

A GUIDE TO

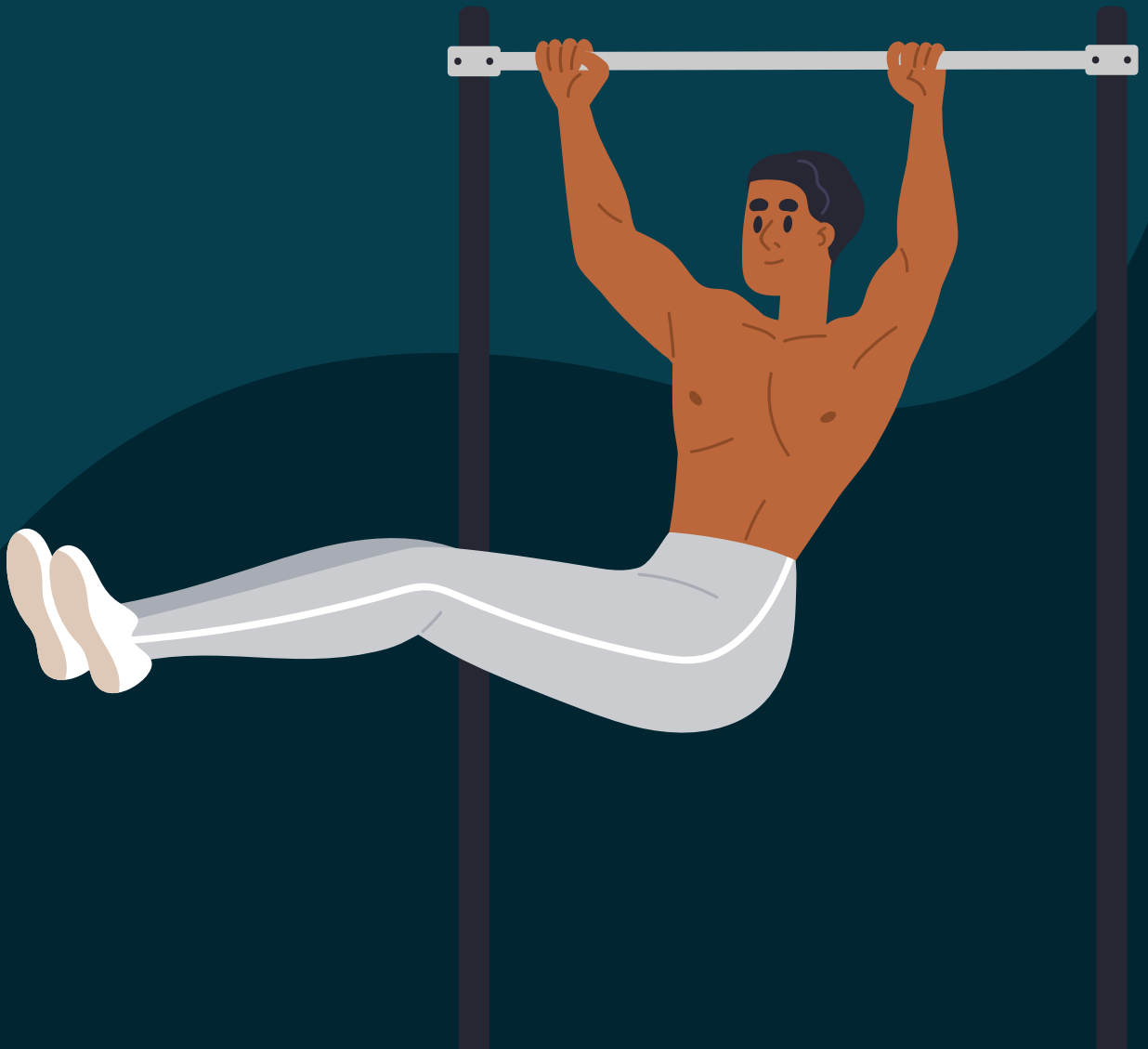
TESTO'S TERONE

USE AND MISUSE



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TREATING LOW TESTOSTERONE

Approximately, one in four men will experience low testosterone sometime in their lives. Many treatments, including medically prescribed medications like testosterone replacement therapy (TRT), supplements, and unregulated substances exist, but they can be expensive on your wallet, can cause damaging side effects, and harm the longevity of your health. First, we'll explore five ways to boost your testosterone naturally, without the use of potentially dangerous injections, medications, or powders.



Five Ways to Testosterone Naturally

1

EXERCISE



A combination of aerobic and resistance training, such as running in addition to weightlifting, **has been found to increase the production of testosterone.**

2

DHEA



Dehydroepiandrosterone (DHEA) is a hormone that your body naturally produces that can also be taken alone as a supplement. It is also used to treat depression and symptoms of menopause.

