivery system, the body could be producing sufficient levels of hormones, but they just can’t get through. Supplementing such an imbalance with excess hormones could cause damage to the delicate symphony of biochemicals that run and produce

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Dr. Anna continues, "Many imbalances can cause problems in this delivery system. The water passageway can get blocked by inflammation, response to pathogens, environmental toxins and imbalances in the organ systems. Type 2 diabetes and obesity can be indicators that insufficient insulin is reaching the receptor sites. Low energy can be similar to what is experienced when the body is recovering from a hard flu and the body is clogged by all the biochemicals produced to fight the invading virus."

Dr. Anna has formulated a line of men's products which help the symptoms of Low T. Her Pearl Cream by Dr. Anna Men's Body Lotion contains Chinese herbs used for thousands of years in promoting men's health and well-being. Other Chinese herbs in the formula improve circulation and lymphatic health. The herbs also are balanced to address the deficiencies as described in the Chinese organ system. All the herbs in Pearl Cream by Dr. Anna Men's Body Lotion work slowly over time to restore a true systemic balance and feeling of well-being and proper functioning without any side effects. And, unlike topical Low T gels, all the herbs can also be used by women and children.

Pearl Cream by Dr. Anna is made from real pearls. The oyster creates pearls from encapsulating irritants with signal proteins made of amino acids which have a three-dimensional contracting action. In humans, these signal proteins can tighten muscles.

"This result can be used, not only to restore a younger look, but also help to move the fluids in the water passageway," she says. "Just like when you push on water, and the movement is propagated through the fluid, tiny tightenings at the surface of the body can cause movement in the water passageway away from the application area. Over time, the muscles are toned and densified, and the biochemical nutrients can move better through the system, giving a slow and steady increase in feelings of well-being and performance."

*Pearl Cream by Dr. Anna Men's Body Lotion is \$79 per 8 ounce bottle and is available at her store, 5872 Bee Ridge Road, Sarasota. Phone 941-371-7400 for more information.*

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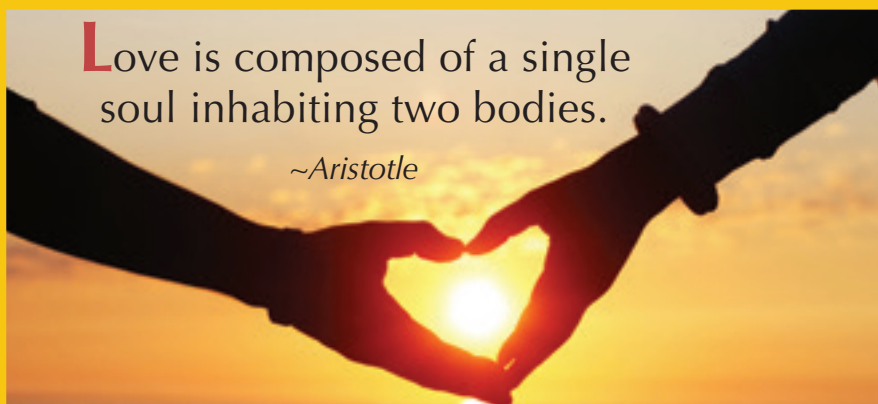
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