3

ASHWAGANDHA ROOT



About 600 mg of this herbal supplement has been shown to **raise testosterone and DHEA-S, its precursor hormone.**

4

ZINC SUPPLEMENTATION



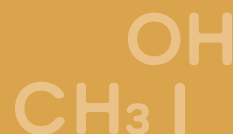
Studies also found zinc supplementation, at 30mg per day, **can be beneficial in raising low testosterone.**

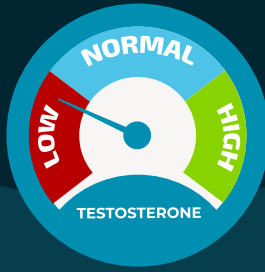
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WEIGHT MANAGEMENT



Finally, maintaining a healthy body weight—especially by reducing belly fat—hugely beneficial in **maintaining or improving testosterone levels.**





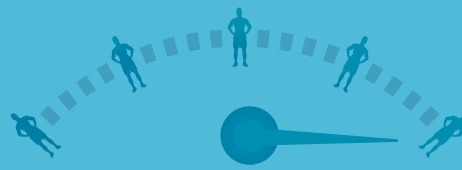
Which Drugs Can Lower Testosterone?



- * Antianxiety drugs
- * Antidepressants
- * Corticosteroids

- * Statins
- * Alcohol
- * Opioids
- * Stimulants for ADHD





Hypogonadism

A clinical condition in which low levels of serum testosterone are found in association with specific signs and symptoms.

Testosterone Replacement Therapy

Testosterone replacement therapy, or TRT, is prescribed by doctors to treat hypogonadism.

A doctor must monitor this process, as some side effects are not easily recognizable. Usually, this treatment continues indefinitely. Cessation can come with its own side effects.



TRT Can Treat the Following:

- ✓ Erectile dysfunction
- ✓ Low libido
- ✓ Mild depression
- ✓ Cognitive function
- ✓ Bone density
- ✓ Muscle mass



Possible Side Effects Include:

- Acne
- Headaches
- Irritability
- Moodswings
- Aggression
- Depression
- Weight gain
- Swelling
- Painful, prolonged erections
- Enlarged breast tissue
- Increased production of red blood cells, which can raise your risk of blood clots
- Male-pattern baldness





THE TRUTH ABOUT ANABOLIC STEROIDS

(PERFORMANCE ENHANCERS, MUSCLE BUILDING SUPPLEMENTS)

Anabolic steroids are synthetic, or man-made, testosterone products used to promote muscle growth, enhance athletic or other physical performance, and improve physical appearance.

Prescribed TRT uses anabolic steroids to treat conditions that cause Low T, but the term “anabolic steroids,” is typically reserved for treatments not prescribed by a legitimate healthcare provider and instead are sold elsewhere.

1



Dosages can be up to **100 times higher** than what is normally prescribed.

2

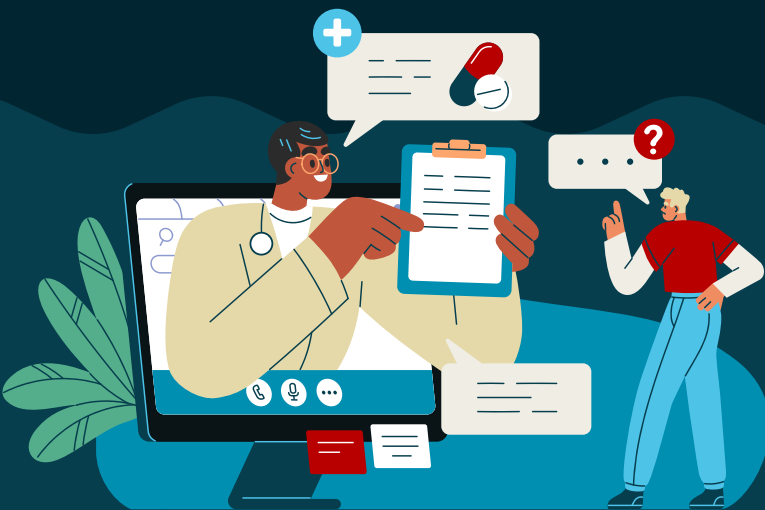


Your doctor **won't be monitoring** your blood tests for signs that you're at risk for severe side effects.

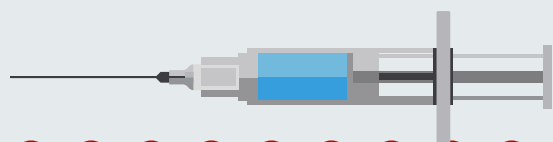
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Many are unregulated and may contain other drugs or heavy metals, such as lead. Most have insufficient clinical data to support their effectiveness or side effects. **You are the test subject.**



ANABOLIC STERIODS BY OTHER NAMES



Trenbolone (Tren)

Tren is a steroid typically used on livestock to increase muscle growth and appetite. **When used for improved human performance enhancement, it is injected into the muscle.**

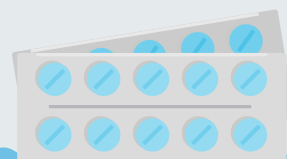
It has been linked with not only **cardiovascular issues, but also with extreme instances of violence.** Tren is often accompanied by short term side effects including insomnia, high blood pressure, increased aggression and an increased libido.



Oxymetholone, Anadrol, or Anapolon (Oxy)

Oxy is an androgen taken as a pill, and **typically prescribed to treat anemia, osteoporosis, or HIV/AIDS.**

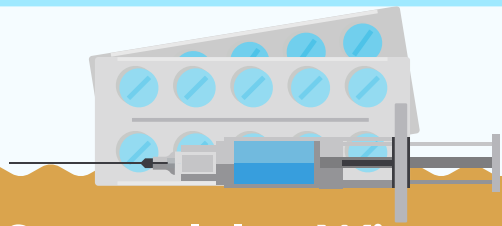
It can increase the **risks of cancer, heart and liver diseases, and high blood pressure.**



Methandrostenolone or Dianabol (Dbol)

An anabolic steroid taken as a pill, injection, gel or a patch and **normally used to treat hormonal problems and muscle loss.**

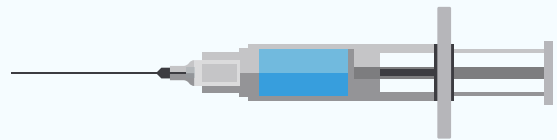
Common side effects include heart attack, stroke, and kidney or liver damage, hair loss, high blood pressure, fluid retention, blood clots, and high cholesterol. **Dianabol can also cause psychological side effects such as aggression, mood swings, paranoia, and hallucinations.**



Stanozolol or Winstrol

A synthetic anabolic steroid that is taken by pill or injection and **used in the treatment of hereditary angioedema.**

Side effects include **hirsutism (unusual hair growth), hoarseness, acne, clitoral hypertrophy, amenorrhea, inhibition of spermatogenesis, premature epiphyseal closure (abnormal bone growth), hepatitis, hepatic tumors, and peliosis hepatis (engorgement of cavities within the liver)**



Nandrolone (NPP)

An anabolic steroid taken by injection and used to **treat anemia, osteoporosis, and other conditions.**

Adverse effects primarily consist of **headaches, fluid retention, gastrointestinal irritation, diarrhea, abdominal pain, jaundice, menstrual abnormalities, and hypertension.**



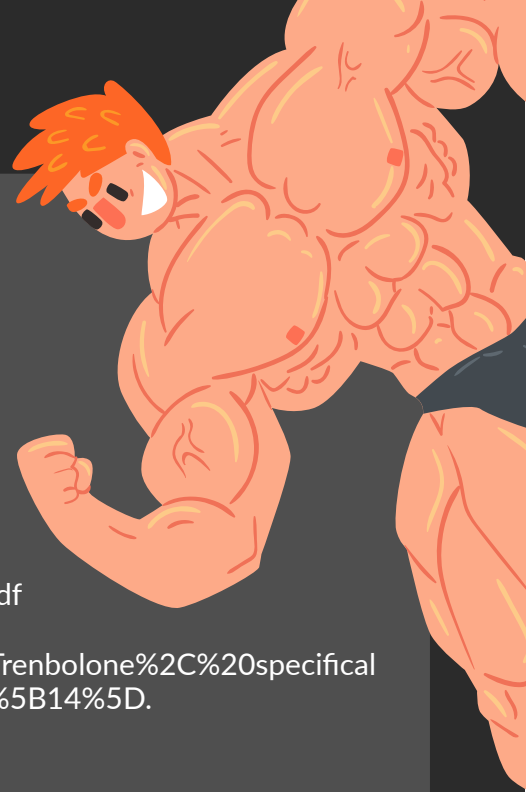
Testosterone (Test)

A synthetic anabolic steroid taken by pill or injection and typically used in the treatment of Low T.

Side Effects Generally Include:

- Damage to the gonads (testicles or ovaries)
- Liver disease
- Malfunctions of the kidneys, liver, or heart
- Mood swings
- Depression
- Severe acne
- High cholesterol
- High blood pressure (hypertension)
- Delusions
- Muscle tremors.





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